The FDA's War Against Sleep

A MIDWESTERN DOCTOR · JUN 2, 2024
❤ 1,664 · 240 · 129

Why There Isn't a Cure for Insomnia

Read →

240 Comments

Top first

Write a comment...

pinaCarryon pinaCarryon · Jun 2 · Edited

❤ Liked by A Midwestern Doctor

The GHB story is just another example of what could made clear to us all. The FDA hates us and wants us chronic the US could make this crystal clear, but I think many of us had not realized how deep the corruption is and especially how long it has been that way. We're talking decades at least.

I would also use this as an example of why empire is the worst form of government. Concentrated power is never good because it becomes a target for corruption that offers a huge payoff. It's much more tempting for a corrupting influence like Pharma to go after the one "regulating" agency of an empire than it would be for them to go after hundreds of regulating agencies of each city or country if we had a true distributed and real democracy at the local level. Local democracy is the only true democracy.

❤ LIKE (24) · REPLY (1) · SHARE

A Midwestern Doctor Jun 2 · Author

I would argue they are completely apathetic/don't care at all about us rather than them hating us, but it's essentially the same point.

❤ LIKE (16) · REPLY (4) · SHARE

pinaCarryon pinaCarryon · Jun 2

yes, I agree. My overstating the issue is coming out of my own rage at what they have done and continue to do. I see it as us being at war, they see it as just doing business for Pharma. They care only about $$$$$$$$.

❤ LIKE (8) · REPLY · SHARE

Elizabeth Krispin Elizabeth's Substack · Jun 2

I am not sure that I agree with you Doc, on saying that they are apathetic toward the 'common folk.'

Remember the comment, 'The Deplorables'.

I think that it is very clear that they hold 'simple people' in distain. Down deep they really fear the potential power of the common man. They fear you, for waking up from the common man. Fear breeds CONTEMPT.

Think about this please, and then let me know if perhaps you don't agree with this evaluation of the situation.

Sincerely, and deeply indebted to you forever,

Elizabeth

❤ LIKE (8) · REPLY (2) · SHARE

A Midwestern Doctor Jun 3 · Author

When I originally wrote the bio for this Substack, I said one of my goals was to show there were really good people in Midwest and we weren't just flyover country, then I took it out because I felt it sounded too self-loathing.

❤ LIKE (8) · REPLY (2) · SHARE

Elizabeth Krispin Elizabeth's Substack · Jun 3

Not self-loathing at all, merely recognizing head-on the subliminal attitudes that most certainly exist.

❤ LIKE (2) · REPLY (1) · SHARE

Elizabeth Krispin Elizabeth's Substack · Jun 3

But I agree with you for taking it out, it's better to demonstrate what you were trying to express sometimes, rather than speak to it directly.

❤ LIKE · REPLY · SHARE

yentra yentra · Jun 3

Gulp!

❤ LIKE (1) · REPLY · SHARE

RM Dec 5

As a proud Midwesterner myself, I appreciate your moniker.

❤ LIKE · REPLY · SHARE

yentra yentra · Jun 3

Kristyn - surely you do not mean "contemptible" - maybe a typo?

❤ LIKE (1) · REPLY (1) · SHARE

Elizabeth Krispin Elizabeth's Substack · Jun 3

Hi Yentra, The reference to 'contemptible' goes back to a discussion between pinaCarryon and the good Doctor as follows: pinaCarryon said, "The FDA hates us and wants us chronically ill. Could made this crystal clear..." Our Doc responded, "I would argue they are completely apathetic/don't care at all about us rather than them hating us, but it's essentially the same point." Then I chimed in with, "I am not sure that I agree with you Doc, on saying that they are apathetic toward the 'common folk'

Remember the comment, 'The Deplorables'.

I think that it is very clear that they hold 'simple people' in distain. Down deep they really fear the potential power of the common man. They fear you, for waking up

CONTEMPT."

I surely ABSOLUTELY DO NOT hold the wonderful doc in contempt, but sure as shooting, there are those at the three letter agencies, and Big Pharm, that hold TMDoc, along with all of US, in contempt.

Best Regards to you, Elizabeth

❤ LIKE (1) · REPLY (1) · SHARE

yentra yentra · Jun 3

thanks for the clarification Elizabeth - I missed that segue (

❤ LIKE (1) · REPLY · SHARE

Cathleen Manny Cathleen Manny · Jun 3

And, essentially the same result.

❤ LIKE (1) · REPLY · SHARE

Comment deleted. Jul 26

Comment deleted

A Midwestern Doctor Aug 1 · Author

Not legally

❤ LIKE (1) · REPLY · SHARE

sammin Sep 9

Move to another country, I suppose.

❤ LIKE · REPLY · SHARE

INGRID C DUREIN INGRID C DUREIN · Jun 2

❤ Liked by A Midwestern Doctor

great article. Thanks for the download, I checked and the book costs 177 bucks.

At times when everything bought, I take one capsule of valerian and one of white willow bark and that usually puts me back under. After my husband died I tried a few of the chemical sleep aids, but did not like any of them, get cotton headed from benadryl and have a very nasty reaction to melatonin. Doing nothing for half an hour before bed time helps tremendously, as does having at least half an hour of sunshine. Natural things usually do better for me than any drug!

❤ LIKE (24) · REPLY (24) · SHARE

Elizabeth Krispin Elizabeth's Substack · Jun 3

Try to get the book on interlibrary loan. If that doesn't work, ask the library to buy it. 😉

❤ LIKE (24) · REPLY (2) · SHARE

A Midwestern Doctor Jun 3 · Author

That's why I included the PDF.

❤ LIKE (24) · REPLY (2) · SHARE

Kris Knobloss Kris Knobloss · Jul 6

Would you mind sharing the link to the PDF here.

I am new and have been wondering here that fabulous sleeping aid I was prescribed in 1990 went. It was wonderful, I slept well and woke up refreshed. Once it went away I was given Ritalin to help me thru the days. Big pharma is evil.

❤ LIKE · REPLY · SHARE

Elizabeth Krispin Elizabeth's Substack · Jun 7

Thank you.

❤ LIKE · REPLY · SHARE

Jade Dixon Jun 2

I love valerian root, I like it for sleep and even in the morning for PMDD.

❤ LIKE (2) · REPLY (1) · SHARE

INGRID C DUREIN INGRID C DUREIN · Jun 2

A gentle calming herb, have used it for many many years now.

❤ LIKE (2) · REPLY · SHARE

S. Nicoletta Rogers INTRACIDES · Jun 2

I have tried valerian root tea and then read somewhere that for about 12 % (?) of the population it has the opposite effect.

❤ LIKE (2) · REPLY (3) · SHARE

INGRID C DUREIN INGRID C DUREIN · Jun 2

with herbs you got to try what works for you. I don't use tea because then I have to P at night. Some people are helped with passion flower, I do sleep from 9 but I get kinda weird dreams of it.

❤ LIKE (2) · REPLY (3) · SHARE

OneDayAtATime Jun 2

Yes, I have seen good results with a combo of passionflower and vervain particularly when mind chatter is an issue.

❤ LIKE (1) · REPLY (2) · SHARE

INGRID C DUREIN INGRID C DUREIN · Jun 3

thank you for the tip! I have vervain but have not tried this combination

❤ LIKE (1) · REPLY (1) · SHARE

OneDayAtATime Jun 3

My herb teacher also taught me to use much lower doses of any tincture than recommended on most bottles so less passionflower may help you get the benefit rather than the dreams.

❤ LIKE (1) · REPLY · SHARE

INGRID C DUREIN INGRID C DUREIN · Jun 3

I recently found out with homeopathic tablets, that 2 help better than the recommended 3 ! The passion flower I used was in tea bags, I now get drops and will try your advice. Thank you !

❤ LIKE (1) · REPLY (1) · SHARE

OneDayAtATime Jun 3

Thanks for the tip re homeopathics. I am going to try Calm Forte.

❤ LIKE · REPLY · SHARE

Alan Fagle Alan's Substack · Oct 10

I am one of those that have the opposite effects from Valerian root. I have tried it a few times and each time it kept me awake.

❤ LIKE (1) · REPLY · SHARE

JC · Jun 2

Valerian has an interesting CYP (liver enzyme) profile. CYP3A4. Short term use is fine, but also have to check for CYP conflicts with anything else you are eating or taking.

❤ LIKE · REPLY · SHARE

Elizabeth Krispin Elizabeth's Substack · Jun 2

What was the problem with Melatonin, if you don't mind me asking. Thank you, Ek

❤ LIKE (1) · REPLY (2) · SHARE

INGRID C DUREIN INGRID C DUREIN · Jun 3

It has been 15 years, I don't remember exactly - but it just did not work for me. It did not help me sleep, I think it also upset my stomach. This was right after my husband died, so it might just have been that. I know a few people who have good result with it

❤ LIKE · REPLY · SHARE

Christy Trust Jesus Substack · Oct 29

For me, one or two nights of low dose melatonin might be slightly beneficial, but by the third night it makes my sleep much worse than not taking it. At this point I try to avoid it, although I'd consider using it if I traveled more than 2-3 time zones and was going to be there more than a couple of days in an attempt to reset my circadian rhythm.

❤ LIKE (1) · REPLY · SHARE

Jade Dixon Jun 2

❤ Liked by A Midwestern Doctor

I can definitely vouch for the brain working on problems in your sleep. First noticed it when I started ice skating in my teens, and then it came in handy when I took multivariable calculus. I'd work on a problem after class and get frustrated and would just rewrite my attempted solution neatly and make a note to go to office hours the next day. When I saw the professor the next day I started explaining what I had figured out and then realized I understood the part I was having trouble with and professor just sat there and said my whole solution was correct.

❤ LIKE (1) · REPLY · SHARE

sprayerformoney sprayerformoney · Jun 2 · Edited

❤ Liked by A Midwestern Doctor

40 years ago after I delivered my 1st child by c- section. He, nor I slept more than 10 minutes a few times a day for 4-12 weeks. He screamed constantly. Beginning at week 5 he had diaper burns through all layers of the skin about the size of a quarter and I was actually hallucinating. When I contacted a new pediatrician, he was so concerned he had me come into the office on Sunday morning. Since a battery of tests at the hospital had ruled out just about everything, he told me to stop drinking milk. I said the lactose test was negative. He said just do it. Two days later my son fell asleep, but I did not. I was on week 6. No words can describe it. When I think back on that time, I actually feel like I am going to throw up. I went to a doctor and he gave me valium. One pill and I had my son in 911. Psychosis was setting in. Real bona fide psychosis. One attempt with only 3 mg of melatonin gave me a hangover that did not dissipate until the following evening and never worked thereafter. Valerian just gave me a weaker, but identical reaction to Valium. Kava kava gave me anything. We never had a television and the sleeping environment was optimal. All I can say is the will to live strong. Second child restored my sleep completely during pregnancy. After she was born I slept 4 hours a night and felt great. Third child 3 years later, I developed Hashimotos thyroiditis and it was game over. That was 1994. It has been 30 years and I cannot express the suffering, but some information will enlighten you as to the reasons why the medical cartel does want not treat this disease. Depression, fatigue, high cholesterol, diabetes high blood pressure, weight gain constipation, INSOMNIA, hair loss, mental fog, menstrual difficulties, anemia, infertility, ad nauseum. It is an epidemic. What percentage of the 4 BILLION prescriptions ANUALLY (YES YOU READ THAT RIGHT!!!

https://pharpercheron.substack.com/

LIKE (1) REPLY (1) SHARE

apraye rformonkey apraye rformonkey Jun 3

Would be very interested. Iodine is a consideration. STTM reports mixed results, so I had to take an approach that was different than some. The level of expertise and knowledge from Janie and her moderators is just tremendous. Tammy quite literally saved my life.

