

SLEEP DISORDERS



The first thing that needs to be done is a proper history to evaluate your particular case. If pain is the culprit than that's what we need to focus on. Are you eating the wrong foods before bed? Whatever the cause, we can usually find it. Do you have true insomnia where you just stare at the ceiling for hours and are lucky to get any sleep at all? If that is the case, then you may be suffering from an over-firing mesencephalon located in the upper part of your brainstem.

An over-firing mesencephalon, which is part of the reticular activating system, controls your circadian rhythms, which tells your body when to wake up and sleep. The interesting thing is that when you have an over-firing mesencephalon, you will often have other things going on too since it controls other functions as well.

CONTINUED...

SLEEP DISORDERS

Do you have any of these other symptoms as well?

Increased sensitivity to light
Increased sweating
History of Migraines
Chronic pain or pain that moves around your body
Irritable bowel
Heart Palpitations
Blurred Vision
Tinnitus or ringing in the ears
History of Urinary tract infections
Irritability
Episodes of depression/anxiety
Fibromyalgia or chronic fatigue like symptoms

This is a partial list and you don't have to have all of these symptoms, but the more you have generally puts you into this category. You would be an excellent candidate for Brain Based Therapy. What's that? Read my report on it!

Contact Dr. Kit Langstroth DC today for a free consultation.