

COMPLIMENTS OF

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every body matters

AMAZING wellness

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summer*



slimming
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recipes
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BOOSTS**

ENERGIZE
ON EVERY LEVEL

- * Physically
- * Mentally
- * Emotionally
- * Spiritually



**7 WAYS
TO PREVENT
A STROKE**

**BONE HEALTH
UPDATE**
Surprising New
Research

**SIMPLE TRICKS TO
CURB SUGAR
CRAVINGS**

beauty buzz
**HONEY
FOR SKIN
AND HAIR**

plus **THE 4 SUPPLEMENTS** EVERYONE NEEDS

THERE'S MORE TO MELATONIN

This hormone not only regulates sleep, but also scavenges free radicals and may even help fight cancer



WHILE MORE AND MORE RESEARCH SHOWS THAT WE ABSOLUTELY NEED SLEEP, THERE'S a lot more to it. Sleep by itself is not enough. We need to sleep in darkness.

The reason is melatonin. Produced mainly by the pineal gland in the brain, this hormone helps regulate the body's relationship with light and darkness, day and night. When it gets dark, our bodies begin producing melatonin as a precursor to sleep.

In essence, melatonin is the reset button for our circadian rhythms, the body's internal clock system, which can influence everything from cellular health to mental acuity. But again, that's only part of the story. Melatonin is also a potent antioxidant, anti-inflammatory, immune modulator, and master repair hormone, and has been proven to kill cancer cells.

Though researchers haven't quite worked out how all these pieces fit together, it's become increasingly apparent that melatonin controls a number of critical mechanisms that help the body run smoothly.

Keeping Time

To some degree, melatonin is the winding mechanism for our biological clocks. As darkness falls, and levels of this hormone go up, we feel increasingly drowsy and ready for sleep. People have found lots of ways to fight this instinct—caffeinated beverages, social engagements, illicit drugs—but they're playing a dangerous game with their health.

Some people think they don't need much sleep. Others figure that *when* they sleep doesn't matter: Sleeping in the daytime should be every bit as valuable as sleeping at night, right? And if we miss sleep during the week, we can always catch up on the weekends. Unfortunately, none of these beliefs are true. We are built to sleep. Even more importantly, we are built to sleep at night, around the same time every night.

Not getting a good night's sleep interferes with our circadian rhythms, which can generate a host of health issues, including obesity, cardiovascular disease, and cancer. Even sleeping during the day doesn't counteract this effect, as light inhibits melatonin production. Many studies have shown that night shift work can dramatically affect health. For example, research conducted in France found that female shift workers had a 30 percent greater chance of developing breast cancer.

Antioxidant, Anti-Cancer

So why is sleeping at odd hours such a profound detriment to health? The biology is complicated. For example, lack of sleep or poor-quality sleep can hinder critical repair processes and generate inflammation, a major driver of cancer. But it's clear that melatonin also plays a key role.

We are built to sleep at night, around the same time every night.