LIKE (1) REPLY (2) SHARE

Butterfly2510 Butterfly2510 Jul 3

I found STTM website early in my hypothyroidism diagnosis, praise God. Found a Dr who would prescribe Armour and I never looked back! I've had many Drs young and old who try to tell me I'm crazy for being in Armour and we'd like to switch you to synthroid and I explain to them how my body cannot convert excess T4 to T3 and so I have to be on Armour. Some are surprised I know this and others act terrible. But, I know the truth and stay the course!

I'm glad you found help and a solution!

LIKE (2) REPLY SHARE

Phar Percheron Iodine for Horses Jun 4 *Edited*

thanks! I think I will have to read more in STTM !

Really glad they were available for you!

LIKE REPLY SHARE

Chris Coles FRSA Nov 12

Sounds as if you are simply short of iodine, try this book https://www.drbrownstein.com/shop/p/iodine-why-you-need-it-why-you-cant-live-without-it

LIKE REPLY SHARE

Cathleen Manny Cathleen Manny Jun 3

So, what is your 'old and safe prescription sleeping medicine'? Thank you.

LIKE REPLY (1) SHARE

apraye rformonkey apraye rformonkey Jun 3

It is in the links. Do know, I do not consider my situation ideal. There does come a time when too much has been done and damage control is all you have left. It is buying me time to restore the relationships that I almost ruined. That is what I care about.

LIKE (4) REPLY SHARE

Sunshine Sunshine Jun 2

Liked by A Midwestern Doctor

Thanks for the very thoughtful article, Doctor. Glad you mentioned magnesium, I have found it to be wonderful (at the right dosage) to get a good night's sleep. I also take glycine, which I introduced initially as a morning supplement, but moved to my bedtime regimen, as it definitely made a difference in sleeping soundly. Lastly, a hemp-based CBD oil has been wonderful for a deep sleep. These, and a good memory foam mattress (removes the pressure points) and I sleep like a baby.

LIKE (9) REPLY (2) SHARE

A Midwestern Doctor Jun 2

Author

Thank you.

LIKE (3) REPLY SHARE

Phar Percheron Iodine for Horses Jun 3

gotta love the memory foam!!

LIKE (3) REPLY SHARE

Elizabeth Krispin Elizabeth's Substack Jun 2

Liked by A Midwestern Doctor

I'm very self-satisfied tonight. I was able to HAVE A CONVERSATION, on a heart damage (Afib) website, where I explained that I along with 3 (4total) of my 9 siblings, 10 people all, developed irregular heart rhythm shortly after COVID vax. Another poster questioned me, and ultimately I was able to lay out a convincing case to make them think. 😁

Making progress in the court of public opinion. Contact by contact.

Myocarditis after vaccination, firm data - YouTube

https://www.youtube.com/watch?v=Hb1Xm1uaedU&t=702s&pp=ygUXZHlgY2FtcGJlbGwgbXlvY2FyZGl0aXM%3D

https://m.youtube.com/watch?v=Hb1Xm1uaedU&t=702s&pp=ygUXZHlgY2FtcGJlbGwgbXlvY2FyZGl0aXM%3D

LIKE (8) REPLY (2) SHARE

Elizabeth Krispin Elizabeth's Substack Jun 2

Footnote; the conversation was on Facebook, and I haven't landed in Facebook Jail yet.

LIKE (9) REPLY SHARE

Phar Percheron Iodine for Horses Jun 3

Excellent Elizabeth!! It's a lot of work,, glad to see you getting some results!!

LIKE (1) REPLY SHARE

IdahoScot Jun 2

For those who must work nights (esp first responders), would a cool, dark room to sleep during the day be the best thing to do? Any other of the insomnia suggestions that are also important? So many articles say "Don't work nights", but I think everyone who has to call 911 at night actually wants someone to answer and someone to come!

LIKE (11) REPLY (1) SHARE

A Midwestern Doctor Jun 2

Author

That plus liposomal melatonin.

LIKE (4) REPLY (1) SHARE

IdahoScot Jun 2

Thank you!

LIKE REPLY SHARE

salience KOSMOS Jun 3

Liked by A Midwestern Doctor

Wow, so much information here that I'm going to have insomnia just trying to figure out how to get the right amount of sleep ;>)

LIKE (6) REPLY (2) SHARE

A Midwestern Doctor Jun 3

Author

:)

LIKE REPLY SHARE

robin hanna Jun 5

Too funny...i was in the bahamas with slow wifi and it took my 3 days to read it! I was reading it on a screen too!

LIKE REPLY SHARE

Babbelmouth Jun 2

Liked by A Midwestern Doctor

AMD, I know you've written quite a bit about the importance of natural light, but what I mostly observe in the comments is people talking about what they can ingest and how it doesn't really work. I think people don't really grok the practical requirements for natural light, that it means viewing sunrise and sunset each day (no, not staring into the sun) and also getting out and about with as much light on your exposed skin as you can manage other times of the day, short of sunburn. Even midday. Even in Summer (for a relatively short time, much longer in Winter).

Glass, in cars, windows and glasses, will prevent most of the effect of sun on your circadian cycle. The light needs to hit your retina, every day. And your skin. Remember we have no fur and yet we survived being outside all day every day before we invented factories, offices, electricity and screens. All of the conditions mentioned above, including obesity and diabetes are mediated by light. People don't understand this because we're not supposed to. Dr Jack Kruse and Zaid Dahhaj are doing fantastic work on Twitter on this topic, well worth reading (beware, you may find Dr Kruse a little... raspy).

During my insomnia experience of a decade or so, I eventually found that mouth taping was excellent for increasing sleep quality, so that I went from needing 8.5 hrs sleep to feeling great on 7-7.5 each night. I also found a brain retraining program that restored my sleep cycle length - Sleep Tracks Insomnia Buster. Additionally, I had a great result from doing a keto/intermittent fasting program for a year or so. For me, it stopped the sugar cycle/carb cravings that make you need that hit from the oatmeal or whatever during the night when you should be sleeping.

I only got to the light bit later on... All of these remedies are more than bandaid solutions and are essentially free or almost free. I would love to hear if others have experience with any of them.

LIKE (6) REPLY (4) SHARE

yantra yantra Jun 3

I couldn't agree more about getting natural sunlight - unfiltered by anything - on as much of your body as possible, plus seeing the sunrise or at least early morning sun (unfiltered) every day, which sets up your circadian rhythm and begins your own melatonin production. Great for sleep and overall health. And avoiding sunglasses, unless on snow or other blinding situations. Also avoiding driving at night, which has gotten much worse since the adoption of the intense blue-white blinding LED headlights coming at you. I don't know how they are legal!

LIKE (2) REPLY SHARE

Cathleen Manny Cathleen Manny Jun 3

My husband started the mouth taping a year ago. Helps his sleep...and mine. Inexpensive, drug-free, no side effects. :)

LIKE (2) REPLY (1) SHARE

robin hanna Jun 5

I recently learned of this!

LIKE REPLY SHARE

Andrew Miller Jun 7

I've been mouth taping for four years and it's extremely beneficial. It eliminated waking up with a dry mouth, chronically chapped lips and snoring. The best part is I have vivid dreams for the first time in decades because of better quality sleep. From time to time, I'm congested and fall asleep without the tape or have to take it off at night, and I can tell a real difference in sleep quality when that happens.

LIKE REPLY (1) SHARE

Babbelmouth Jun 7

Sleep quality is totally under-rated!

LIKE REPLY SHARE

Phar Percheron Iodine for Horses Jun 3

Yes, light, mouth taping... looking up your brain program too. THANKS!

LIKE REPLY SHARE

George Clendinning Jun 2

Liked by A Midwestern Doctor

Great article AMD! Thank you. I learned plenty from it.

LIKE (6) REPLY SHARE

Joseph Unger Joseph's Substack Jun 2

Liked by A Midwestern Doctor

The article references heat to the lower body. Basic functional neurology. Heat stimulates and cold sedates. Heat to the sacrum (NOT lumbar) stimulates the parasympathetic nervous system, down regulating the sympathetics. Can be very calming for many. Much sympathetic dominance going around. Have had many patients respond favorably.

LIKE (5) REPLY SHARE

Carol Jones Jun 2

Liked by A Midwestern Doctor

Couldn't get passed your title. Perhaps it should read-- Why Isn't there an Allopathic Cure for Insomnia.

LIKE (5) REPLY (1) SHARE

erin erin Jun 2

Funny the cure is the same for depression as for insomnia. Lots of sun. There for the taking.

I am normally happy to see Big Pharma as the villain, but here... aren't we just as guilty? The history of (allopathic) medicine is just ghastly -- when you focus on what they did to the patients. But with the advent of antibiotics and some fancy surgeries, most modern humans just set their thinking aside, barking like seals, here, gimme another pill! :-(

LIKE (7) REPLY (1) SHARE

A Midwestern Doctor Jun 2

Author

A big part of the issue was that allopathy conditioned the American public. to believe they needed a doctor to be healthy rather than them taking charge of their own health.

LIKE (21) REPLY SHARE

Deenie Jun 2

Liked by A Midwestern Doctor

This is why I love being an herbalist because it is never about 1 ingredient with our Traditional Chinese Medicine formulas and they are magical. You are always adjusting based on human biology. And my acupuncture needles also help alot!

LIKE (4) REPLY SHARE

Tardigrade Tardigrade Jun 2

Liked by A Midwestern Doctor

Holy basil tea can be helpful.

LIKE (4) REPLY (1) SHARE

Cathleen Manny Cathleen Manny Jun 3

My functional medicine MD suggests this.

LIKE (1) REPLY SHARE

JC JC Jun 4

Liked by A Midwestern Doctor

Natch, GHB and all it's analogues are banned in Australia. Colour me surprised? (NAH, this is the most regulated state I've ever experienced)

LIKE (3) REPLY SHARE

Mary Anne Mary's Substack Jun 2

My daughter was officially diagnosed with Narcolepsy, by Dr. Jerald H. Simmons, a Stanford trained neurologist, at his facility in Austin. Evidently, a key characteristic for diagnosis, is going in REM sleep within the first 15 minutes of rest. She was tested 5 times throughout the day, and she entered REM every time within the first 5 minutes. Fortunately, she does not have type 1 that includes cataplexy, but she does have excessive daytime sleepiness, random sleep attacks, and sometimes experiences sleep paralysis upon waking. Interesting that the first question she was asked after her diagnosis was whether she had received the H1N1 vaccine. She didn't, but I'm wondering what other vaccine she received could have triggered it. I confirmed with Dr. Robert Malone that he has Narcolepsy as a result of the C vaccine, but that is not the case with her. I'm thinking of purchasing the Medical textbook you recommended called Vaccines and Autoimmunity because she also has some underlying autoimmune disorder that they have yet to figure out. So since her diagnosis, I've spent a bunch of time researching how to help her deal with her exhaustion.I read Matthew Walker's book and found it somewhat helpful, but there is a lot of info on how to fall asleep, but not how to fall asleep in NREM and get the deep restorative sleep that one needs. I tried to reverse engineer the whole equation, but didn't get very far. It is not surprising either, that many of the medications that were offered to her were stimulants to keep her functioning through out the work day. Adderall, of course, Modafinal, which they don't seem to completely understand the mechanism of how if works, and Provigil, which was really pushed because guess who had a stake in its development? Yep, Dr. Simmons. Now I'm sure this drug is helpful to some people, but in my mind it is a recipe for more disastrous repercussions down the road. Force the body to stay awake, although exhausted, without addressing the root cause, no deep sleep. I had run across the book you recommended and GHB about two years ago. At first I was excited, but then was very worried when I read all the negative articles and that it was the date rape drug, so I went off in another direction. Recently, my daughter met a woman who also had the same thing as she does and this woman, after supposedly spending thousands of dollars on every kind of doctor and supplement and medication, finally was prescribed GHB and she told my daughter it gave her life back. She did say that she now sleeps so soundly that she might not wake up if the house was on fire, which is a scary thought especially if you have children. Is this true or is she perhaps taking too much? What is its safety profile ? I would be very grateful for any additional comments and info on this as its very hard to find any reliable way to avoid going into REM immediately and/or fixing her sleep patterns so that nREM gives her restorative rest. Thank you!

