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The Remarkable Stress-Relieving Formula That Helps You Sleep Like A Baby

Stress is something we've all experienced. Whether you're running late for an important appointment, whilst stuck in traffic, or struggling to meet deadlines at work and juggle family commitments... the effects can be much the same. Situations like these can cause your breathing to become more rapid and your palms to become clammy and sweaty.

Both are signs that you're feeling pressurised and under stress. A common problem for many people who lead an active lifestyle – resulting in a wide range of symptoms from headaches, diarrhoea and mouth ulcers, to a diminished sex drive, palpitations and weight gain. Stress can also have a detrimental effect on your mental and emotional well-being and cause problems such as anxiety, anger, an inability to concentrate, frequent mood swings and sleep disruption.

The latter can exasperate the problem as a lack of sleep can leave you feeling disorientated, unable to concentrate, emotional and anxious... not to mention totally exhausted. You can soon find yourself caught up in a vicious cycle... as stress leads to a loss of sleep and a loss of sleep ultimately leads to an increase in stress.

As well as making you feel miserable, edgy and unable to function properly, left untreated both insomnia and chronic stress have been shown to play a role in the development and progression of serious illnesses from depression and heart disease to diabetes and cancer.¹

Fortunately, there is a natural solution. Zen-Time with Lactium® is a natural food-state supplement which, as its name suggests, contains Lactium® – a unique patented ingredient that has been clinically proven to alleviate stress-related symptoms and promote good quality sleep. Better still, it won't compromise your health in the process, unlike conventional anti-anxiety drugs...

Conventional treatments can cause adverse effects like headaches and dizziness

While doctors routinely prescribe antidepressants like Seroxat (paroxetine) and Prozac (fluoxetine) for stress and anxiety-related disorders, which have a calming effect and help elevate your mood (by increasing levels of the 'feel-good' neurotransmitter serotonin in your brain), they can cause a range of unpleasant side effects such as headaches, excessive sweating, nausea, diarrhoea, drowsiness, weight gain, decreased libido and sleep disturbances.

Benzodiazepine drugs, such as Valium and Lorazepam, which work by rebalancing certain chemicals in your brain, are sometimes used for short periods too, but have the major drawback of addiction and dependency – meaning that when you try to come off them you can end up experiencing the very symptom you were taking them for, namely anxiety. They can also cause side effects including drowsiness, confusion, muscle weakness and dizziness.

Active ingredient helps you sleep soundly

Lactium®, the key ingredient in the formula, was developed by scientists following research back in the 1990s that investigated the connection between the consumption of milk and the calming effect it has on newborn babies. Researchers set out to explore whether something in the milk was influencing the brain and producing this soothing state.²

The researchers knew that a newborn's digestive system is quite different to that of an adult's and favours protein digestion (known as tryptic digestion). They also knew that the key protein in milk is a large, complex one known as casein. The next step was to explore the possibility that the newborn's digestive system was splitting the casein molecule in a special way so that it produced a string of proteins (peptides) that actually induce a state of calm once absorbed and integrated within the nervous system.

After many years of research and several clinical and toxicological studies, researchers finally succeeded in 2001 in identifying what has become known as Lactium® – a specific string of 10 peptides that can be isolated from casein, thanks to a process called tryptic hydrolysis, which has the relaxing properties predicted by the earlier newborn studies.³ The adult enzymatic system cannot release this bioactive peptide arrangement anymore, which is why taking Lactium® in supplement form can help alleviate stress-related symptoms.

Further studies suggest that Lactium® acts on GABAA-receptors in the brain that help to control anxiety and stress. It appears to concentrate within the region of the brain known as the hippocampus, which has a high concentration of GABAA-receptors, and which is involved in memory forming, organizing and storing; spatial navigation and our emotional responses.⁴

Vitamin B6 and magnesium are renowned for their stress-busting properties

To help support the action of Lactium®, vitamin B6 has also been added to the formula. Vitamin B6 aids in the formation of several neurotransmitters

including GABA,⁵ and also serotonin – a brain chemical that plays a major role in mood regulation. Low levels of serotonin have been associated with several disorders, such as clinical depression, aggression and anxiety.

Zen-Time with Lactium® also contains magnesium, as it is one of the most important minerals for helping your body cope with stress. It is known to promote relaxation, easing fear, nervousness, restlessness and irritability.

According to Dr. Leo Galland, a leader in the field of nutritional medicine: “Stress-related diseases which run rampant through modern society, like heart attacks and high blood pressure, are often accompanied by magnesium deficiency.” When magnesium levels are low, the nervous system gets out of balance and the muscles become tight. This can lead to elevated mental stress. Interestingly, sufficient magnesium is required for efficient GABA production.

What to take for best results

The recommended dosage is one capsule of Zen-Time with Lactium® twice a day. Because Lactium® is derived from casein (a milk protein) it's best to take the capsule before or between food to optimize absorption. Alternatively, the capsules can be taken before bed.

The Lactium® in Zen-Time is lactose-free but anyone with a severe casein allergy is advised to avoid the product as a precautionary measure.

[Urgent information: Prescription drugs have long been seen as the answer to treating chronic illnesses like heart disease, diabetes and dementia. But this recent report shows that modern medicine might not have all the answers after all...](#)

3. FASEB J, 15(8), 2001, pp. NIL_466-NIL_487
4. Hippocampal sleep features: relations to human memory function. Front Neurol. 2012 Apr 17;3:57. doi: 10.3389/fneur.2012.00057. eCollection 2012.

5. The Effect of Methylated Vitamin B Complex on Depressive and Anxiety Symptoms and Quality of Life in Adults with Depression ISRN Psychiatry. 2013; 2013: 621453. Published online Jan 21, 2013. doi: 10.1155/2013/621453