



Dr. Dennis Perman ::

Message of The Week



The Case For Sleep

February 18, 2014

Dear Doctor:

I received a New York Times article from dear friend and highly respected Winners Circle member Dr. Tom Salmon of Englishtown, NJ. Written by Maria Konnikova, it's called "Goodnight, Sleep Clean."

Danish biologist Maiken Nedergaard is a sleep researcher from the University of Rochester Medical School, and her latest paper, originally published in "Science," reveals that sleep is required in the maintenance of brain physiology.

The brain is not served by the lymphatic system, so it does not have the benefit of purging waste like the rest of the body does. It had previously been speculated that the brain did some kind of self-recycling that removed the waste products of metabolism, but Nedergaard is proving that there is actually another kind of fluid circulation that does for the brain what the lymphatics do for the other organs and tissues.

She theorizes that the glymphatic system, so-named because of the contribution of glial cells to the process, is composed of small vessels in and around the brain that serve as conduits for cerebrospinal fluid. By injecting fluorescent tracers into the CSF of mice, they were able to track the fluid into and out of the brain. Further, they discovered that this activity transpires... during sleep.

Nedergaard's research has demonstrated the role of the glymphatic system as neural housekeeper in other animals, like baboons, dogs and goats, and will be following up with human experiments as well. Linking the maintenance of the brain both with sleep and with cerebrospinal fluid circulation sounds like chiropractors need to be aware of and educate patients on this research.

Those of us who use Sacro-Occipital Technique have been teaching patients about proper flow of cerebrospinal fluid as part of a typical patient's education. Now a dimension has been added, that normal brain cleaning and maintenance depends on sufficient sleep, during which other body functions are resting and the body can pay attention to cleansing and voiding waste, perfectly designed by Nature, as usual.

Nedergaard's study implicates inadequate sleep and the buildup of intracranial toxins as possible causes of Alzheimer's and Parkinson's. This finding is supported by the work of Sigrid Veasey at the University of Pennsylvania's Center for Sleep and Circadian Neurobiology, which focuses on how restless sleep disturbs normal brain metabolism, and how it affects our cognitive function as these toxic metabolites accumulate.

While Veasey is not prepared to say that poor sleep habits cause these diseases, it is apparent that there is a relationship, making it even more important to sleep enough.

The more we alert our neighbors to the impact faulty lifestyle decisions have on their ultimate health, the more good we do and the better we look, as the foremost proponents of lifestyle design and natural wellness principles. Add recommendations on proper sleeping to your typical doctor's orders – you may be saving your patients from serious neurodegenerative disease, and helping them to have a better quality of life throughout the day, too.

Dennis Perman DC,
for The Masters Circle

PS - If you want to know how today's most successful chiropractors do it, come and see "How It's Done – The Art of Implementation, Productivity and Execution," in London, Chicago and metro-New York -- for info or to register, please call 800-451-4514, or go to www.themasterscircle.com.