LIKE (6) REPLY (2) SHARE

A Midwestern Doctor Jun 2

Author

I completely forgot to mention the H1N1 thing and will add it in. Thank you.

All the information I can give you on GHB was what I included in here plus the book and the erowid references. Short answer is that you will sleep very soundly on the drug but it wears off in about 4 hours. I'm not aware of anyone dying from GHB because their house caught fire while they were asleep, but I suspect that might eventually happen if a lot of people started taking it.

LIKE (2) REPLY SHARE

Butterfly2510 Butterfly2510 Jul 3

Where did she find it?

LIKE REPLY SHARE

JW Writes JW Writes Jun 2

Liked by A Midwestern Doctor

I have a familial (genetic) sleep disorder called Advance Phase Sleep Disorder and sometimes I feel obsessed about figuring out my sleep. In APSD we want to sleep very early and wake very early. My mom goes to sleep around 7:00 and wakes usually between 1:00 and 2:00, sometimes later if she went to bed later (but not usually). My grandfather did the same. The rest of us with it are married with families and can't do that schedule on a regular basis and that's where the issues come in - if we miss the "sleep window" then we can't fall asleep for hours (it feels like after drinking a ton of caffeine), don't sleep well, and wake early anyway. The amount of daylight plays a big part, too. Right now with longer days, I can usually make it to 9:00-9:30, and sleep 7ish hours. But in winter I can barely make it to 7:30, even with light therapy. I take magnesium glycinate, melatonin, and glycine, and use lavender essential oils, which help some with sleep quality but I rarely feel like I slept well. It's infuriating. I'd love something like GHB! And absolutely hate the hypnotics, which I have had to take after orthopedic surgeries when I had to sleep sitting up for a week - those are terrible.

LIKE (2) REPLY SHARE

S. Nicoletta Rogers INTRICACIES Jun 2

Liked by A Midwestern Doctor

Ashwagandha has been recommended to me. Your thoughts, if any?

Your article is inspiring me to quit coffee... I usually only drink 1 to 2 cups before noon... and to "clean up" my bedtime routine. It's been an ongoing struggle for many years. In my case, it's definitely about psychological stress (complex post-traumatic stress since birth and throughout childhood) and a mind that will not "shut up"... 😔

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Jun 2

Author

Ashwagandha is often very helpful for people. I follow the Chinese medicine perspective that you gradually become resistant to the adaptogens so you should save them for old age when you really need them.

LIKE (7) REPLY (1) SHARE

ununun Jun 3

Do you have more information about how resistance develops to adaptogens?

LIKE REPLY (1) SHARE

CGS Dec 20

I'm a Chinese medicine practitioner so I'll try to address this from a TCM perspective.

A number of Chinese herbs are considered adaptogens in the West, such as Chinese ginseng, codonopsis, licorice root, Siberian ginseng, American ginseng and schisandra berries. When you look at how these herbs are classified in Chinese medicine, they are all basically tonic herbs, used to boost qi or energy (put simply). Another feature of these herbs is that when given by a practitioner, they are almost never given in isolation and only in formulas, which are complex combinations of herbs. They are also usually only supportive herbs in these formulas, not the main focus, and are balanced by other herbs that address other aspects of the physiology that are out of balance - herbs to reduce things such as pathogenic water or dampness in the body (edema, excessive phlegm etc), excess heat (inflammation etc) or blood stagnation (poor circulation for whatever reason) in different parts of the body, depending on a detailed diagnosis.

If the tonic herbs/adaptogens are given in too large a dosage within a formula or not properly balanced (or alone, as often happens in the West), however, they will often increase the pathogenic factors mentioned above, so the pathogenic water or blood stagnation will increase, for example, causing the body to go further out of balance and ultimately making the patient feel worse or at least not get better. It's like putting really good fuel in a dirty engine, which will drive the engine harder and eventually cause it to seize up. At first though, before this negative cascade has happened, the patient will temporarily feel more energy from the tonic/adaptogenic herbs.

I do need to say that I disagree with AMD's idea of only giving adaptogens later in life to avoid this happening. The older we get, the more dampness, blood stagnation and excessive heat (amongst other pathogenic influences) we accumulate, making tonic/adaptogens less likely to be well tolerated and helpful if taken by themselves. What anyone experiencing ill health needs instead is a complex formula that addresses all aspects of whatever imbalances their body is expressing. The crap (dampness, blood

stagnation etc) needs to be cleared out to help the body run more smoothly to be able to use the extra energy the adaptogens provide in an efficient and healthy way.

LIKE REPLY SHARE

GaryP Jun 4

Sometimes I read every word, sometimes I scan the article. I may try catnip tea a while before bed to make me drowsy. Don't really need it but is growing wild around my deck and I need to cut some of it down before I have a catnip doped cougar mellowing out on my deck. I made a comment over at Breitbart on an article about a mom killing her two children. She was driven to insanity by SSRI drugs used to treat depression. Everything I wrote came from A Midwestern Doctor.

"Three more victims of the toxic and addicting SSRI antidepressants. Some people cannot properly metabolize them and the drugs build up to dangerous levels. Doctors rarely, if ever, check for this condition. Even those without the condition often have great difficulty with the Prozac like drugs. What does the medical establishment typically do when the treatment is failing? They increase the dosage.

Stopping the drugs cold is incredibly dangerous. Victims can feel like their flash is crawling with worms. It can drive them mad, and can cause many to do dreadful harm to themselves and others. Two children dead and the mom about to be imprisoned for life. The WD witch doctors, and big pharma, destroyed these three lives. All for money. They are the guilty parties.

For every school shooting, always ask if the perpetrators were being treated for depression. Of course, they were depressed. Their bodies and brains were mutilated by the mandated childhood vaccines. Big Pharma made money, so much so, they give payola to the witch doctors to vaccinate babies. The witch doctors take the bribes."

LIKE (4) REPLY SHARE

Ruth Lock Jun 3

Ai generated info on Passion Flower, GABA & GHB:

Passion flower (Passiflora incarnata) is a plant that has been used for centuries in herbal medicine to treat various health conditions, including anxiety, insomnia, and seizures. The plant contains flavonoids, alkaloids, and other compounds that have been shown to interact with the brain's neurotransmitters, including GABA (gamma-aminobutyric acid) and GHB (gamma-hydroxybutyric acid).

GABA and Passion Flower

GABA is a neurotransmitter that plays a crucial role in regulating the activity of neurons in the brain. It is often referred to as the "inhibitory neurotransmitter" because it helps to calm down the activity of neurons, leading to a sense of relaxation and reduced anxiety. Passion flower has been shown to increase GABA levels in the brain, which can lead to a range of benefits, including:

Reduced anxiety and stress

Improved sleep quality

Enhanced mood

Reduced muscle tension and pain

GHB and Passion Flower

GHB is a neurotransmitter that is involved in the regulation of sleep, muscle tone, and anxiety. It is also a precursor to GABA and can be converted into GABA in the brain. Passion flower has been shown to interact with GHB receptors in the brain, which can lead to a range of effects, including:

Sedation and relaxation

Expand full comment

LIKE (4) REPLY SHARE

Mary L. Mary L. Jul 5

So can you get GHB? With a prescription, without? Similar to Ivermectin availability.

LIKE (3) REPLY SHARE

JC JC Jun 4

Trazodone, if used regularly, needs to be tapered to come off.

https://www.survivingantidepressants.org/forums/topic/28980-tips-for-tapering-off-trazodone/

It takes about 3 days to develop dependence, and anything over 3 weeks use, must taper in order to remove the drugs safely.

LIKE (3) REPLY (1) SHARE

A Midwestern Doctor Jun 5
Author

I want to point out that while not great, the alternatives to it are much worse.

LIKE (2) REPLY (1) SHARE

JC JC Jun 5

I had to comment, since I know folks who have been stuck on it for 20-40 years (depending on the individual).

LIKE (1) REPLY SHARE

Mary Jun 3

In Hulda Regehr Clark's 1995 book The Cure for All Diseases, she proposes that insomnia is the result of high ammonia levels in the brain. The belief is based on two observations, she says, "Ornithine, an ammonia reducer, induces a wonderful sleep in sleep deprived persons. It is also observed that after killing parasites, which produce ammonia, sleep is much improved." Wondering what your perspective on this suggestion is?

LIKE (3) REPLY SHARE

Istvan Nemeth Jul 20

Very useful article--thank you, Doc. I love your articles, and I really appreciate you share your exceptional knowledge. It is because of such people that the world is advancing.

One interesting observation for this sleep article which you may find useful--you mention that avoiding eating later in the night can help fall asleep or sleep well. I believe this varies person by person since I have to eat proteins before bed to sleep well--meat, hard cheese, almond butter or tahini. My adrenal insufficiency forces me to do that, I crave proteins at night and eating them calms me down, makes me feel good. When I was eating oatmeal 1 or 2 hours before bedtime, it used to keep me alert and unable to go to bed since it was slowly digesting but for the very same reason it was providing a "carb stimulus" (blood sugar spike causing sympathetic stimulus) for hours! Unlike fast absorbing carbs that only have a temporary effect. So I believe people need to experiment to find what helps them fall asleep.

LIKE (2) REPLY SHARE

Jon West Jun 5

You write that CPAPs are "are simultaneously disruptive to the body." Can you expand a bit? How are they disruptive to the body? Thanks.

LIKE (2) REPLY (2) SHARE

A Midwestern Doctor Jun 5
Author

They put a lot of pressure and strain on the body.

LIKE (1) REPLY SHARE

Muskrat7 Jun 5

And what's better to do instead? Think the incline therapy might help

LIKE REPLY (1) SHARE

A Midwestern Doctor Jun 5
Author

1) Mouth applicance.

2) If you read my piece on how vaccines cause SIDS, I present the evidence for this, but I think a lot of sleep apnea is a less severe form of microstrokes to the respiratory centers of the brain which respond to zeta potential treatments.

3) Someone who is good with structural manipulation can often improve the obstructive type.

LIKE (1) REPLY SHARE

yantra yantra Jun 3 *Edited*

It seemed like insomnia really started increasing in the 1990s. In 1996 the Telecom Act was enacted. Section 704 of the Act denied the right of any jurisdiction or community to protest the placement of a cellphone tower "on the basis of the environmental effects of radio frequency emissions". And then the mass rollout of celltowers began, along with media saturation about the danger of not carrying a cellphone. And so mass adoption of cellphones ensued. The "environmental effects" referred to in the Act have been construed to mean health effects in the Courts. There is plenty of evidence to support the connection between poor sleep and exposure to wireless radiation from cellphones, wifi, laptops, security systems, etc. I know i am banging my usual drum. But it isn't just the celltower down the street. Your closest exposure (i.e. cellphone, wifi router or smartwatch) is usually your worst.

LIKE (2) REPLY (1) SHARE

JC JC Jun 5

You'd be a good one to discuss this with. Hearing aids. Bluetooth ones! They seem so awesome, so convenient, to get phone calls & music piped directly into your ears.

But I've resisted having BT that close to my brain. And after reading AMD, think it can't be good for zeta potential to the brain.

LIKE (2) REPLY (2) SHARE

yantra yantra Jun 5

PS to JC: You are probably aware of the strong connection between tinnitus and exposure to wireless radiation. For many people, it is either their worst symptom, or one of the worst.

LIKE (1) REPLY (1) SHARE

JC JC Jun 5

It would be a deep challenge for me to parse out how much of this tinnitus (since an incident in childhood) is my own nerve damage, and how much of it is EMF reactive. Doc says "zeta potential"! and so I persevere.

LIKE REPLY SHARE

yantra yantra Jun 5

If it were me, i would continue to resist. Not only would the wireless radiation be right next to your brain, but there is evidence that microwaves damage hearing. Just in my own experience, i have 3 close women friends in their late 60s to early 70s to whom hearing aids were recommended due to hearing loss. All 3 have been subjected to lots of chronic close-range wireless radiation for many years. Two of them opted for the hearing aids, which, from what i understand, are sending microwaves through their heads from ear to ear (!) Doesn't sound like a good plan to me, even if they don't also have bluetooth. I have heard that at least some hearing aids have the option to turn off bluetooth. If you feel like sharing, are you using hearing aids now, and if so, have you found any that don't operate with microwaves?

LIKE (1) REPLY (1) SHARE

JC JC Jun 5

My left hearing aid talks to my right one - is that via microwaves? How can I find out? Will a microwave leak detector placed between them register something? (now where did I put that device?)

I do know that I don't like wearing them (there is peace in the quiet!), and probably wear them less than 5-10 hours per week. I love hearing when I need them, but I like quiet when I don't.

LIKE REPLY (1) SHARE

yantra yantra Jun 5 *Edited*

That is great that you prefer to use them sparingly. From what i understand, all or nearly all of the currently available hearing aids operate with microwaves (radiofrequencies). I would think there would be some specs about it in your product info, or you could ask your audiologist - they should know. I think a good radiofrequency meter (like Safe & Sound Pro II, which is my favorite) would demonstrate the signals. I have not tested them.

LIKE REPLY SHARE

yantra yantra Jun 3 *Edited*

In my experience, insomnia was pretty rare when i was growing up in the 1950s & 60s. I rarely heard of anyone who couldn't sleep - just a very unusual or obviously compromised adult now and then. The inability to sleep was considered weird. I never heard of any children that couldn't sleep. It seemed like insomnia really picked up starting in the 1990s .

LIKE (2) REPLY SHARE

Blair Doyle Jun 3

p.s. one other thing that I think helps quality of sleep is to use an all natural mattress that doesn't have flame retardant chemicals in it.

LIKE (2) REPLY (1) SHARE

yantra yantra Jun 3

not to mention quality of life in general!

LIKE (1) REPLY SHARE

Artisan Jun 2

What are the alternate treatments for sleep apnea that you recommend instead of CPAP machines?

LIKE (2) REPLY (1) SHARE

A Midwestern Doctor Jun 2
Author

for obstructive: Fix zeta potential, structural manipulation, having a mouth guard that prevents the tongue from collapsing on itself.

for central it's more complicated.

LIKE (8) REPLY (1) SHARE

Pelican72 Pelican72's Substack Jul 21

We just got our Zeta aide in the mail. I also have referrel to dentist who should be able to make a dental device.

LIKE REPLY SHARE

OneDayAtATime Jun 2

AMD, thank you so much for this. I appreciate the depth of this article. I used to sleep like a rock for 9 hours every night until peri-menopause and then menopause. I am wondering if you can comment on how menopause increases insomnia and particularly women waking up around 3am every night. This started before I began having hot flashes which is whole different can of worms. Very low dose HRT has massively eased the hot flashes and the sleep disruption remains.

LIKE (2) REPLY (3) SHARE

A Midwestern Doctor Jun 2
Author

Immediate answer would be to try the other things in this article.

Also with HRT, the main thing that's important is progesterone applied topically as a cream.

LIKE (2) REPLY (3) SHARE

KarenAnnH Dec 6

Progesterone oil? I have used the Ray Peat progesterone in vitamin E oil for sleep. Applied to the gums. It does seem to work; though my sleep has improve significantly since I've changed my diet to organic, water to distilled/remineralized and cook my food myself. Processed foods and restaurants are very, very occasional form me and I'm good with it.

LIKE REPLY SHARE

R Smith Aug 22

If a woman in her 70s has been off "natural" hormone replacements (bio-identical preparations of estrogen and progesterone) for 10 years--and also has barely slept more than 3 hours a night since abandoning these products--is it possible to re-introduce progesterone safely and effectively? Or has that boat sailed?

It would be really nice to actually get some real sleep, and herbals like valerian, etc., only help a bit, and they give me a headache. As for melatonin--which used to put me out like a light within 15 minutes, but only kept me asleep for 2-3 hours--it barely has much effect on me anymore.

LIKE REPLY SHARE

OneDayAtATime Jun 2

Thank you for this. What's important about topical progesterone versus oral (my current delivery method)?

LIKE REPLY (1) SHARE

A Midwestern Doctor Jun 2
Author

Topical often works much better.

LIKE (2) REPLY SHARE

donna tryba Jun 2

I would love to know this also - as I am struggling with this same problem!

LIKE (2) REPLY (1) SHARE

Pelican72 Pelican72's Substack Jun 2

In women, a common cause of insomnia is low progesterone. This is common in perimenopause and menopause. You always want estrogen and progesterone in balance. If you are on a low dose Estrogen replacement, then a progesterone cream might be enough to balance you. Try it and see how your sleep is.

I had a full hysterectomy (female castration) at age 40. I am on 3 kinds of estrogen and oral progesterone. Prescription progesterone (Prometrium) is stronger than cream and I take a high dose - which balances the high level of E. Your goal should be the best dose that resolves your symptoms. After the hysterectomy, I was really messed up and had to figure it out. Hope this helps.

LIKE (2) REPLY (1) SHARE

Mary L. Mary L. Jul 5

I take oral too but after hearing Mercola talk about how progesterone turns into allopregnalone when taken orally so I ordered the one he recommends. He applies it on his gums but I find that hard to dose. I also ordered Dr Platt's transdermal progesterone. I haven't had the nerve to stop the oral because it helps with weight and sleep. Dr Platt has an interesting take that some people are adrenaline dominant so they need more progesterone to block or rid the body of excess adrenaline (that may not be the mechanism of action but something like that).

LIKE (1) REPLY (1) SHARE

Pelican72 Pelican72's Substack Jul 5

Firstly, if you are doing well - sleeping and weight - with oral, why not continue? I suspect there is a difference between how men and women utilize it, so I would not take Dr. Mercola's experience at this time over your own experience. Also, he likely has good hormone levels to start with. Note, I do split my dose, I take 300 mg orally and another 100 mg as a vaginal insert. That seems to be the right balance for me. I have not done well with any of the creams/topical - not progesterone or estrogen or testosterone. But I am a full hysterectomy, I need more than a top up.

LIKE (1) REPLY SHARE

aprayerformonkey aprayerformonkey Jun 2

Same.

LIKE REPLY SHARE

Fred Jun 2

Isn't there a supplement that is similar to Gamma-Hydroxy-Butarate, or is converted to Gamma-Hydroxy-Butarate?

I have tried GABA,, which I understand i chemically related. I have only tried one GABA product, and my experience is mixed. It may be conductive to sleep, it is as if may create a space in which falling asleep more easily takes place, but it is sensitive and not very effective. That process of falling asleep easily gets disturbed.

LIKE (2) REPLY (1) SHARE

Fred Jun 2

What about gamma-butyrolactone? It is supposed to be the precursor of Gamma-Hydroxy-Butarate, and is converted to Gamma-Hydroxy-Butarate in the body. I imagine a problem gamma-butyrolactone is that is more of an industrial product, and there may be issues with dosing, purity besides obtaining it.

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Jun 2
Author

gamma-butyrolactone it outlawed too because it's very easy to synthesize GHB from it.

LIKE (1) REPLY SHARE

A K Nov 3

Great article. The addictive potential should likely not be undervalued though. GHB or nowadays GBL (easier to source, and potentially somewhat safer, as it needs to be converted to GHB in the liver, which makes it a bit time-release) is widely used in the gay clubbing scene.

And I know of at least two guys that got addicted from it. They craved the calming effects, and took it every 2-3hrs in the end, with strong withdrawal symptoms upon trying to stop.

Funnily the withdrawal is a few days I'm stationary care, getting loads of benzos, which softens the withdrawal.

But sure, benzoes (the prescription anti anxiety meds) can cause addiction too, and supposedly are a real bitch to withdraw from.

Also GHB/GBL is very dose sensitive. So if one reacts sensitive, just 1ml too much (or nit enough time btw doses), and you get kind of a narcolepsy effect. So as a sleeping remedy that might be great. But if one uses for anti anxiety, not so great. But sure, other sedatives/sleep meds/anti-anxiety meds have a be handled carefully too.

It can also cause very bad nausea.

And the taste is pretty vile! Well GBL worse than GHB.

Another friend took GBL for sleep for a while 3-4ml, and reported waking drenched after ca 3hrs, and then having problems falling back to sleep for while.

Still I am wondering if micro dosing might be an option. Ie trying a X2-X4 homeopathic dilution (well, actually it gets potenzised, but that is another discussion)?

I know X4 T3 works great for me, as I seem to have s T4 to T3 conversion problem. And X4 T3 gives me energy, ups/normalises my body temperature and cuts down on histaminosis/ mastcell histamin release.

But potentially that might work more on the HGH release than the sleep regulation?

BTW, further remedies which have been suppressed and have imo great potential: borax and CDS (chlorine dioxide). There was a big Borax support group on FB, that got closed down (2022 or 2023, so not even 2020, when many alternative health group got culled).

Good article: Nothing boring about boron.

CDS improves blood flow (zeta potential?), antiviral, antibacterial and in the German alternative healing community often combined with DMSO. Loads of info on andreaskalcker.com

LIKE (1) REPLY SHARE

KATHAZEL KATHAZEL Jul 14

Valarian is an amazing aid to sleep. It was used in air raid shelters during the war to keep people calm and is pleasant in tea with lemon balm and other herbs. It is not

addictive.

