

Singles Specials News

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INSOMNIA- SOME BASIC CONCEPTS

by Dr. Craig Rubenstein

Many people suffer from insomnia. Finding a solution to this problem is interesting. First, we must define the concept of a "solution". In this article the word solution represents finding an underlying cause, correcting it and thereby fixing the problem. A solution in this article does not represent the use of medications or even the use of natural alternatives to medications but in addressing the underlying cause.

Nutritional supplements and other concepts will be discussed in relationship to the two aspects of insomnia; trouble falling asleep and trouble staying asleep.

Trouble falling asleep generally involves the need for higher levels of calcium in the blood stream. One of the best sources of a calcium that quickly enters the blood stream is calcium lactate. Other forms of calcium may not work as well. Looking a little deeper, we may need to determine why someone is lacking calcium. Are they malabsorbing (not absorbing the calcium) due to a lack of stomach acid which is essential for the absorption of many minerals? Is the stomach acid low as a consequence of medication (Zantac, Tagamet, etc.) or due to the state of one's present health? Is there enough calcium in the diet to even be available for absorption? These and other questions may need investigating.

Trouble staying asleep is generally considered a need for vitamin B complex. Again, determining why there is a need for vitamin B complex may need to be assessed. Is it poor absorption or poor dietary intake? Is it being eaten up by stress or is it the epidemic problem of a lack of good intestinal bacteria that produce B vitamins for us? There are two other side notes on having trouble staying

asleep. If one awakens the same time every night, no matter when sleep is initiated, then it may be due to an acupuncture imbalance. Each acupuncture circuit (meridian) is most active during a 2 hour period each day. For example, if someone awakens each night between 1 and 3 a.m., this corresponds to the liver meridian. If it is between 3 and 5 a.m., this relates to the lung meridian. These imbalances may need to be corrected by a practitioner aware of these cycles called horary cycles.

If one awakens and must eat or drink something other than water to be able to fall back asleep, they may be having a blood sugar problem. A minimum of dietary changes and proper supplementation to balance their blood sugar would be needed to fix the problem. This would then be helping much more than just a sleep problem.

Another main concern in either case of insomnia is pineal gland function. This is the gland that produces melatonin (related to sleep/wake cycles) and serotonin (related to mood). When this gland functions properly, sleep becomes much easier, more restful and a person's moods are usually more stable. Pineal gland supplements (not melatonin) may be indicated along with the possible need for cranial sacral work and/or light therapy which is used by people with seasonal affective disorder.

Dr. Craig Rubenstein is a Certified Clinical Nutritionist, Chiropractor, Diplomate of the American Board of Chiropractic Nutritionists, and Fellow and Diplomate of the International Academy of Clinical Acupuncture. For comment or questions he may be reached at his Medford office at (516) 696-2039 or NYC office at (212) 213-9494.

body up to breathe deeper.

P is for Power. Close your eyes and connect with your power. Feel your power inside of you.

Q is for Quest. Connect with your inner purpose. Ask yourself "What is my life quest?"

R is for Rest. Take a rest from any compulsive habits that you may have.

S is for Serenity. Say the serenity prayer each day before you start your day.

T is for Timelessness. Take time to be timeless. You have time for many other things, so take time for timelessness.

U is for YOU. So say "U is for You!" You can use "U is for You" as a new mantra.

V is for Victory; your victory over co-dependency. Make the V-sign to yourself to acknowledge your victory.

W is for Wholeness, Wealth and Wisdom.

"I am Healthy, Wealthy and Wise!"

X is for Extra. Give yourself something extra this week or next week. You probably have gone out of your way to give other people extra, so give yourself extra ASAP.

Y is for YES! Yes, I can! Yes, I will! Yes, I am! YESSSSS!!!!

Z is for Zero. If you've come this far, you have nothing left holding you prisoner to co-dependency - you're free to go.

CALENDAR OF EVENTS

Names, address and phone numbers for groups can be found under the "Quick Guide to Organizations". All phone numbers are area code (516) unless otherwise shown. Any **"NOT FOR PROFIT" SINGLES GROUP or SELF HELP ORGANIZATION FOR SINGLES** wishing to list upcoming events **WHICH COST \$15 OR LESS**, may do so **FREE** of charge. Send the information by the **20TH OF THE MONTH PRIOR TO THE EVENT**. To list events which **COST MORE THAN \$15, SEND FOR A RATE SHEET OF PRICES**. Send to: *Singles Specials News*, PO Box 559, Centereach, NY 11720 or call (516) 585-2245 or Fax 585-0701

MONDAYS

CENTEREACH, Nov 16, 23, 30 & Dec 7, "Building Relationships Support Network", 4 sessions, 7 - 8:30 pm w/ Fran Greene, ASCW, The Flirting, Dating, & Relationship Coach, at New Village Rec. Center, Hawkins & WirelessRds., \$10.