



CHIP CHAT

FOR ALUMNI & FRIENDS - NOVEMBER 3, 2003

“Why Am I So Tired?”

What can you do about it?

Fatigue is a major problem worldwide. In the United States fatigue is one of the 10 most common reasons for visiting a physician. 3.3 million patients each year visit their doctors for insomnia alone. One third of Americans over 65 have insomnia.

In the last ten years a nutritional supplement named **melatonin** has steadily increased in popularity as a sleep aid. Interest in the compound grew further after being featured in Newsweek August 7, 1995. The same year Dr. Russel J. Reiter also released a book on melatonin. He observed that 24 different U.S. companies were then marketing the hormone, with a steady stream of new companies joining the ranks on a monthly basis.

Melatonin is not a foreign substance, but a natural hormone produced in the body and found in certain foods. In addition to the commercial success of melatonin, many people are learning how to boost melatonin production in their bodies in natural ways. More about this further in this issue.

Israeli researchers led by D. Garfinkel looked at melatonin's effects on a dozen individuals whose average age was 76. For three weeks, half of the group was given 2 mg per day of controlled-release melatonin and the other group was given a placebo. After a one-week break (called a “wash period”), the study was repeated with the other half of the subjects getting the active melatonin, while the remainder got the placebo.

The results demonstrated an increase in “sleep efficiency” while on melatonin. Sleep efficiency measures the total time asleep as a percentage of the time in bed. It improved from 75% without melatonin supplementation to 83% while on the melatonin. This and other studies have also shown evidence that melatonin helps decrease the time it takes to fall asleep (19 verses 33 minutes in the Israeli data).

Melatonin also helps reduce the effect of jet lag. A number of studies, using a variety of doses and regimens, have looked at this effect. One report concluded that the most effective regimen involved taking melatonin on the day of the flight and continuing it for five days thereafter.

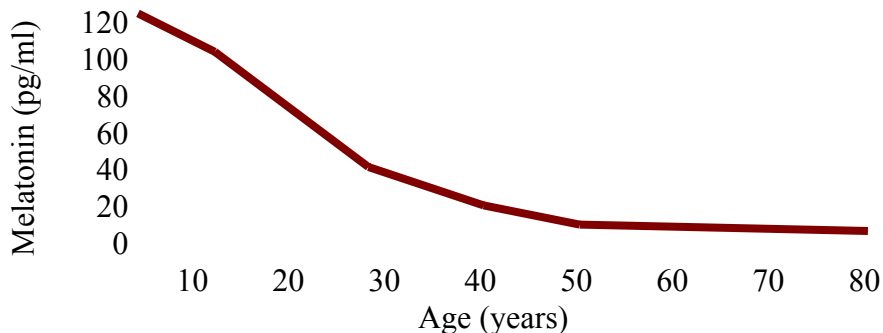
Could Melatonin be the Fountain of Youth?

Nothing has captured the human imagination as much as the quest for a fountain of youth. Today some are suggesting that medical research may have provided at least a partial candidate for a “youth restorer” in melatonin. These sentiments grow out of the recognition that melatonin may ease daily wear and tear. Consequently, it has been dubbed the “fix and rejuvenate” nighttime hormone. These healing and general repair effects of melatonin may actually help to delay some of the changes that we normally attribute to aging.

There are other lines of evidence that suggest that melatonin may help to slow the aging process. It is well known that human melatonin levels fall through life.

Children have the highest levels of Melatonin and as they grow older the levels decrease dramatically. From over 120 pg/ml of melatonin at age 10 it decreases to 10 pg/ml by age 55... and continues dropping to less than 5 pg/ml by age 80.

FALL IN MELATONIN LEVELS THROUGH LIFE



Probable Effects of Melatonin

- Protects against free radical damage from certain carcinogens, herbicides, and radiation
- Prevents or helps fight tumors
- Delays some effects of aging
- Improves the immune system
- Assists in coping with stress
- Increases the ability to experience pleasure
- Lowers cholesterol, blood pressure, and risk of heart rhythm problems
- Lowers risk of osteoporosis

This issue gleaned from “Proof Positive” by Neil Nedley –for more detail read pages 193-210

Quotable Quotes

“The amount of sleep required by the average person is about five minutes more.” –*Wilson Mizener*

“Sleep is worth far more before than after midnight. Two hours’ good sleep before 12 o’clock is worth more than four hours after twelve o’clock...” –*Ellen White*







Sadness is almost never anything but a form of fatigue.