LIKE (1) REPLY SHARE

Big E Big E's Big Mouth Substack Jul 6

AMD, your article "Why isn't there a cure for Insomnia? has been made into a movie — OK, an 18 min 39 sec video (with some colorful language). You can find it on X; the link and description are below.

NOTE: My apologies if another commenter already posted this video. I was sleeping and raving, so came late to this insomnia article party.

GHB Video on Vigilant Fox (18 min 39 sec)

https://x.com/VigilantFox/status/1808237704640962625

Description:

If you thought what they did to ivermectin was bad, wait till you hear what they did to this drug.

It turns out that there's a cure to insomnia, but the drug is so remarkably effective for a variety of conditions that the FDA colluded with the media to take it down.

The drug is Gamma-Hydroxy-Butarate, also known as GHB.

The FDA's tactics were ruthless. In 1990, they issued a press release filled with deceptive inaccuracies. They banned it, threatened compounding pharmacies, and even raided suppliers without legal authority.

"The media hysteria labeled it a 'date rape drug,'" as noted by @MidwesternDoc, but evidence shows GHB wasn't a major cause of assaults.

If you don't believe me, watch this video with @Jimmy_Dore and be ready to have your mind blown.

LIKE (1) REPLY SHARE

Tomislav Jun 12

Only as a note?:)

"Note: gentle sexual intercourse can also often facilitate downwards drainage in the body."

LIKE (1) REPLY SHARE

Elizabeth Krispin Elizabeth's Substack Jun 5

God Bless You, our dear Midwestern Doctor. Thank you for your clarion voice, heard the world over. ❤️🌹🦋🌷

LIKE (1) REPLY SHARE

Lenore Norrgard Jun 5

I would love to get some GHB. Is it possible to get it in other countries? Is it over the counter elsewhere, or must one have an Rx? It could be worth a trip....

Other than that, what about the decline in melatonin production as we age? It seems to me that we elders best supplement rather than suffer poor sleep.

Also, what do you think about CBN?

Thank you!

LIKE (1) REPLY SHARE

Muskrat7 Jun 4

Add on top of all that all the death/suffering caused by the approved drugs. (People were straight up held down and murdered with Remdesivir/Covid protocols, but I digress, and those numbers are small comparitively.) It really starts boggling the mind and adding up fast

LIKE (1) REPLY (1) SHARE

JC JC Jun 5

Benzos are so evil. I can't prove that my Mum's dementia would not have been so - well, like it was, if she hadn't spent 40 years on benzos. Perhaps she wouldn't have been neurologically paralysed those last 6 years. Then, of course, took the shots, it all went very quickly from there. But I can't prove it, certainly not from a country so far away from where she died. I did, however, watch it happen.

LIKE (1) REPLY (1) SHARE

Muskrat7 Jun 5

I'm very sorry to hear that. Im pretty lucky my own experiences have turned most of my immediate family off to mainstream medicine but I think of what might've been with those already gone. It hurts to think of the suffering people have been forced to watch though, just evil

LIKE (1) REPLY (1) SHARE

JC JC Jun 5

LOL I don't wear a white coat, so they wouldn't listen to me.

I was the crazy one, who was "off her meds," blah blah.

But your statement that we who are watching - are suffering - as a form of torture - sort of shifted my awareness, thank you.

LIKE (1) REPLY SHARE

Muskrat7 Jun 4

I don't think their decision to ban is atrocious. I think it's criminal. Worse than criminal, considering I'm laying all the death and torment suffered at their feet.

I think one study you cited was 300-500,000 deaths possibly attributed to long term otc sleep aid use and cancer deaths. Start adding all the suffering and preventable death that may have been greatly reduced or eliminated just from this one drug, then start adding in others here and worldwide that been banned. I don't know if we get into Mao territory but we've been experiencing reckless murder in huge numbers. Just like any other tyranny....

And we didn't even know it

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Jun 5

Author

That's a big part of why I spent a month writing this.

LIKE (7) REPLY (2) SHARE

Muskrat7 Jun 5

Liked by A Midwestern Doctor

Thank you for doing so very much. I really appreciate and love your work. You're the doctor I wish I had when I went through what I went through with my health. Still climbing out of it but I got to realize how dumb I'd been to trust my life and career to doctors sooner than most lol and just how little they know. Lots of people are seeing now thanks to you and those like you

LIKE (2) REPLY SHARE

Elizabeth Krispin Elizabeth's Substack Jun 6

Thank you. ❤️💔⛅

LIKE (1) REPLY SHARE

SteveBC Jun 3

AMWDr, I very much appreciate your article here. A lot of excellent and very helpful information. Thank you.

LIKE (1) REPLY SHARE

Blair Doyle Jun 3

Thanks for the interesting article. In my experience the first thing to try for improving sleep is to eliminate ALL caffeine at any time of day, INCLUDING in the morning. I have known so many people that struggle with sleep but absolutely refuse to give up their morning cup (or three) of coffee. I read somewhere that traces of caffeine can stay in your body for over 24 hours so I gave up caffeine completely and now (at age 64) I sleep incredibly well. Personally, I believe everything you consume affects your sleep, so I also avoid high fructose corn syrup (like the plague it is), commercially raised grain fed animal products, most processed foods, and go easy on sugar. Be better to eliminate it but I don't have that much willpower. Someone once told me if it has a list of ingredients you probably shouldn't be eating it!

LIKE (1) REPLY SHARE

yantra yantra Jun 3

Thanks MWD. I know this may sound strange, but now i am wondering if perhaps the bacteria in kefir somehow promote GHB. I started drinking a lot of it in late january 2024 (like a quart a day). Within a week or two i noticed much better sleep than i have had in years, feeling much calmer overall, much improved digestion and substantial weight gain (for some odd reason, i had been severely underweight for about 2 years - at times down to 83 pounds, truly emaciated, no subcutaneous fat, couldn't gain weight on any diet - and now i am back to my 2014 (or earlier) body, 99 lbs (i am only 5'2"). I am using store-bought milk kefir which includes only lactic acid bacteria, not yeasts like the "kefir grains" you can use to make your own kefir. I have been eating yogurt daily for decades, but kefir is definitely different.

LIKE (1) REPLY (3) SHARE

A Midwestern Doctor Jun 3

Author

That's a great point. I suspect there are probiotics that could make GHB, but I'm not sure if any data exists on that. Also I'm not sure if that would work for dosing (since you'd want it at one time rather than throughout the day)

LIKE (1) REPLY (1) SHARE

yantra yantra Jun 3 *Edited*

Actually i usually drink most of the kefir in the morning or early afternoon - but it seems to have ongoing and far-reaching effects, even on my overall strength and muscle tone (in my early 70s). Researching on the internet today, i learned on some scientific sites that not only do mammals like us make GHB endogenously (as you know), but that we can continue to make it even post-mortem, due to bacterial action. I then tried to find a link between lactic acid bacteria and production of GHB (Gamma-hydroxybutyrate) but so far only found scientific research demonstrating the production of Gamma-aminobutyric acid (GABA) by lactic acid bacteria (Lactobacillus brevis), which is found in some kefirs. It was also noted that GHB is a short-chain fatty acid analog of GABA.

LIKE (1) REPLY SHARE

Kerrie-Anne Crosby Dec 5

Yes, I would suspect that this is a result of increased numbers of butyrate producing species in your gut. Required for GHB and GABA metabolism.

LIKE (1) REPLY (1) SHARE

yantra yantra Dec 5

interesting, thanks!

LIKE REPLY SHARE

Mary Oct 29

I have almost the same problem you describe. I've been vegan for 15 years, but the weight issue started just in 2021, so I thought it might be the vax I unfortunately took. Thanks for posting, will think about this....

LIKE (1) REPLY (1) SHARE

yantra yantra Oct 29

i didnt get vaxxed, and am not really sure what caused the emaciation, just that the (dairy) whole milk kefir seemed to resolve it - i think from some responses i got, that it can cause weight gain for those who don't need that also. PS are you the same Mary that sent me a link yesterday about JC?

LIKE REPLY (1) SHARE

Mary Oct 29

Yes, I did send that.

LIKE REPLY SHARE

Mouzer Jun 3

I vaguely remember there being a big thing about GHB though I don't recall it being the 90's. Perhaps it was. One of our founders wanted health freedom in the constitution. Like the practice of leaving office after serving a term, I guess it just didn't occur to them how much corruption would take over in health choices.

LIKE (1) REPLY SHARE

ununun Jun 3

Thank you so much for this excellent article. What are your thought re other GABA-focused substances like phenibut? And amanita muscaria?

Also curious to hear any thoughts on CBD / CBN for sleep

LIKE (1) REPLY (1) SHARE

JC JC Jun 5

My orthomolecular practitioner used phenibut with me, to help with sleep. It originated in Russia, used widely, there. Short term or intermittent use. It does have addictive considerations, but is not horrible to taper off. Lucky for me, as it was part of my protocols when some Sydney teenagers went to a muscle shop and spent all their coins on a couple of bottles and took them all, landed in hospital. Nobody was hurt, nobody died. But the *very* *next* *day,* phenibut was banned and pulled off the shelves Australia-wide. I had to taper from what stash I had (no problems, now using Inositol, instead). And my next orthomolecular doc said, "well, it's illegal for a reason." Sigh.

See my post about CBD above, and I have used CBD/CBN; excellent sleep aid. IMO.

Doc may not be on top of cannabis medicine. But it wouldn't surprise me if s/he were - s/he's across so many topics!

LIKE (1) REPLY (1) SHARE

ununun Jun 6

Thanks JC for the response. My experience with phenibut / f phenibut is very positive, although not specifically used for sleep aid. Also, from my experience microdosing amanita muscaria before bed holds a lot of promise.

Do you notice any difference with CBD and CBN? Heard CBN is more suitable as a sleep aid.

Kratom is another herb I'm curious - but also more skeptical about - for this purpose. Quite addictive.

LIKE (1) REPLY (2) SHARE

JC JC Jun 6 *Edited*

OH Kratom. Egads, it's so variable. This dose of red makes you sleepy, that dose of red makes you high. Comes in red, green, white - and green from Thailand is diff than green from Indonesia, etc. Since it's sourced from so many countries, so many strains - and illegal in many of them - it's a risky proposition to get effective remedy.

LIKE REPLY SHARE

JC JC Jun 6

I only ever got one CBN product, from the USA (Saving Grace out of CO). I liked it, but couldn't afford to maintain it. Sadly, Australia is still pretty thick about the strains/various subtypes/ingredients of the products. I actually had to go BACK to the TGA to get my CBD gummies approved. (?????)

My Cannabis DOCTOR asked me, "Oh you make your own oils? How do you do that?"

Yar, they have a lot to learn here.

LIKE REPLY SHARE

JC JC Jun 3

I'm only about halfway through, but want to get some thoughts / questions / things to consider out before I forget them!

1. Delayed cycle sleep. This appears to be better than deprivation, however - it does still have studied links to obesity, metabolic malfunction, diabetes and cardiac issues. I haven't seen studies about cognitive issues. It is as if my teenage sleep cycle never got reset. Even when I was working, the delayed cycle sleep was a struggle, so finally, at about age 40, I just gave in, and said, "that's how it is. At least I sleep well when I sleep."

