

World Congress on

Nutraceuticals and Natural Medicine

October 22-23, 2018 | Amsterdam, Netherlands

Using nutrition based therapy for improving sleep quality



Abhishek G Dhawan

Feelsofts, India

Sleep deprivation, stress, poor quality sleep etc., are the rising problems of today's generation. Most of the time, these problems are treated with the help of anti-depressants, anti-anxiety medicines like alprazolam, etc. Instead of going for drug related therapies, we here by focus on hormones by means of food nutrition science and increase levels of hormones such as tryptophan that can help for good sleep and boost the quality of sleep. For the above, we made a case study and tracked sleep cycles supplementing it with cashewnut food to see the improvement of sleep quality. We used carbohydrate with tryptophan to greater uptake of tryptophan across the blood-brain barrier into the cerebrospinal fluid. We found good improvements.

Biography

Abhishek Ganpatrao Dhawan has completed his Certification of Advisory Diploma in Diet and Nutrition from Centre of Excellence, Manchester, London. He has completed course in human neuroanatomy from University of Michigan, course in Science of Exercise from University of Colorado Boulder via Coursera, participated and completed article such as: Introduction to food and health by Stanford Medical School, treating true food allergies by Harvard Medical School, diet, stress and cellular aging by George Washington University, resetting body clock by George Washington University and Diploma in Computer Engineering from the University of Mumbai.

abhishek27099@gmail.com

Notes: