



EXPERT NOTES

Dr. Richard DiCenso

Holistic Health Practitioner



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A Holistic Health Practitioner Perspective

Dr. Richard Dicenso

CEO Matrix Transformation

Author [Beyond Medicine, Exploring A New Way of Thinking](#)

Bachelor of Science

Education

Dr. Richard Dicenso began his career in the health food industry opening health food stores and restaurants. He received lots of feedback from patrons who were amazed at how different they felt compared to eating elsewhere, and encouraged him to explore what more he could do.

Dicenso found himself with two basic options:

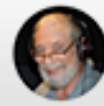
- Conventional medicine, which had little background in nutrition, health or food as a healing substance
- Chiropractic, which was a little more open and offered more options

For the first three years the curriculums were identical based on anatomy, physiology and pathology. But during the fourth year came the question: *what do you do about it?*

In conventional medicine at that time, during the early 70s, the options were:

- medication
- surgery

But in chiropractic “it was pretty much wide open. It was pretty much whatever works.”



Dicenso finished his pre-med in Riverside, CA, and then landed at the LA College of Chiropractic. This gave him wide exposure to nutrition and alternative therapies.

Focused and determined, he worked around the clock studying chiropractic by day and acupuncture by night.

Then he got wind that [Cedars Sinai](#) wanted to explore alternative therapies and were looking for people with different backgrounds to be part of an internship. He applied and got the internship. Then he went into private practice.

A Constant Dilemma

Through his practice Dr. Dicenso became struck by an observation: two people with the same condition and same treatment would experience different results.

Dicenso realized he “probably needed more education.” So he went into the [Spine Research Institute of San Diego](#) and became an expert in soft tissue injury and trauma rehabilitation.

But he fell upon the same DILEMMA: each school of thought dictated its own limited protocol for treatment.

So Dicenso went all out.

He studied naturopathy; orthomolecular nutrition; homeopathy; extensive studies in applied kinesiology. Still the same dilemma. The protocol is always based on a single (limited) system of knowledge.
“I was never taught to THINK.”

Students were never taught to ask, ***Why*** is this person experiencing what they're experiencing?

Says Dicenso, "There has to be something more to what they're experiencing beyond just the physical meat suit they're walking in the door with."

Forensic Training

From that point he went into 10 years of training as a forensic examiner where he gained insight into why he was experiencing that dilemma:

"I wasn't taught to look for the CAUSE."

As he began applying and drawing from his now rich knowledge base of healing methods the Dr. found out:

1. **EVERYTHING works**, but works most effectively when applied to a specific set of circumstances for which it's most indicated.
2. **The Hammer & Nail Syndrome**: when all you have is a hammer everything looks like a NAIL!! In this case when all you have is the training, the background, and the protocols that you've been exposed to, that's all you have the opportunity to implement in response to what an individual is experiencing.

He then developed an evaluation called the Matrix Assessment Profile (MAP).

Dicenso's Masterpiece: M.A.P.

MAP is an assessment of the human matrix and it goes far beyond the physical symptoms. It enables one to evaluate the biochemistry, unseen influences that contribute to or cause physical *symptoms* but have no basis in factors of physical *reality* such as the:

- Psychological
- Psychosocial
- Emotional

All of these are the various components to an individual's life experience that factor into their experience.

The process involves taking urine, saliva and blood samples to determine whether the individual's biochemistry is causing their experience, or if their experience is causing what he was seeing in the biochemistry. Once that was differentiated he could extract from a multitude of disciplines and implement protocols specific and well-targeted toward the cause of symptoms for the individual.

I. How Do You View The Problem of Sleep

"Not getting enough sleep is a stressor, and being stressed makes it harder to sleep."

Brain Activity During Sleep

Stages of Sleep

Sleep is not a monolithic process. Instead, there are different types of sleep and at some points your brain becomes even more active than while awake.

The primary stages are:

- Shallow – easily awakened
- Deep/Slow Wave
- REM– eyes dart around, dreams

These repeat in approximate 90-minute cycles.