2. Sleep Apnoea. WTF is it with all these humans needing breathing machines to sleep? Did our ancestors die of apnoea? ("he died in his sleep") This seems to be another chronic proliferation in which it becomes difficult to distinguish the marketing from the medical need. My husband requires CPAP - he had a stroke from his apnoea. I know the condition is real, everyone I know who has the device has a certain amount of dependence upon it, and brighten when their sleep improves. (losing weight & yogic breathing has helped me)

3. Vit. D. I did see one woman's talk - ages ago, maybe this is it: https://www.youtube.com/watch?v=xF24xmJQK1k (Stasha Gominek, Vit D & Sleep). She spoke of the "floppiness" of the throat & vit D helping with breathing valves - at the right amount. Too much = problems, too little = (more) problems, but her ranges are much higher than the labs. She claimed that people didn't take to the machines & masks very well, and when tested, many of the sleep apnoea patients were deficient in D. (also, adequate D is required for B12 absorption = vital!) Anyhow, an interesting thought, you may address it in the article (I'll finish, I promise).

LIKE (1) REPLY (2) SHARE

A Midwestern Doctor Jun 3

Author

We find zeta potential (I know it seems excessive on my end) matters a lot with sleep apnea. Additionally, you can often solve the issue with a mouth guard. I also think a subset of sleep apnea (central sleep apnea) is basically DPT damage in the brain and just a less severe form of SIDS.

LIKE (5) REPLY (1) SHARE

JC JC Jun 4

OK thank you! That makes sense, and the more I read (thank you) the more things I see resulting from chronic toxicity and damage to zeta potential (though I still don't quite grok ions & charges & such).

Prior to your comment, I was leaning towards - "what is damaging our collagen, that we cannot keep our breathing spaces open in sleep?" (which applies to all the bowel trouble I see, as well - seems like 50% over 50 have troubles.) But really, zeta potential answers that, too.

LIKE REPLY SHARE

yantra yantra Jun 3

JC - Your comment "Sleep Apnoea. WTF is it with all these humans needing breathing machines to sleep? Did our ancestors die of apnoea? ("he died in his sleep") This seems to be another chronic proliferation in which it becomes difficult to distinguish the marketing from the medical need." This is exactly what i have been thinking for years.

LIKE (2) REPLY (1) SHARE

JC JC Jun 5

It's another symptom of chronic illness.

And great for business.

Win / Win.

LIKE (1) REPLY SHARE

Pelican72 Pelican72's Substack Jun 2

My husband has severe chronic fatigue, since pulmonary sarcoidosis in 2011 and not not worked since or had a normal life. I have taken him to everyone. The only treatment that helps is testosterone replacement, but even that is limited.

He has had several sleep studies and was diagnosed as severe obstructive sleep apena. CPAP made him worse, like a zomie. He tried for 2 weeks. He also has a cross bite, teeth pulled as a child, and teeth pulled as an adult (small jaw, likely airway issues).

When we married, he would play golf - walk and play a mountain course - 27 holes. That was only 15 years ago. Since the sarcoidosis, he can only use a cart and play 18 but last week had to stop at 14. I work. He is free to do what he wants, but is so fatigued by activity that even bathing and shaving are a problem. He also had 2 back surgeries. This is fatigue and not depression

I had read your earlier article on GHB and was fascinated. I just checked, Xylem is prescribed locally if you have narcolepsy. With his breathing issues, should I pursue this for him? Previously, I got the Univeristy sleep clinic doctor to prescribe low dose naltrexone for him, which like everything else, didn't work.

I am familiar with many health things, I had CFS/ME from 17 to 30. I fully recovered. Work full time and have a life. Homeopathy was a big piece of my recovery. I really thought I would have helped my husband by now but it is now 13 years.

I have not tried zeta treatment. This is new. I am trying to do circadian things, like sunrise and blue blockers. My husband is reluctant to try things and be disappointed. We have just been at this so long. Hr does take 10mg melatonin (when he remembers, as needed). But he also reads on his cell phone at night. Bright blue light shoves up against his eyes.

What do I do first?

LIKE (1) REPLY (5) SHARE

A Midwestern Doctor Jun 2

Author

Short answer is GHB would likely immensely benefit him, but he doesn't meet the criteria for it and hence won't be able to get it.

LIKE (1) REPLY SHARE

Alexander Arakelyan Jul 20

Take a look at marshall protocol it helps lots of people with sarcoidosisand and other inflammatory diseases https://mpkb.org/

LIKE (1) REPLY SHARE

Phar Percheron Iodine for Horses Jun 3

You have my sympathy. My ex would never listen to my advice, i used to say "when I can beat you running down the street, then you might start eating your vegetables" He finally got crushing CFS, could not lift his head off the pillow to drink from a glass. I finally found a doctor who fixed him.... (Dr Majid Ali in NJ) My brother-in-law also has ME for 30 yrs, but was not interested in the cure that fixed my ex. So frustrating dealing with other people. I have a horse who generally (but not always!) puts up with whatever I put in his feed tub. Anyway, I wish you luck and very impressed with you for getting yourself better.

LIKE (1) REPLY (2) SHARE

Pelican72 Pelican72's Substack Jun 16

What was the cure?

LIKE (1) REPLY (1) SHARE

Phar Percheron Iodine for Horses Jun 17

The cure was comprehensive, fixing all the systems at once. Dr Ali thought the body was too debilitated to do basic functions like absorb nutrients from the gut, so there was a lot of intramuscular and even IV nutrition- vitamins and minerals. also there was treatment for allergies, learning self regulation, which is basically meditation, cleaning up the diet to exclude toxins... no silver bullet!

LIKE (1) REPLY SHARE

JC JC Jun 5

When you look at the world around - is it any wonder that some people are just "checking out?"

At least your horses know what is good for them!

LIKE (1) REPLY SHARE

Pelican72 Pelican72's Substack Jun 2

Does have a prescription for Modafinal. Uses twice a week only, as it only seems to work for him if used infrequently.

LIKE (1) REPLY SHARE

Pelican72 Pelican72's Substack Jun 2

There is an insomnia component to chronic fatigue. My husband can only sleep a few hours and it is unrefreshing. Which why I'm considering insomnia treatments,.

LIKE (1) REPLY SHARE

Tardigrade Tardigrade Jun 2

Does healthy sleep have to be contiguous? What about naps?

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Jun 2

Author

Short answer: that is a huge subject of debate. I think contiguous is ideal but shorter sleep plus naps is much better than shorter sleep an no naps.

LIKE (2) REPLY (1) SHARE

JC JC Jun 5

What about the anthropological studies of habits in medieval times? There was a big sleep after dinner, then a period of wakefulness for socialisation, conversation & sex before taking a little sleep before dawn? When I was studying sleep some time ago - the industrialisation of the 8 hour sleep / 8 hour work cycle changed a natural human pattern. This awareness led me to worry less about middle-of-the-night wakefulness. If you want to get up, get up. Do a little something - even a sitting meditation or a little light reading for 15-20 minutes, then go back to bed. It functions as a sort of clearing.

I reckon as long as you get a whole cycle in, it's a good thing. 20 min naps ain't gonna cut it!

LIKE (2) REPLY SHARE

John Howard Jun 2

Extremely interesting and informative article.

But how do I explain that I feel much better on 5.5-6.5 hours of sleep vs when I get 8+.

Especially if I wake up in my sweet spot of roughly 6 am.

If I satisfy those two criteria, I feel great all day.

Conversely, if I happen to sleep 8 hours and wake up around 7:30... I feel much more tired all day.

LIKED (2) REPLY (1) SHARE

A Midwestern Doctor Jun 2

Author

There is a subset of people like you, however they are the exception rather than the rule.

LIKED (4) REPLY SHARE

Joseph Unger Joseph's Substack Jun 2

Above and beyond your usual awesomeness! I assume you know the research comparing the metabolism rates of the sleeping drug (forgetting which) between males and females. I have not scrutinize your article yet and it may be in there. THANKS!

LIKED (2) REPLY (1) SHARE

A Midwestern Doctor Jun 2

Author

Yes.

LIKED (2) REPLY SHARE

Obcwcvh Obcwcvh's Substack Dec 22

Hopefully with RFK Jr. as secretary of HHS (pending him being approved) there can be a shift that brings drugs like GHB back into the discussion, with the aim of reclassifying them and making them accessible for the general public once again.

LIKED (1) REPLY SHARE

KarenAnnH Dec 6

Added this article to my new library! I'm so very grateful for YOU, A Midwestern Doctor!!!

The FDA = Big Pharma; even the players are interchangeable, as they move jobs between the FDA to Pfizer. That's not in OUR best interest.

My poor mother was on 'hormone replacement' well into her 70's! When her "doctor" took her off; she couldn't sleep and was put on Ambien.! She struggled with balance and fell, a lot. Fast forward to 85 years old; she has a brain shunt (for excessive fluid) which didn't solve the problem at all. She is in a wheel chair now, in a Skilled Nursing Facility since May and rapidly declining. She and my father both took the jab 5/21. He's doing pretty good at 87; he never was a fan of any doctors. My mom was all about doctors and medications. I followed my dad.

I became hyper-aware of all things natural health when I attended The Truth About Cancer event in 2016; as I was not feeling well. All is good now and I'm getting my Certification as a Functional Nutrition Coach. I use herbs and extracts/tinctures when needed and I've even made my own! Organic gardening and distilled water for almost 10 years. It feels good; to feel good. Thank you.

LIKE REPLY SHARE

Roger Nov 4

I really found this discussion of GHB interesting. My wife has terrible insomnia and it is a shame that this has been made unavailable. I also wanted to share that I saw an article on Zero Hedge about a doctor in Florida that is going to be prosecuted for having this shipped to him in the US. Maybe he was just trying to help people?

https://www.zerohedge.com/markets/coma-bottle-miami-doc-charged-trafficking-date-rape-drug

LIKE REPLY SHARE

vharlow@harlowhome.com Oct 29

Restless legs, and having to get up three times at least to go urinate means I'd probably love to try some of this stuff. But I'd still have to get up three times...

LIKE REPLY SHARE

Angel Oct 15

You mention that CPAP is not the best method for treating sleep apnea. My stroke patient (the same person who seems to be benefiting from my having read your DMSO brain injury article) has complex sleep apnea, and also has a hard time getting a decent sleep. This is something we've been trying to address since his stroke in January, as having poor sleep is obviously dreadful for his recovery. Have you written about sleep apnea and CPAP? We're going to try some of the suggestions you shared above for improving his sleep, but I wonder if you have suggestions for what a person can do in lieu of CPAP? Thank you again for another brilliant article. I read this one when it came out earlier in the year, but was redirected to it this morning and was glad to have revisited it. I continue to be astonished by your writing and research.

LIKE REPLY SHARE

bammin Oct 7

Might be worth noting that some people don't seem affected by light. I have a light alarm clock, which never awakens my wife, though I usually wake up pretty easily when it is still quite dim. On the other hand, noise easily awakens her, and she seems to be very sensitive to noise in general.

LIKE REPLY SHARE

Richie Vieques Oct 3

The GHB story is disappointing but not surprising. I used an Ivermectin based protocol to cure myself of Covid. The FLCCC.net protocol. I didn't trust the standard medical approach. Sadly, it's become clear that the PCR tests were not suitable for any accurate diagnosis and yielded up to 97% false positives. And hospital protocols, based upon the 'standard of care', which was Remdesivir & intubation, was deadly. And of course, if a hospital decided that you had Covid, you couldn't leave ! So the 'patients bill of rights' was suspended. And then President Biden mandated the gene therapies ('vaccines'), which was illegal because you cannot mandate an only Emergency Use Authorized treatment, which the vaxxes were. They were not, and have never been fully approved. It was a total nightmare. Dissenting voices were suppressed, and many doctors lost their medical licenses over their opposition to the 'standard of care'. The FDA & CDC were a disaster. No help at all. Thanks for bringing some sanity to the area of medicine. Be well...

