
IF I HAVE TROUBLE FALLING ASLEEP OR DON'T SLEEP WELL, WHY NOT JUST TAKE MELATONIN OR SLEEPING PILLS?

Remember the short-term and long-term plan I suggested? If you can't sleep without melatonin, do not stop it in the short-term plan. I still want you to get good sleep! But, it is a sign that your gut is not producing sufficient serotonin (a sign of poor gut health) and/or you are having a zinc and vitamin B6 deficiency to produce sufficient melatonin.

I probably don't need to tell you that reliance on sleeping pills is a sign of a gross imbalance in your body that you need to unravel. Plus, most people feel miserable on these pills due to the poor quality of sleep and feeling groggy in the mornings. As always, we want to look at the underlying root cause and not treating the symptom.