Metabolic Quiescence

The brain works uniquely during each stage. During slow wave sleep parts of the brain metabolically slow or shut down. These regions include those associated with:

- Arousal activity
- Muscle movement
- First response to sensory information

Dicenso refers to this as the metabolically [quiescent brain](#).

Neural Cleanup or Bust!

Sleep appears necessary for our nervous systems to work properly. Some experts believe that sleep gives nerve cells a chance to shut down and repair themselves.

Without sleep these neurons become so depleted and polluted with biproducts of normal cellular activities that they begin to malfunction.

Sleep Deprivation

Too little sleep will lead to:

- impaired memory
- reduced physical performance
- less ability to perform math calculations
- mood swings
- hallucinations

Benefits of Sleep

HGH

Deep sleep coincides with the release of growth hormone. Excessive stress (and lack of sleep) can suppress release of HGH. There's a

condition now known as [Stress Dwarfism](#), which comes from this sleep phenomenon.

Beauty

Many of the body's cells show increased production and reduced breakdown of proteins during deep sleep. Proteins are the building blocks needed for cell growth and damage repair. Deep sleep may truly be beauty sleep.

Healthy Emotions and Social Activity

Activity in brain regions controlling emotions, decisions and social activity are drastically reduced during deep sleep. This suggests that deep sleep may help people maintain optimal emotional and social functioning while awake.

II. What Symptoms Should One Look For?

Aside from a clinical condition, symptoms are obvious and simple:

- Hitting the alarm several times before waking because you've not had restorative sleep
- Grogginess
- Mild headache
- No enthusiasm to embrace the day
- Half-heartedness
- Trouble focusing
- Digestive Problems*
- Craving carbs
- Weight gain
- Not desire to exercise
- Difficulty making decisions
- Trouble remembering

- Chronic fatigue syndrome
- Fibromyalgia

*stress hormones divert blood from the digestive system while you sleep inhibiting the breakdown and absorption of food and nutrients

III. What Aggravates The Problem?

Stress.

Genetics, environment, the type and amount of stress, its intensity, how prolonged, and how we respond, manage and interpret the stress determines how much it aggravates or interferes with the sleep process.

There are various forms of stress such as:

Mental/Emotional Stress

- Financial
- Relationship
- Job
- Pscychosocial
- Position in Society
- Position in a Company
- Having a difficult boss

AND

Physical Stress

- Improper diet
- Too much alcohol
- Aberrant lifestyle

Glucocorticoids

Stress does ONE thing. It produces glucocorticoids. Levels of this hormone dictate the impact of stress on the autonomic nervous system, which governs non-conscious functions such as pulling your hand away from a hot stove.

There are two portions to this autonomic nervous system:

- Sympathetic, which is the gas pedal
- Parasympathetic, which is the breaks.

If you have the pedal-on-the-metal before bed it'll:

- Stimulate the sympathetic nervous system
- Cause excess production of glucocorticoids
- Thus interrupting sleep and inhibiting rest and rejuvenation

Over time brain function including memory will deteriorate, ultimately leading to Alzheimer's and dementia.

IV. How Would You Treat The Problem

Assess.

The first step is to assess:

- Lifestyle
- Stress management
- Exercise
- Belief systems*

**A spiritual or religious belief may assist in managing stressors.*

Note lifestyle habits that disrupt sleep such as:

- Excess consumption of alcohol before bed

- Stimulants
- Watching TV while in bed

Once these elements are assessed you can employ a couple protocols based on the science behind disruptive sleep.

Dietary Recommendations

3 Supplement Protocols

1. [PheniTropic](#)

Contains [Phenibute](#), a derivative of GABA, which activates the parasympathetic nervous system (aka the brakes/relax and digest).

[Phenibute](#) has a calming effect that assists with excess stress, anxiety and even depression and sleep. Use it IN CONJUNCTION with an important nutrient:

2. [Bio Glycozyme Forte](#)

Supports healthy glycemic function/healthy blood sugar

This is excellent especially if you're able to fall but not stay asleep.