Did You Know?

In addition to eating foods high in melatonin, foods rich in Tryptophan and vitamin B₆ may increase melatonin. In animal studies, vitamin B₆ appears to be necessary for the production of serotonin from tryptophan. Tryptophan is necessary for the pineal gland to make both serotonin and melatonin. Thus we would think that tryptophan is an important compound to ingest in abundance if we want to optimize our melatonin levels.






Foods High in Melatonin

(pico-grams/gram of food)

Barley	378	
Banana	460	
Tomatoes	500	
Rice	1,006	
Corn	1,266	
Oats	1,796	






Foods High in Tryptophan

(mg/100 grams)

Almonds	322	
Seesame seeds	358	
Gluten flour	510	
Roasted pumpkin seeds	578	
Tofu	747	

Foods High in B₆

(mg/100 grams)

Lentils	.54	
Banana	.58	
Sunflower seeds	.81	
Artichoke hearts	.94	
Sweet bell peppers	2.22	

Lifestyle Factors and Melatonin

Habits that Increase Melatonin Production

There are several things that we can do to increase melatonin production besides the foods we eat. Eating less in general is a benefit... not just for increasing melatonin, but for increasing lifespan as well.

- Increase exposure to natural light and minimize exposure to artificial light
- Sleep in complete darkness
- Eat foods rich in melatonin, tryptophan, and vitamin B₆.
- Avoid a calcium deficiency
- Restrict food intake in general
- Practice fasting, especially in evening hours

Lifestyle Factors, Drugs & Supplements that Reduce Melatonin Peak

- Stress
- Caffeine –cuts melatonin production in half for 6 hours
- Alcohol –up to 41% reduction
- Tobacco
- Non-steroidal anti-inflammatory drugs
- Beta & Calcium Channel Blockers
- Anti-anxiety drugs and sleep aids
- Vitamin B₁₂ (3 mg a day)
- Antidepressants

Caution: avoid animal melatonin supplements, as these are likely to be from cow brains and increase the risk of getting a mad cow variant.

Wellness Facts

Don't Lose Sleep

Getting a good night's rest may be an important part of cancer prevention.

A recent study revealed there may be a connection between poor sleep quality and cancer incidence. Poor sleep appears to disrupt the patterns of certain hormones that may influence cancer cells. These hormonal disruptions could reduce a person's defenses against the development or worsening of cancer.

Real Age Tip of the Day: October 27, 2003

In the News

Diet cuts cholesterol as well as drug - Canada study

Chicago, July 22 Reuters

A strict vegetarian diet can reduce high cholesterol levels about as effectively as cholesterol fighting drugs called statins, Canadian researchers said on Tuesday.

The diet containing natural plant sterols found in plants, vegetables, fruits, almonds and vegetable oils, and viscous fibers found in oats, barley and psyllium, was credited with reducing "bad" cholesterol levels by 29 percent over four weeks in a group of 16 subjects.

Another group of study participants who took a daily dose of 20mg of the drug lovastatin lowered their cholesterol levels by a comparable 31 percent over four weeks, and a third group on a low-fat diet cut their cholesterol by 8 percent.

The findings suggested that patients with high cholesterol should try a dietary approach for six to 12 weeks before turning to cholesterol-lowering drugs, Dr. James Anderson, of the University of Kentucky in Lexington, wrote in an editorial accompanying the study published in the Journal of the American Medical Association.

"Dietary management is an essential part of the treatment of lipid disorders, although adherence to strict and intensive dietary interventions requires motivation by patients, encouragement by physicians, and, perhaps, counseling by dietitians and nutrition experts," Anderson wrote.

High cholesterol is a known risk factor for cardiovascular disease, and statins have been shown to reduce the risk of mortality from heart-related illnesses by up to one-third.

Study author David Jenkins wrote: "Using the experience gained, further development of this approach may provide a potentially valuable dietary option for cardiovascular disease risk reduction in primary prevention."

**Oh sleep! It is a gentle thing,
Beloved from pole to pole.**

—Samuel Taylor Coleridge

Cool Websites

Scientific Publications –Check out this new feature on our website:

<http://www.sdachip.org/resources/>

Download PDF documents and read articles from the scientific community that Dr. Diehl has posted there for you. Check out the last one just posted:

The Natural Cure of Coronary Heart Disease... this is good stuff!

