

Snoring Summary

Snoring Therapy #1: Dr. Brian Sandborn

My thanks to Dr. Sandborn for not only sharing this clinical pearl but also taking the time to enumerate on the thinking that goes behind the process. Here are his words:

Thanks for the opportunity to assist your clients. Your message included a Doctor's usage of **L-Glutamine** adjunctively to the elimination of gluten in the diet. To put some perspective on that, let's refer to the country's premier lab guy, Dr. Aristo Vojdani, and the world's premier Autism guy, Dr. William Shaw. Both, independently, came up with a "dirty list" of conditions that are bad for health. These included shots, foods, etc, etc, you name it. They both came up with GLUTEN first and DAIRY second. Why? Because we abuse them in this country. You get 23 plus vaccinations, but you eat these foods multiple times daily. Actually ALL MAMMALS cannot tolerate gluten just ask your local cow raisers why they feed corn and oats instead of wheat. We should be eating grain free meat anyway but you can still try to influence the growers. As a result, we now have GSE as a recognized disease category. (Gluten Sensitive Enteropathy). So the dis-use and subsequent anti-inflammatory use of L-Glutamine is right on target for many things simultaneously.

What I add to the de-gluten diet is to poultice the gut with medicinal clay between meals and bedtimes. This allows the gut to loosen the "polyurethane" like gluten and discharge it, thus improving small intestine absorption. All nutritional therapy is helped by this procedure. I use 4 doses (between meals and bed). Use a goodly amount, 4-6 capsules or 2-4 oz of liquid clay.

If the client is not apnea-prone during sleep, I have them take a cocktail of the following. What's great about this is that it is liquid and can absorb better than some other techniques, hence the cocktail moniker.

- 1-tsp **L-Carnitine Powder**
- 1/4 tsp of **Mixed Ascorbate Powder**
- 1-tbsp, (yes tablespoon) **D-Ribose**
- 1-tsp **Aqueous Zinc** sulfate

Use this drink and take two additional **L-Lysine Capsules**. As you are aware, the L-Lysine is the precursor for making L-Carnitine as well as glutathione so it is very critical. Zinc is primarily used in the body to make carbonic anhydrase which is how we get CO₂. We can't breathe without CO₂ to stimulate the Citric Acid or Krebs Cycle. Yes, the immune system and the pituitary both use it as well. The kidneys also use the CO₂ as bicarbonate to remove acid from the blood. The blood test of CO₂ is a very important marker. As with all testing, if you are into a breathing/cardiology/tiredness client, then all the factors of the Citric Acid Cycle and the Electron Transport Chain should be considered. We learned these from Dr. Goodheart and Dr. Schmitt a long time ago. So don't forget Mn, B3 needed to make NAD; B2 needed to make FAD; and B6 in the form of P5P as well as CoQ10 and Fe. My 24 years as a clinician have found that P5P and Mn are quite common as well as Fe when the client is female or the male has had post-natal allergies.

(Bullet: If you see allergies in post natal and young children, ask the mother if she was experiencing morning sickness. If yes, consider that anemia is the cause of morning sickness; so the gut shuts down (no Fe and B12) creating a child with immediate allergies. Males respond real well in short term and females not quite as fast. Remember anemia plus pregnancy = allergies. They are not acquired)
When the dyspnea is full time not just snoring, it is well to take this 3-5 times a day. The final part of snoring is to undo any costal fixations and cranial faults, especially in the sphenoid as it is the roof of the mouth. As a side, it usually affects 2 people when you help one quit snoring. Just ask a spouse!

Respectfully,
Brian Sandborn DC, DACBN

Snoring Therapy #2: My thanks to Dr. Charles Leitz and his son Dr. Scott Leitz for their clinical insights and willingness to help with this irritating condition.

Eliminate Grains and Dairy for 30 days
3 heaping teaspoons of **L-Glutamine**
Folate-5 Plus™ 1 tablet bid
B12-2000™ Lozenges 1 tablet bid

Make sure to evaluate thyroid function and treat accordingly as this can be an underlying factor as well.

helpguide.org provided the following additional dietary considerations as well as throat exercises.

Research shows that consumption of certain foods and medicines right before bedtime can make snoring worse. Placing a household ban on the following snore-hazards right before bedtime can make for quieter nights.

- Large meals
- Dairy products
- Soy milk
- Alcohol
- Sleeping pills and other relaxants
- Antihistamines
- Caffeine

Throat Exercises To Stop Snoring

Done 30 minutes a day, throat exercises can be a cost-effective snore-reducer for people with mild to moderate sleep apnea. Studies show that by pronouncing certain vowel sounds and curling the tongue in specific ways, muscles in the upper respiratory tract are strengthened and therefore reduce snoring.

Try the following exercises to stop snoring. Start slow and gradually increase the number of sets you do every few days.

- Repeat each vowel (a-e-i-o-u) out loud for three minutes throughout day.
- Place the tip of your tongue behind your top front teeth. Slide your tongue backwards for 3 minutes a day.
- Close your mouth and purse your lips. Hold for 30 seconds.
- With mouth open, move jaw to the right and hold for 30 seconds. Repeat on left side
- With mouth open, contract the muscle at the back of your throat repeatedly for 30 seconds.

Tip: Look in the mirror to see the uvula (“the hanging ball”) move up and down.

Alternative Remedies For Snoring

- **Singing** – Singing can increase muscle control in the throat and soft palate, reducing snoring caused by lax muscles.
- **Playing the didgeridoo** – Thinking of taking up a new instrument? Studies show that learning to play a didgeridoo can strengthen the soft palate and throat, reducing snoring.