During sleep, if the blood sugar gets too low the body sends a shot of glucocortisoids to the adrenal glands in an effort to maintain blood sugar levels. That little "jolt" is all that's needed to wake the person up. This is when you wake up suddenly, start thinking, and can't get back to sleep.

FOOD TIP! Take with food.

Take the last dose of Bio Glycozyme Forte with a little protein or good source of EFAs to reduce inflammation, sedate nervous system and prevent blood sugar from dropping during sleep.

3. Neuro5HTP

Increases serotonin

If the excitatory transmitters don't have adequate inhibitory factors, sleep or relaxation is difficult or impossible. Serotonin is one of the main inhibitory transmitters. 5HTP increases its synthesis.

FOOD TIP! Eat Mediterranean.

The last meal of the day should revolve around the Mediterranean Diet. A study was released. The test subjects were obese. They didn't have regular visits with doctors; ate fast food; smoked and drank; and were jobless all of them.

Researchers took blood samples.

Then they changed only one factor: diet. After the subjects switched to a Mediterranean diet ALL of their risk factors reduced by 30%. Why?

Because the diet contains the substances that I use as part of my recommended nutrients with Bio Glycozyme Forte taken before bed; namely, a little protein and good sources of EFAs. The Mediterranean is a great diet to support a proper and productive sleep environment.

V. What Lifestyle Recommendations?

Balance.

Avoid:

- Stimulants
- Excess activity,
- Confrontation
- Ruminating about problems in the past or future

Manage Stress

- Implement a self-help strategy toward managing the effects of stress on the body while awake, which will prepare you for sleep.

Breathe

The simplest most inexpensive technique involves breathing.

- Make sure your room is dark with no noise, no television, etc.
- Don't consume stimulants or excessive food before bed.
- When you're prepared and ready lie in bed and do this breathing technique for 2-3 minutes:
 - Breathe in for a few seconds
 - Breathe out double the time

It puts you in a relaxed state of receptivity to allowing the normal sleep cycle to be initiated.

Morningtime Ritual

- Upon waking go for a walk. It provides you with fresh air, exercise and sunshine.
- Calm and focus your mind on one thing. You might try:
 - guided meditation
 - guided visualization
 - affirmations
 - an audiobook for 60 minutes, or at least 20 minutes, that is comforting, nourishing and encouraging.

Coffee

- Research shows that 2 cups of coffee/day should be no problem with no side effects. It may even reduce blood pressure (believe it or not).

Diet

- It is ESSENTIAL to have protein with your breakfast to maintain normal blood sugar and normal blood level of nutrients to sustain you throughout the midday potential for fatigue.
- Eat 3-6 small meals per day.
- Use the palm of your hand as a measure for portion control. Palm- complex carbs; two fingers- fats; two fingers- protein.

Key Nutrients Everyday

5 basic nutrients need to “imbibe” every day because of depletion of nutrients in the food chain and the environment:

1. Multi-vitamin
2. Multi-mineral
3. Digestive enzyme
4. Antioxidant
5. Probiotic

Pace

- Pace yourself throughout the day. “Life is a process.” Eat an elephant one bite at a time.
- Monitor how you respond to stress.
- Develop a technique to help you detach yourself from identifying with perceived threats so you can respond rather than react.

Friends

- One of three major stresses on the planet contributing to all diseases, including insomnia, is a lack of social interaction.
- Gravitate to like-people who’ll be socially supportive.

Satisfaction

There are 2 major causes of all major disease on planet:

1. Lack of job satisfaction
2. Lack of self-satisfaction

Allostatic Balance

*see [Allostasis](#)

If you observe all of these healthy habits such as pacing yourself, drinking enough water, eating properly, maintaining mental attitude, managing your response to stress, every day it’ll get a little better and eventually you’ll come into “Allostatic Balance.”

Allostatic *overload* means each of the systems in the body is in such conflict that it throws the psyche off. Interpretation of perceptions and the way you engage the world becomes distorted and then you take that distortion into the evening by distracting with food,

alcohol, TV or some sort of conflict. That's a death sentence for waking up in the night with some sort of sleep disorder.

“So it really is just a question of balance.”