

5-HTP, Works for Me!



by Gwen Davis

I am not a writer but I just have to tell others about 5-HTP!
I started taking 5-HTP for sleep. I'd sleep for two hours, wake up and try to get back to sleep, get a few more hours and that's how my night would go.

Now I know it's important to know what might be keeping me awake. Am I watching television too late? Worrying about what needs to be done tomorrow? I figured my broken sleep might be due to stress. Besides turning off that TV, I needed to "shut down my body and my mind" to get ready for bed. I found out 5-HTP helped me do just that.

I started out with 100 mg at night. I wanted to learn more about 5-HTP so TyH recommended a book*, which explained things so easily. Although I turned to the sleep chapter first, I ended up reading the whole book! 5-HTP is what my body uses to make serotonin, a chemical in the brain and gut. When I saw what else my body could do with serotonin while I was sleeping – reset my "body" clock and appetite, help anxiety and so on – I added a second dose at breakfast of 200 mg. (The 5-HTP book suggested a 300 mg maximum daily dose.) Although 5-HTP helps my sleep, it didn't make me sleepy during the day.

Within two months I noticed I was sleeping better, feeling clearer plus as an added bonus, I felt like I was eating less yet feeling full. Around the third week mark, I started dropping about a pound a week, a nice side benefit. The best thing I've experienced is I'm dreaming again, something I haven't done for 17 years! 5-HTP also gives me a peaceful feeling, helping me feel less stressed.

I'm 64 and still work 8 hours a day, 5 days a week. Getting the sleep I need makes me wake up rested and ready to go. It's been four months and I'm still at the dose that works for me. The book author, Michael Murray, is a naturopathic physician who thinks 5-HTP is safe and so I want to share my story to help and encourage others about non-prescription solutions. Do not do what I do. I'm not on any medications and Dr. Murray warns if you're on antidepressants, seizure medication or any other meds, check with your doctor before taking 5-HTP. You have to know what a supplement does and how to take it for that supplement to work for you. Just like I found out how 5-HTP works for me.



Gwen Davis lives and works in the family business with her husband Tony in beautiful Fountain Hills, Arizona. Gwen is a great cook and every Friday treats their employees with a home-cooked lunch. She is very involved with her church and when she's not working, she also enjoys her gifted grandchildren and dog Petey.

*The book Gwen read is *5-HTP, The Serotonin Solution to Overcome Depression, Obesity, and Insomnia*. Published in 1998, the book remains a go-to read about the many benefits of 5-HTP and is still available in print at the TyH store and most major book stores.

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