

# Peak Power Hypnosis

**Melatonin Maximiser**

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Melatonin is a hormone secreted from the pineal gland deep inside your brain and used to control your daily sleep-wake cycles. However, Melatonin does much more than help you sleep better, its important for several biological functions, regulating other hormones, protecting your nervous system against degenerative diseases (such as Alzheimers) and even preventing migraines.

While young people have the highest Melatonin levels, production reduces as we age and this may be why many older adults struggle with sleep.

The easiest way to increase Melatonin levels is to get enough sleep! However this is not as easy as it sounds for some individuals. The keys to a good nights sleep, however are also the keys to boosting Melatonin levels.

There are foods that can naturally increase Melatonin production, eliminating the need for supplements. In recent studies researchers found pineapples increased the presence of melatonin by over 266% while bananas increased levels by 180%.

Note: Avoid foods or drinks just before bedtime as that can induce stress hormone production and cause blood sugar imbalances during the night, which reduce your Melatonin production.

## **The Melatonin Maximiser Smoothie**

There are some brilliant ingredients that naturally boost your Melatonin levels instead of just giving you one recipe... we thought you'd like the power to pick and choose the ones that are right for you and your taste buds :)

Start with the Smoothie Base below and then choose the ingredients and flavours that you love... explore, create and boost your Melatonin levels in lots of delicious ways.

Bananas and Almonds are both Melatonin Powerhouses with high naturally occurring levels of Melatonin. Plus they are rich in Magnesium, important in the production of melatonin. Magnesium is also a natural muscle relaxant and has been found to help reduce levels of the stress hormone cortisol, which is known to interrupt sleep.

That's why they make a great, classic smoothie base for this Melatonin Maximiser Smoothie.

### **For the Smoothie Base:**

1 Banana

2 Cups of Almond Milk\*

(\*Homemade is best as most shop milks are only about 2% almond)

### **Next, Let's Get Creative...**

Once you have your Smoothie Base you can choose the ingredients and flavours that you love... explore, create and boost your Melatonin levels in lots of delicious ways.

All of the ingredients below are either naturally rich in Melatonin and/or rich in other micronutrients important in the production of melatonin, including: Vitamin B6, Zinc, Magnesium and Folic Acid.

We suggest you use one (or more) ingredient from each of the following categories.

#2 The Super Juices: will act to thin the smoothie so if you would like more of a refreshing drink add more of these ingredients...

Pineapple	Orange		
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#3 Nuts and Seeds: as you might expect, will act to thicken your smoothie and make it more protein rich and filling.

Note: It's best to soak the nuts and seeds first to neutralize the enzyme inhibitors and breaking down phytic acid, allowing for proper digestion.

Tahini / Sesame	Pumpkin Seeds	Sunflower Seeds	Cashews
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#4 The Super Berries: finally add those berries that you love best... boost your Melatonin Maximiser Smoothie even more with these delicious, Melatonin charged berry flavours.

Goji Berries	Tart Cherries	Blackcurrants	Blueberries
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## MVL Melatonin Maximiser Favourite Combinations

Below are some of our all time favourite Melatonin Maximiser Smoothie Combinations... these smoothies taste delicious and are super good for your health and well being. Enjoy :)

MM Option One:

1 Banana  
2 cups Almond Milk  
1 Orange  
2 tsp Tahini

MM Option Two:

1 Banana  
2 cups Almond Milk  
2 cups Pineapple Chunks  
1/2 cup Goji Berries

MM Option Three:

1 Banana  
3 cups Almond Milk  
1 cup Pumpkin Seeds  
1 cup Blueberries

MM Option Four:

2 cups Pineapple Chunks  
1 Orange  
1/2 cup Goji Berries  
1 cup Tart Cherries (such as Montmorency Cherries)