

YOUR HEALTH

New Ways To Cut Nighttime Snacking

by Dr. Jim LaValle

(NAPSA)—If you feel you've been spending more time at night in the kitchen than in bed, you're not alone. You may have night-eating syndrome (NES). While NES was once estimated to affect only about two percent of adults, recent



studies suggest it may occur in up to a fourth of obese persons. With almost 30 percent of the U.S. population obese, NES is apparently significant.

It's characterized by:

- Lack of or decreased appetite during the day
- Insomnia
- Increased appetite in the evening and at night
- Increased eating at night and getting up to eat after going to bed
- Feeling tense, anxious, worried or guilty while eating
- A tendency to eat sugar and starchy foods.

Scientists say levels of melatonin—the hormone that helps us sleep at night—are significantly reduced in NES sufferers. Similarly, leptin—the hormone that suppresses appetite—doesn't rise to normal levels in night-eaters. Cortisol—often called the “stress hormone” that kicks in when we're feeling tense—is elevated at night in people with NES. Cortisol levels can become elevated during times of stress, and those with constant stress have levels far greater than

those who keep stress under control. Chronic stress contributes to a host of health problems, including weight gain, blood sugar regulation problems, heart related problems and a depressed immune system.

People experiencing chronic stress and increased desire for carbohydrates and sugar can consider theanine, an extract from green tea, that may reduce anxiousness and nervousness. Also 5-hydroxytryptohan (amino acid) helps reduce sugar cravings and rebuild serotonin levels that have been lowered by chronic stress. As you build up serotonin, your brain can make more melatonin. The most effective supplement I've found for stress and stress-related sugar cravings is Relora. It's a patented formula extracted from two plants that have been used in traditional Chinese medicine for over 1500 years—Phellodendron amurense and Magnolia officinalis. It helps relieve stress, and anxiety and minimize stress-induced eating by helping maintain normal cortisol levels.

You can learn more online at www.relora.com.

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