LIKE REPLY SHARE

Martin J Miller Aug 22 *Edited*

Dear Mid-Western Doctor,

One area that you did not mention in your commendable and extensive discussion on insomnia was how one's wireless radiation environment can affect the qualify of ones sleep. I learned this lesson the hard way when I had a technician install a wireless modem in between the walls of my office and bedroom.The day it was installed I was not able to sleep so much as one wink. I thought it was an anomaly until the same event occurred the next night, and the next one and the next. Coming from training in Chinese Medicine (which has its own approaches to treating insomnia) I realized I was in deep trouble as my sudden symptoms did not correspond to any common analysis of the situation. I was as if I had literally lost the ability to sleep. Coincidentally, this event happened a day after I had paid my only close neighbor $400 to keep his Analog house meter (which I also kept) rather then accept a Smart Meter. So without a Smart Meter any closer than 100 feet or so, and only a few of those in sight, I thought that I had shielded myself from possible wireless disturbance of my sleep. Finally, in my internet research I came across Dr Dietrich Klinghardt's commentary of the list of possible symptoms of wireless radiation. He commented that some people are disturbed by WiFi, and that the sleeping brain was 100 times more sensitive to this wireless radiation then the waking one. I was finally able to get the technician to remove the modem after my nearly two weeks with a distinct sense that my ability to make rational decisions, and therefore survive, was running out. Once the device was gone, I feel asleep that night as though I had never had a problem at all. And I slept a lot for several days.

Then event led me to do more research about all sort of ways that wireless radiation affected my life and the lives of others. I read Dr Sam Milham's book based on his Graduate Thesis, "Dirty Electricity: Electrification and the Diseases of Civilization". I also conversed with him by email. That lead me to understand high voltage transients and how that affected us. When I heard that a friend had a hard time

Expand full comment

LIKE REPLY SHARE

boscohorowitz boscohorowitz's Substack Aug 6

Flattery is both pleasant and discomfiting, in my experience, but I'ma just plain fawn on you mercilessly: I've read many many main<>alt-stream blogs, especially since el covid, but yours is the first place where... hmm. All I know is that you cut through bullshit with a keen slice, and that slice is so broad it resembles true holistic comprehensiveness to me and my Pollyanna eyes.

I have learned more solid and applicable medical info from... 6 months? a year? of visiting your blog than all the docs I've had combined and the not huge but not inconsiderable number of medical texts I've read.

Yours truly hornswoggled,

bosco https://youtu.be/votBDwhTu1E?t=100

LIKE REPLY (1) SHARE

A Midwestern Doctor Aug 6

Author

Basically I'm trying to write something I'd personally want to read. If it doesn't meet that bar I don't think it's worth people's time to read it. That's part of why I only send out 2 emails a week instead of daily ones.

LIKE (2) REPLY (1) SHARE

boscohorowitz boscohorowitz's Substack Aug 6

https://m.media-amazon.com/images/I/41LUCD-p16L._AC_UF1000,1000_QL80_.jpg

LIKE REPLY SHARE

Bicycling Mom Aug 3

Hard physical workouts lead to such high quality sleep for me. Also, Alpha-Stim medical device.

LIKE REPLY SHARE

Julia Klingensmith Aug 1

I read this article a while ago. At the time, I felt I was reading about the importance of sleep everywhere! The trouble is, ~90% of my sleep issues are related to my children. I took steps to trying to improve anything I could control... no screen time after dinner, switched to decaf, try to get into morning sun first thing, etc. I bought an oura ring to get some data on my sleep. It seems I'm getting around 30mins of deep sleep and about 1.5 hours of REM. I just wondering... is there anything a person can do to mitigate the damage from a lack of sleep, when you can't improve your sleep?

LIKE REPLY SHARE

RN truth Jul 27

I have realized that all vaccines are not needed and are harmful but what are your thoughts on vaccines after a splenectomy ??

LIKE REPLY SHARE

Hana C. Waumbek Panopticonned Jul 21

Weighted blankets have been the closest thing to a magic pill for me --- I can fall asleep with a weighted blanket usually no matter what the room temperature is (but cold rooms are good). I've heard silly theories such as "feels like a hug" ... blech. It feels like falling asleep right away without tossing and turning for hours.

LIKE REPLY (1) SHARE

A Midwestern Doctor Jul 21

Author

I love weighted blankets!

LIKE (1) REPLY (1) SHARE

PapaJefe Jul 24

I am curious if any of the sleep aids you have recommended are effective for RLS (restless legs) and/or if this (RLS) is an aspect of sleep deprivation you would be kind enough to address? I have been dealing with this for 30+ years using Mirapex, but I understand this pharmaceutical can lead to Parkinson's...Are there safer alternatives?

LIKE REPLY SHARE

Linda Kapala Jul 19

What about Tryptophan. for sleep assistance.

LIKE REPLY SHARE

Bill Rice, Jr. Bill Rice Jr.'s Newsletter Jul 12

(Perhaps) off topic ... Is it time for a Plan B for Substack?

This article uses examples of my own changing subscriber metrics to suggest that "something has changed" at Substack. I also illustrate that the "Covid contrarian" or "freedom" market is actually vast. Still, few Substack authors are able to make a living from their job of providing (vital) "real journalism."

https://billricejr.substack.com/p/is-it-time-for-a-plan-b-for-substack

LIKED (1) REPLY (1) SHARE

A Midwestern Doctor Jul 17

Author

The short answer is that you have to be able to bring in readers from outside the Substack network. A lot of the people who come to you are people that authors like me bring into substack and then eventually Substack sends to you.

LIKED (1) REPLY SHARE

Charles Beatty Jul 8

I wonder why L-tryptophan was not mentioned. Does anyone have success with this?

LIKED (1) REPLY SHARE

Linda Kapala Jul 7

You didn't mention tryptophan. I believe it was popular and then removed from the market because of some bad batches. Glad to see homeopathy mentioned as well.

LIKED (1) REPLY SHARE

Kimberly Lovato Jul 7

This is terrible, but I have been taking .05 of Xanax nightly to sleep. I do sleep deeply and wake up refreshed, but concerned about the effects of using it for a few years. Is GHB banned everywhere?

LIKED (1) REPLY SHARE

Big E Big E's Big Mouth Substack Jul 6

Why Isn't There a Cure for Insomnia?

May you enjoy this adorable and apropos meme about Caffeine, sung to the tune of the unparalleled and wonderful Wellerman Sea Shanty.

* Meme Shanty (20 sec): https://x.com/LibertyCappy/status/1809611593832878088

* Wellerman Shanty (2 min 35 sec): https://www.youtube.com/watch?v=qP-7GNoDJ5c

LIKE REPLY SHARE

Butterfly2510 Butterfly2510 Jul 3 *Edited*

Awesome article. I need GHB in my life. FDA be damned. Criminals and liars!

For my insomnia, I will take CBD, melatonin (just ordered the liposomal, thank you) and other things. The main thing that helps me and I'm not proud of it is Xanax. I get 30 1 mg pills from my GP once or twice a year. If I have insomnia or wake up and can't go back to sleep, I take approximately 1/6th of a 1 mg tablet, slip it under tongue and I fall asleep fairly quickly. It's addictive so not everyone can/needs to take it. I had to find the perfect dose so I wouldn't wake up groggy! I hope MWD doesn't look down on me too much! 🤣🤣

Also, I cured myself of afib (did not take the vax but could have been exposed to shedding). I got it in August of 2022. I spent 100 hours researching it and decided to not go on metoprolol. If I went into afib, I figured out a protocol (trial and error) that helped me get out of afib fairly quickly. I'd take .50 mg of Xanax, liposonal magnesium and 50 mg of iodine and then I'd go exercise! I haven't had afib in almost two years except when I did a 72 hour fast and my body was depleted of essential nutrients like magnesium and potassium and my heart was pissed! 😠 HaHa. So, no more prolonged fasts.

Again, I have a great GP who is mostly naturopathic inclined. I don't have regular insurance so I wonder if he'd prescribe it for me? I'm going to ask him. I share with him all the holistic things I am trying and he actually listens and says he's learning from me (recently tried Pekana homeopathic tinctures from Germany to cure a lingering/chronic sore throat condition and they worked!! To me, it was a miracle)!! I told him about it and he had never heard of these drops). So, I feel like he "might" work with me on this but I'll let you know!!

Blessings, peace and health!!

LIKE REPLY (1) SHARE

A Midwestern Doctor Jul 3

Author

I had the same issue when I did longer water fasts and I eventually solved it by having Mg during the fasts.

LIKE REPLY SHARE

Ron Cady Jun 22

Thanks for the information. Your posts are always informative, well researched and. Grateful.

LIKE REPLY SHARE

Shanna Shanna Jun 17

I suffered from chronic insomnia from as young as I can remember (around 5) until I was around 28 when I changed my diet to paleo. I lived most of my life until that point on around 4 hours a sleep a night and even less once I had my daughter at 23. It would take me no less than 4 hours a night to fall asleep. My diet was terrible as a kid, consisted mainly of cereal, ramen, candy, soda. There wasn't much cooking going on at my house. Somehow I was still able to be an active kid, workout 5 days a week in the morning in high-school and hold down a job. Although I could barely keep my eyes open in class. It was years of pure hell. I still have trauma from all those nights of laying in bed for hours. I'm 41 now, and while my sleep isn't always perfect, I'm still able to fall asleep in less that 30 minutes typically.

LIKE REPLY SHARE

John Jun 15

What do you think about PDE5 inhibitors? I have always staunchly refused any pharmaceutical drugs but a naturopath convinced me to try tadalifil for severe Raynaud's. It's helped a lot, but what has surprised me the most is the feeling of relaxation and loosening in my chest that I feel after taking it. This is similar to how I would feel after strenuous cardio. Many of the effects of PDE5 inhibition in tissues outside of the penis aren't well understood and haven't been researched. Do you have any experience with this class of drug?

LIKE REPLY SHARE

Lisa Jun 10

AMD, Thank you immensely for all the articles you give us. Interesting and educational information indeed!

I can attest 100% to the myriad of sleep disruption symptoms you've described on pg 3 of the discussion in this article. Being one who has an abundance of adrenaline I have a hard time winding down in the evening. Not to mention having lived with a shift-worker for 35 yrs plus both hep. But...I'm on a mission to a healthier sleep/wake schedule.

I am a healthy, active, no meds, nutritional supplements only, 64yo female who began having sleep issues about 8 yrs ago. It wasn't with not being able to fall asleep...I created a routine years before to take a hot bath at bedtime (whatever time that may be) which puts me right into the sleepy zone. So, falling asleep isn't really an issue for me. On occasion, sure...usually because of worrying over something. But staying asleep became a big problem. Waking up abruptly & within a few seconds my heart would begin to race (triggering anxiety, another topic for another day.) I started noticing sometimes the abrupt awakenings were because I couldn't breathe. Finally I decided to get a sleep study done. Results? Moderate OSA (obstructive sleep apnea). Dr wanted me to start on a c-pap, which I did not want to do. Had read enough about them to know it wasn't for me. So through research I learned about mouth appliances. Talked it over with my dentist & he recommended a Panthera OSA device. Pricey ($1500), but well worth the money spent. This was January 2021. Since then I have not slept w/o it, except for the rare time I may nap. And 98% of the time I wake up for my always has been blocked by my jaw sliding backwards.

