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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Banish Insomnia -- Sleep Safe With Amino Acids

By Brent Shields

There is something most uncivilized about living in a civilized world. What is it? It's hard to get good night's sleep.

Some of this punishing sleep deprivation is voluntary. Too much to do. Too much to see. Too many responsibilities. Not enough sleep.

For many people, sleep is a desperate need. People toss and turn, but sleep does not come. Others get to sleep only to awaken later in the middle of the night. In the morning, thousands (millions?) head off to work bleary-eyed, trying to be productive. It's a vicious cycle.

Eventually exhaustion can get bad enough that a person seeks help from their doctor, who obligingly writes a prescription for some pills. At first, they work well and the sleepless person gets some much needed relief.

However, the real nightmare is about to begin. After awhile, the sleeping pills stop working. Unfortunately, by then, the person is addicted. The doctor has been told the drugs are not addictive by the drug manufacturer. Anecdotal evidence, however, suggests drug manufacturers aren't giving doctors the whole story. There's big money in having a "non-addictive" sleeping pill. As the saying goes, "Money Talks."

It turns out that there is another way, but not one health insurance will pay for. Because there are no large drug companies standing behind this alternative, health insurance companies don't recognize it as a therapeutic choice.

Contrary to what doctors usually are taught both in medical schools and from drug companies, nutrition plays a large role in getting a good night's sleep. There are a number of vitamins and minerals that support sleep. An internet search for "insomnia vitamins" and "insomnia minerals" provides a wealth of information about these nutritional supports.

Banish Insomnia -- Sleep Safe With Amino Acids

Staying away from nicotine, caffeine and alcohol helps in getting a good night's sleep, as does having a good diet and getting regular exercise

Amino acids are lesser known for their importance in being able to get enough sleep, but they are just as vital. L-Tryptophan, for example, is called "essential" for a reason. People can't live without it.

Without enough L-Tryptophan, or its easier-to-get cousin, 5-HTP (5-Hydroxy Tryptophan), human beings are not able to calm down. Sound familiar? Usually, about 100 mg of 5-HTP provides enough relaxation that sleep becomes an option for an average adult. Experimentation to discover an appropriate dosage is safe and easy.

Sleep becomes an option with enough L-Tryptophan in the brain. This is where L-Theanine, another commonly available amino acid, comes in. It's a sleep time amplifier, providing more rest in less time. A dose of 100 mg at bed time is a good starting place.

Finally, GABA (yet another amino acid) works for some people. Most sleeping pills work on the same part of the brain that uses GABA. Unfortunately, for technical reasons, just taking GABA does not always work that well. Trying 200 mg at bed time is a good starting place. It may or may not work.

Anyone having trouble getting a good night's sleep can leave the sleeping pills in the cabinet. Instead, trying some 5-HTP, L-Theanine and GABA is an inexpensive option. These supplements are a safe and non-addictive alternative.

About the author, Brent is a health nutrition consultant that writes for

<http://www.2-goodhealth.com>

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more free information that is health related be sure and visit our website.

Know Your Bodybuilding Supplement – BCAA's

By Rick Mitchell

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BCAA stands for branched chain amino acids and is increasingly being recognized as an important supplement in the field of sports nutrition. In short the term refers to three essential amino acids – leucine, isoleucine and valine.

Amino acids are widely known as the building blocks of protein. When protein food is eaten it gets digested into individual amino acids and short chains of amino acids that are sufficiently small to be absorbed into the bloodstream. They are then used by the body to build and repair tissues amongst

other things.

Amino acids are split between those classed as essential and those labelled non-essential. This simply means that essential amino acids cannot be made by the body, whereas non-essential amino acids can. There are nine essential amino acids and each must be obtained from the diet. The nine essential amino acids are histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan and valine.

Non-essential amino acids are just as important as the essential variety and the term simply means they can be made by the body from vitamins and other amino acids. The non-essential amino acids are alanine, arginine, asparagine, aspartic acid, cysteine, cystine, glutamic acid, glutamine, glycine, proline, serine and tyrosine.

The BCAA's are especially important to athletes because they are metabolized in the muscle rather than the liver. This means that they can be used either to build new proteins or be burned as fuel to create energy. Supplementing with BCAA's has been shown to result in measurable gains in both muscle strength and size. Taken before a workout BCAA's can improve performance and delay the onset of fatigue. They also operate as anabolic agents allowing the body to burn fat and not muscle.

As a supplement that has no reported side effects, branched chain amino acids offer many benefits to the serious bodybuilder.

Rick Mitchell is the creator of the bodybuildingadvisor.com website that provides guidance and information to athletes at all levels of bodybuilding experience. Go to

Bodybuilding Advice

to learn

more about the issues covered in this article.



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