



Your Monthly Update

Dear Colleague

Welcome to the February 2011 newsletter from Pure Bio Ltd.

Did you know:

New research indicates that women tend to lose sufficient amounts of calcium during strenuous exercise to have a detrimental effect on bone mineral status. On a study of 26 healthy, pre-menopausal women, calcium supplementation was able to make up for the extra loss

The chosen topic for this month is:

Snoring

Protocol Summary

Ranking	Nutritional Supplements	Botanical Medicine
Primary		
Secondary	Vitamin C	Bitter orange
Other	Bromelain	Ginger Wild Yam Thyme Fenugreek Valerian Majoram oil

Primary – Reliable and relatively consistent scientific data showing a substantial health benefit.

Secondary – Contradictory, insufficient, or preliminary studies suggesting a health benefit or minimal health benefit.

Other – An herb is primarily supported by traditional use, or the herb or supplement has little

Causes

There are a number of potential causes of snoring:

- **Muscle tone of the tongue**
During sleep the muscle tone in the tongue and soft palate tends to decrease, becoming more relaxed and can collapse together. Other soft tissues, such as tonsils, can produce sounds that add to or change the quality of the snoring. The position of the sleeper affects the amount of snoring. Lying supine (on the back) allows the tongue to fall back toward the throat and block the airway; which makes snoring more likely and louder.
- **Blockage of airway**
Anything that obstructs the airway will contribute to snoring. For example, snoring is more likely if the adenoids or tongue are large or if the nasal passages are swollen from a cold or allergies. Enlarged tonsils and adenoids are the primary cause of snoring in children.
- **Age and other factors**
Age is also a factor. Older people tend to snore more because muscle tone tends to decrease with age. Other factors also aggravate snoring; alcoholic beverages, certain medications, and sheer physical exhaustion may be associated with heavy snoring.

Lifestyle modification

- Weight loss
- Establishing any food allergies and eliminating them
- Avoiding the following:
 - alcohol (promotes too much relaxation of the trachea)
 - sleeping pills, sedatives or muscle relaxants (same as above)
 - smoking (can irritate the trachea and lead to congestion)
 - caffeine and other diuretics (dehydration can lead to respiratory problems)

Allergies can inflame the nasal passages, sinuses, and airways of the lungs, and commonly cause or contribute to snoring. Data collected from people with allergic rhinitis (stuffy nose) and asthma show that these people are more likely to be snorers than are non-allergic people. In addition, two preliminary studies have found that when snoring is treated using a continuous positive airway pressure device - an instrument primarily used to treat sleep apnoea – night-time asthma attacks decrease. Children who snore are also more likely than other children to have allergies, and one preliminary study found that more than half of children with allergies are snorers. Other research indicates that children with allergy symptoms, including snoring, commonly have food sensitivities. The possibility of asthma and allergies should therefore be considered in people who snore; as well as the person being tested for possible food sensitivities.

A number of studies have found an association between snoring and cardiovascular disease. High blood pressure and coronary artery disease have been correlated with snoring in both men and women, and the correlation is stronger in people with normal weight. In women, snoring is more common after menopause, and is strongly

associated with high blood pressure in women around the age of menopause. Researchers suggest that, with such a strong correlation, it is important to screen for hypertension and cardiovascular disease in people who snore.

Obesity and lack of physical activity are commonly associated with heavy snoring. Even in children, obesity may be linked to snoring and sleep disorders. One study found that obese men who snore were significantly more likely to develop diabetes over a ten-year period than were obese men who did not snore. Snoring is clearly a problem that should be addressed in obese men, and increasing physical activity and weight loss are widely recommended. A preliminary trial found that weight loss was more important in reducing snoring than either changes in sleep position or use of a nasal decongestant spray.

Smoking increases the likelihood of snoring because of its effects on the nasal passages and sinuses. In addition, nicotine may cause sleep disturbances that result in more snoring. Men are more likely to snore as they age, but one study found that smoking increases the likelihood of snoring particularly in men under the age of 60. A sleep study found that heavy smokers are more likely to snore than are moderate and light smokers, and that people who have quit smoking are no more likely to snore than re people who have never smoked. Teenagers who smoke have also been found to be more likely to snore than non-smoking teenagers. Exposure to environmental smoke, or “second-hand smoke,” has been shown to increase the likelihood of snoring in children. Smoking cessation and elimination of environmental smoke exposure are therefore important in the treatment of snoring.

