

# **IHHS Health & Wellness Center**

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## **HRT Patient Information**

### **Melatonin**

The pineal gland, through its secretion of Melatonin, is responsible for maintaining the circadian rhythm, regulating the endocrine (hormonal) system, and maintaining the integrity of the immune system. The level of Melatonin secretion by the pineal gland is heavily influenced by sunlight. At night, the amount normally secreted is much higher than during the daytime. If the timing or the amount of Melatonin secretion varies significantly, one or more of the following symptoms can occur: disruptions in sleep/wake cycle, headache, mental and physical fatigue, caused by decreasing secretion past 40 years old, EMF exposure, and "jet-lag". "Jet-lag" symptoms can occur after crossing more than a few time zones, working rotating shifts, annual time change, and by experiencing other disruptions to a normal sleep/wake rhythm. Some people with Seasonal Affective Disorder may experience this syndrome when the low sunlight levels at certain times of the year are insufficient for their pineal glands to decrease Melatonin production to normal low daytime levels.

At menopause it is possible for women to experience a drop of 25% or more in their Melatonin levels over just a few years. Men on the other hand begin losing Melatonin at a rate of about 1% annually from their 20's on. It is possible to rebalance Melatonin during and after the menopausal time, and age related drops in males. Multiple hormonal cascades result in many women suffering for years at menopause yet this is only one component. Melatonin should be balanced as part of a complete program of hormonal balancing. Each individual patient will require different intervention. For some patients Melatonin replacement can be an integral part of menopausal hormonal replacement.

For everyone Melatonin decreases with aging. With falling levels, sleep is affected. Without proper sleep there are specific genes for body and brain repair that are not activated. It is imperative for health that healthy sleep be achieved over a 7 to 9 hour cycle for all ages. Over the age of 40 it is not uncommon to need a small amount of Melatonin for replacement. It is best supplemented in concert with Tryptophan. This assures a more balanced effect physically and mentally.

Replacement of Melatonin can be successfully achieved through the use of sublingual dosing. Many hormones are poorly absorbed from the GI tract and create other imbalances due to first pass liver breakdown, inactivation by stomach acid, etc. Feel free to call us with any of your questions regarding compounding, and patient problem solving.