Extreme obesity ballooning in adults

Study: Surging twice as fast as the less severely overweight

<http://www.msnbc.com/news/979793.asp>

Disclaimer: Links to websites referred to in this newsletter do not necessarily constitute endorsement by the Adventist Chip Association for all of the content therein.

Upcoming Events... CHIP Summit November 20-24, 2003

Are you interested in working with CHIP in your community? Then mark your calendar and plan to attend the CHIP Summit November 20-24. This year the location is in beautiful **British Columbia's Vancouver Airport Conference Resort**.

The Summit will inspire you as you hear about new ideas and success stories from recent CHIP events. Learn about the new **CHIP for Kids**. Hear from scientific speakers and thought leaders. Visit with the CHIP founder Hans Diehl and learn about the latest cutting edge techniques.

You can check out all the details for this awesome event and view the brochure:

http://www.sdachip.org/summit/Summit2003_Brochure_lo.pdf

To assure your place in this world class event register online at:

www.plusline.org or call 1-800-732-7587

More than 350 have already registered... so don't delay!

Looking for a CHIP Program?

Check out the CHIP Website to find the location and date of the next CHIP program closest to you and share it with your friends or family members. <http://sdachip.org/locations/>

Recipe of the Day

Lemon Cheesecake

Here is a healthy alternative to a very rich desert that is easy to make and modify to suit your taste. The crumb crust can be made from graham crackers, granola or gingersnap cookie crumbs... take your pick. And the topping can be your choice of fruit... thickened or just fresh, sliced or diced.

- 2 pkgs of Firm Low-fat Mori-Nu Tofu**
- 2 teaspoons vanilla**
- 1 teaspoon dried lemon zest or the zest from one fresh lemon**
- ½ teaspoon salt**
- 4 T. Emes Lemon Kosher Jel**
- 1 cup water, boiling**
- ¼ cup raw cashews, thoroughly washed**
- ½ cup sugar**

Blend smooth 1 box (1-½ cup) of tofu with vanilla, salt and lemon zest and then empty into a bowl.

Put next box of tofu, Kosher Jel, sugar, cashews and hot water into blender and blend until smooth and creamy.

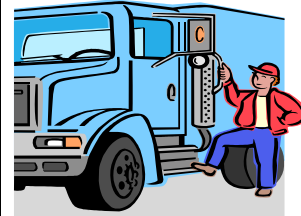
Stir two batches of tofu together in bowl and spoon over your favorite crumb crust in an 8x8 pan. Chill overnight to firm.

Serve with a chilled fruit topping. Enjoy!

NutritionFacts	
per serving makes 8 servings	
Amount per serving	
Calories	227
Calories from fat	92
% Daily Value *	
Total Fat 10.2g	16%
Saturated Fat 1.6g	8%
Cholesterol 0mg	0%
Sodium 161mg	7%
Total Carbohydrate 18.2g	6%
Dietary Fiber 2.5g	10%
Protein 15.6g	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
Additional Information	
40.5% of calories from Fat 32% from Carbohydrates 27.5% from Protein	

Laugh a Little

The Truckers Dilemma



After driving for about six hours, a trucker decides to pull over and sleep for a little while. As soon as he falls asleep, he is awoken by some knocks on the door of the cab.

"Can you tell me the time, please?" asks a jogger.

"Yeah, it's 4:30," answers the trucker. He falls asleep again, but is soon awoken again by another jogger who wants to know the time.

"It's 4:40!" yells the trucker.

Deciding to really try to sleep a little, he writes on a piece of paper: I DON'T KNOW THE TIME. He sticks the paper in his windshield.

But he is awoken again. "It's 5:25," says another jogger.

(Those CHIPPERS are out there early getting their exercise!)

Closing Thought

*Do the cares of life seem overwhelming at times?
Ever wonder why things happen the way they do?
There is hope... look up!*

“God has a purpose in sending trial to His children.
He never leads them otherwise than they would choose to be led
if they could see the end from the beginning, and discern the glory
of the purpose that they are fulfilling.”

Ellen White, PK p578.

What is CHIP? CHIP stands for **Coronary Health Improvement Project**. The Adventist CHIP Association is an international, non-profit, grassroots and volunteer-driven organization whose mission is: *To inspire, equip, and support local Seventh-day Adventist churches to develop CHIP programs that model the healing ministry of Jesus Christ.* To find out more about CHIP or the next CHIP program nearest you check out Adventist CHIP Online at <http://www.sdachip.org>

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