Alcohol can cause relaxation in the soft tissues and muscles in the throat. This will result in snoring or sleep apnoea.

Side-lying whilst asleep will help to reduce the decibel level of snoring.

Sleeping pills, sedatives and muscle relaxants will all promote excessive relaxation of the trachea and contribute to an increased likelihood of snoring. Removal of these drugs is generally followed by an immediate improvement in the incidence and severity of snoring.

Dietary Modification

- Avoid congestant foods – dairy, chocolate, bananas etc
- Avoid alcohol – as above
- Avoid caffeine and other diuretics (dehydration can lead to respiratory problems)

Establishing food sensitivities and removing them from the diet will reduce or in some cases eliminate the problem.

Additional therapies

There are some exercises that help strengthen and tone the muscles in the throat - in some cases, using them can get rid of snoring completely.

- Hold a pencil between the teeth for up to 5 minutes. The grip should be firm, without being painful.

- Press a finger gently upwards against the under-surface of the chin for up to 3 minutes.
- Push the tongue against the lower row of teeth for about five minutes.

(They should be performed just before bedtime)

Nutritional Supplement Treatment Options

[Immature bitter orange](#) has long been used in traditional Chinese herbal medicine. It is high in Vitamin C, and is thus used as an immune system booster. It is the synephrine in the herb which makes it useful for anti-snoring medications. Synephrine has been claimed to relieve nasal congestion and make allergic reactions milder – but it is actually a stimulant, with the same effects as ephedrine and caffeine. *(Synephrine can suppress one's appetite and provide an energy boost when taken in large doses. As a result, synephrine is often marketed as a slimming, or diet drug).*

[Bromelain](#) is part of a large group of enzymes found in pineapple. Its primary use is as an anti-inflammatory drug, as well as a digestive aid. As a supplement in anti-snoring medicine, bromelain is used to degrade mucous in the air passages, which can sometimes aggravate snoring problems.

[Coenzyme Q10](#) has been said to work as an antioxidant and sleep promoter once paired with bromelain and synephrine in anti-snoring medication.

Botanical Treatment Options

There are many herbs available to alleviate the main causes of snoring.

[Ginger](#) can stop snoring, by increasing the secretion of saliva, which coats the throat and providing a soothing effect. Mixing the ginger with honey can further lubricate the throat and along with snoring problems can alleviate other aspects of nasal congestion.

[Wild yam](#) (*Dioscorea villosa*) also works as an anti inflammatory in the same way as vitamin C and helps to soothe the throat, which stops snoring.

If snoring is the result of nasal or chest congestion, [peppermint oil](#), [eucalyptus oil](#), and [goldenseal](#) can be used as herbs that all relieve congestion.

[Thyme essential oil](#) may also be used against snoring. Other key uses include sinus infections, bronchitis and asthma. It helps remove mucous from sinus passages. Through its cleansing action, thyme can clear nasal passages and help facilitate better breathing.

[Fenugreek](#) is a natural decongestant. It is also antiseptic and helps to soften and dissolve hardened accumulated mucus. Some of the key uses of fenugreek are; loosen bronchial catarrh, treat lung infections, alleviate excess mucous, relieve sinus congestion and irritation. By clearing the nasal passages of mucous build-up and relieving overall congestion, fenugreek can alleviate some of the underlying causes of snoring.

[Valerian](#) is used to help treat a variety of sleep disorders related to stress and anxiety; but can also be used with other herbs such as fenugreek and thyme to help relax the muscles and open airways. *Valerian should not be taken with alcohol or other sleep medications, as it can enhance intoxicating effects.*

If snoring is the result of digestion problems, [fenugreek](#), [fibre](#), and [spearmint](#) may help to alleviate the problem. Often, snoring is caused by acid problems or indigestion.

[Marjoram oil](#) is commonly used as an aid against snoring and is reported to lower the incidence and decibel level of snoring.

Snoring can also be the direct result of stress and anxiety. In this case, herbs such as [passion flower](#), [valerian root](#), [kava kava](#), and [catnip](#) may be indicated, all of which aid in relaxing the body and inducing sleep.

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