

Narcolepsy

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Is a neurological disorder that reveals itself in sleep attacks, sleep paralysis, cataplexy, and/or hypnagogic hallucinations. Brain infection, tumors, or head trauma may cause narcolepsy, though this is just speculation.

Ephedra, gotu kola, and St. John's wort- Internal Purposes: Increases energy levels and has antioxidant properties.

Ginkgo biloba- Internal Purposes: Increases Circulation to the brain.

Calcium- Importance: Very High Comments: Helps produce energy. Good for the nervous system.

Magnesium- Importance: Very High Comments: Helps produce energy. Good for the nervous system.

Vitamin B6 (pyridoxine)- Importance: Very High Comments: Increases metabolism. Boosts energy levels. Promotes healthy brain function.