There was one trip I took in Dec 2022 when I forgot my device at home & nearly panicked when I realized it. I was too far away to turn around, so got to searching for something to temporarily use while on vacay. Long story short I ended up finding an awesome company that makes a fantastic custom fit MAD (mandibular advancement device). I placed an order on Amazon to have it sent to the vacay rental, only to realize afterward it wouldn't arrive in time. So I contacted the company directly explaining my dilemma. Needless

Expand full comment

LIKE REPLY SHARE

Ripple Jun 5

I have no problem falling asleep even though I've been known to read on a device shortly before bed. What I have is sleep maintenance insomnia. Although I always wear an eyemask I still wake up sometimes even before sunrise. This time of year that's a bit of a problem. What's helpful for keeping me asleep longer?

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Jun 5
Author
Try eating a bit of oatmeal before bed.

LIKE (1) REPLY SHARE

Ripple Jun 4

What do you recommend for treating sleep apnea in lieu of CPAP? I was diagnosed with it, tried the CPAP and absolutely hated it. Couldn't adapt to it at all.

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Jun 4
Author
1) Mouth appliance.

2) If you read my piece on how vaccines cause SIDS, I present the evidence for this, but I think a lot of sleep apnea is a less severe form of microstrokes to the respiratory centers of the brain which respond to zeta potential treatments.

3) Someone who is good with structural manipulation can often improve the obstructive type.

LIKE (3) REPLY SHARE

JC JC, Jun 4

Two dead links: "Note: the most detailed account I have found about the (tiny) GHB epidemic can be found here." and ", some of which can be found in a shorter statement he made."

"here" and "shorter statement" are the links, led to no results.

LIKE (1) REPLY (1) SHARE

A Midwestern Doctor Jun 4
Author
My mistake. Fixed both of them.

LIKE (1) REPLY (1) SHARE

JC JC, Jun 5 Edited
re-clicked, got the same errors. (sorry!) Maybe it's an Australian thing?

LIKE REPLY SHARE

Valerie Valerie Jun 3

Thanks for this helpful article. What are your thoughts on using THC gummies for sleep?

LIKE (1) REPLY (1) SHARE

JC JC, Jun 5

THC, sadly, ruins you of a cycle, too. The REM cycles. And you don't process memories as well, either. Impairing short term memory in waking, the nightly download is of poor quality.

CBD is more likely OK, and - yes, I'm a MM patient. I sacrifice my dreams (REM) so that I can sleep through my pain. I still have dreams - but they fizz out so quickly upon awakening that they are rarely useful.

LIKE (1) REPLY (1) SHARE

Muskrat7 Jun 6

JC JC, Jun 6
I've been on turmeric for 2 decades. Fish oil for longer.

The thing about herbs & supplements - they are powerful. I was on Ibhuen for 10 years, and so my kidneys are compromised. Turmeric is contraindicated for those with kidney problems. I still take it (my kidneys are better), but much less.

Believe me, MM is a last resort! (I am also an active tai chi practitioner, with meditation & qigong, lots of tools!)

LIKE (1) REPLY (1) SHARE

Muskrat7 Jun 6

JC JC, Jun 6
Take it with fat. In Ayurvedic cooking, heat the oil, add the turmeric - then do your other spices & stir fry. That gives you an idea - taking it with fat makes it so much more effective.

LIKE (1) REPLY SHARE

Cathleen Maroy Cathleen Maroy Jun 3

AMD, thank you for this comprehensive article, with lots of helpful ideas, as well as being a good reminder that quality sleep is vital to life. My father married early, and besides dealing with marriage and three babies, he attended school full-time during the day (Purdue – aeronautical engineer), while at the same time, working at night (hammering kit house components together on an assembly line). He's one of those people who only sleep 5-6 hours/night. Once he told me that, during this time, when he had a particularly difficult math problem at school, he would figure it out in his sleep.

LIKE REPLY SHARE

Juju Juju Jun 3

This article was so timely for me. ❤️ I suffered from insomnia for many years due to immense stress and anxiety from tragedies in life. Once I started a ketogenic diet my insomnia was cured and for just under two years I had had 7-9 hours sleep per night. Then I caught Covid first of April this year that lasted 14 days. Ever since I have the worst insomnia. It's the kind that I can't get back to sleep if I wake up, even after only 2 hours of sleep. What troubles me most is if I get 5 hours nice or twice a week, I only get 7-9 mins in the deep sleep stage. That's where restorative sleep is and I'm getting next to none. I'm walking around sleep deprived all day long and it's impacting my gym workouts as well as my weight, lower back, and mental health. I saw your article a couple days ago after having gotten only an hour of sleep the night before and almost burst into tears to find GHB is probably perfect for me.

I was stonewalled and blocked from getting Ivermectin when I really needed it. It helped me immediately but I didn't have enough from the doctor I finally found to prescribe it. I had to go through major hoops to get enough to treat me for 7-10 days at the right dose, while being so sick and feverish. It was awful. I have since found it from India and have a stash for whenever any of us get sick again.

Is it possible to get GHB through another country in the same way we can get Ivermectin??

LIKE (1) REPLY (3) SHARE

A Midwestern Doctor Jun 4 Edited
Author
The penalties for importing a schedule I drug are fairly harsh.

LIKE (1) REPLY (1) SHARE

Juju Juju Jun 4
😭

LIKE REPLY SHARE

Randy Jul 17

You don't actually need to order ivermectin from another country. You can order it from Amazon. (ASIN=B08XRKDYZQ) The oral syringe is marked for weight (50# per lick), and the per-kg human dose is the same as for horses. I used this when I got a positive COVID swab (don't know if actually had COVID, since home nasal swab tests are mostly crap). I did order some ivermectin tablets from India (https://www.alldaychemist.com/), however, since my wife didn't like the taste of the "horse paste" spread on her morning biscuits.

I did find some 99.9% pure gamma-butyrolactone (GBL) "wheel cleaner" online, but the seller wanted cash or bitcoin (no credit cards) up front and gave no indication of who they were or where they were located, so it's probably a scam. But even if legit, GBL is also a Schedule I drug, and I've got better things to do for the next 20 years than prison laundry.

LIKE (1) REPLY (4) SHARE

Juju Juju Jul 17

Just fyi for whenever you may need it: a friend of mine explained how she and her family have used the paste her entire life and it's very effective. However, her mother told me that when you are actually sick and infected the proper dose is 3-4x your weight. The regular human dose based on weight with the paste is more for preventative. You can actually measure out 1/3 of the tube as a single dose of 3x (that's for 150lb weight) when having full symptoms and sick, and put it in large vitamin capsules to swallow. Maybe your wife could benefit that way if ever needed? Just wanted to pass it on since you're not a mindless, radical thinker believing ivermectin paste is only useful for horses. Lol

LIKE (1) REPLY (1) SHARE

Randy Jul 17

Thanks, Juju. I followed the treatment protocol promoted by the Front Line COVID Critical Care Alliance (FLCCC) part, which included not only ivermectin, but hydroxychloroquine*, quercetin, Vitamin D, zinc, etc. It was called the I-MASK+ Early Treatment Protocol then, now called the I-CARE Early Treatment Protocol. My best ward negative after about 10 days.

*Funny story about getting HCQ... Back then doctors were being sanctioned for prescribing HCQ for COVID and pharmacies were refusing to fill the scripts. So I went to my doc and said, "I'm thinking about vacationing in Haiti. There's a lot of malaria there, so I want to get some HCQ for prevention." He said, "Haiti? Really?" I said, "Well if I told you I wanted it for COVID you'd get in trouble for prescribing it to me, but for malaria prevention, no problem." He smiled and wrote the script.

LIKE (1) REPLY (1) SHARE

Juju Juju Jul 17

Brilliant! 😂

LIKE REPLY SHARE

Joseph Unger Joseph's Substack Jun 3

The study I recall was recent, not 1964.

LIKE REPLY SHARE

Mary Ann Rollans, RN Steeped Stories Jun 2

There is an association between GHB and GABA but I'm not exactly clear on how they are related. Some teas are produced specifically to have naturally higher levels of GABA for calming the nerves, improving sleep, and balancing mood. These are mostly oolong teas produced in Taiwan.

LIKE REPLY SHARE

A Midwestern Doctor Jun 2
Author
Gaba does a bit, but the effect is incomparable to GHB.

LIKE (1) REPLY SHARE

Muckleur Muckleur Jun 2

Excellent article as always. Extremely helpful for an insomniac like myself

Thank you!

LIKE REPLY SHARE

PD Jun 2

1963 drug? Valium? Diazepam?

LIKE REPLY SHARE

Joseph Unger Joseph's Substack Jun 3

I think it was Ambien. https://pubmed.ncbi.nlm.nih.gov/30939589/

I recall a study finding that females metabolize this drug at about 40% the rate of males, leaving lingering effects well into the next day. I was shocked to find out that virtually all the research is performed upon males. Even the rat studies because it is "known" that males and females are the same except for the pesky emotions girls have. Therefore only the boys are used to control that variable!

LIKE (2) REPLY (3) SHARE

A Midwestern Doctor Jun 2
Author
I forgot to mention that part (as there are so many different issues with those drugs)

LIKE (1) REPLY SHARE

Randy Jul 17

My wife was once prescribed Ambien as a sleep aid. She said it gave her weird, colorful dreams that made no sense. I woke up one morning to find my wife asleep in the doorway to the bathroom. She got up to pee, but instead of coming back to bed, she just sat down on the floor, leaned against the doorway, and went back to sleep.

LIKE (2) REPLY SHARE

PD Jun 3

I didn't think Ambien was released in 1964, but decades later. Plus it has side effects.

LIKE REPLY SHARE

Comment deleted Jun 2
Comment deleted

A Midwestern Doctor Jun 2
Author
That was a key theme of this article and part of why I needed to make it be so long.

LIKE (8) REPLY (1) SHARE

Comment deleted Jun 2
Comment deleted

A Midwestern Doctor Jun 2
Author
I focused on the GHB part because it's a very important story few know about.

I also listed a lot of things within the sleep hygiene section you don't typically see mentioned.

LIKE (2) REPLY (1) SHARE

Comment deleted Jun 2

HEY BIGG,

AMD is giving us helpful information here. AMD is actually acutely aware that the conditions we live in are wrong. Yet AMD is providing free information to us. No need to bitch about it. AMD is actually pretty tolerant and does not return sarcasm with snark, as some substackers do. I for one am grateful for the info.

LIKE (7) REPLY SHARE

Big E Big E's Big Mouth Substack Jul 6

Thank you for this article. I'm going to try as many of the non-pharma suggestions as I can to help my lifelong insomnia. Last night I tried the nose breathing with mouth closed, which seemed to help. I will continue this experiment, and others.

AMD: You are a treasure for all human kind.

LIKE (2) REPLY SHARE

© 2025 A Midwestern Doctor · Privacy · Terms · Collection notice

Start Writing Get the app

Substack is the home for great culture