

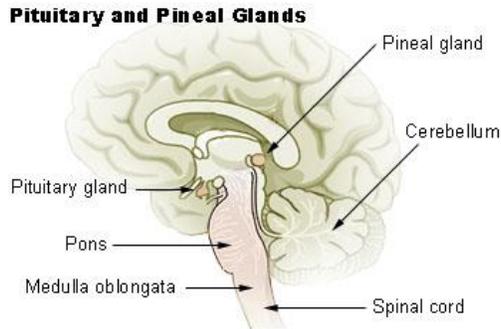
**APLGO Sleep Awareness Month**  
**Sleep Awareness Kit: RLX, HPY, AIR, STP**  
**With Mary Esther Gilbert and Pamela Zimmer**  
**3/9/2026**

**1. Can you briefly go over each of the APLGO drops in the Sleep Awareness Kit, and why they made the cut for this kit? Usually when we think of sleep support we immediately go to RLX; having 3 other drops to support our sleep is great, so why HPY, AIR & STP specifically?**

- **STP**
  - **Cherry (*prunus avium*)** – contains **melatonin**.
    - Melatonin – a hormone signaling molecule, a major product of the pineal gland, regulates the body's 24-hour circadian rhythm or sleep-wake innate, biological clock.
    - More melatonin is produced in the body when it is dark, and melatonin levels drop when it is light.
    - Bright lights that are on in the evening or too little light exposure during the day disrupt normal melatonin levels. Evidence also suggests that melatonin also helps strengthen the immune system (Mandal, 2000-2018) (Gilbert, 2024).
    - Acts like a neurotransmitter in regulating the immune system as well as the physiological response to stress.
    - Melatonin has shown effects against insomnia, jet lag, narcolepsy and seasonal affective disorder (SAD) involving abnormally long hours of sleeping, and abnormal and untimely levels of melatonin in the blood, which disrupt sleep cycles and affect moods.
    - Studies imply a relationship between depression and light deprivation, which is improved with melatonin's effects.
    - Has a stabilizing effect on the nervous system, has been suggested as a candidate as a neuroprotective compound (Malhotra, et al., 2004).
    - Has an antioxidant effect on the optic nerve of the eye, the brain. and particularly, the white matter in the spinal cord, the fatty substance that surrounds the nerve fibers and carries information from one nerve cell to another throughout the body's nerve network (Lumen, n.d.).

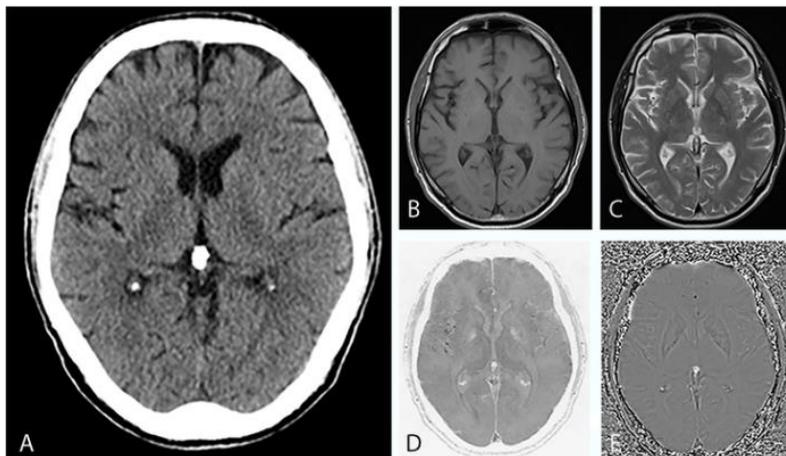
## Critical Importance of Pineal Gland Melatonin Production

(Excerpt from The True Health Journal Newsletter, article by Mary Esther Gilbert, Publishing Editor)



Wikipedia Commons 2005

- The pineal has the highest calcification rate compared to all other organs and tissues in the body, and the condition is linked to various neuronal diseases.
- Studies show there are several physiological conditions that can alter the form of the pineal glands:
  - The pineal gland of obese individuals is often significantly smaller than that of a lean person.
  - The brain, which consumes about 20% of the body's total oxygen, is vulnerable to more oxidative stress than other organs since it cannot produce the antioxidative enzyme, catalase.
  - A decrease in melatonin production leads to neurons being subject to deposits of  $\beta$  amyloid protein or plaques, a hallmark of nerve degenerative disease.



Research Gate 2026

- Studies report the negative association between Alzheimer's disease and serum cerebral spinal fluid melatonin levels.

- Melatonin also suppresses intracellular neurotangles (abnormal accumulations of hyperphosphorylated tau protein that collect inside neurons), another biomarker of Alzheimer's.
  - The volume of a pineal gland is reduced in patients with primary insomnia and may be related to a functional sleep disorder.
  - In humans, the phenotype of the pineal gland may be changed by one's health status or by environmental factors.
  - Recent studies found that organs, tissues, and cells have the ability to synthesize melatonin; however, although there is more melatonin produced altogether from these extra-pineal cells than from the pineal gland, those amounts cannot replace nor compensate the pineal-derived melatonin in terms of circadian rhythm regulation in response to dark and light environments.
  - Melatonin signals from the pineal influence the body's daily physiological activities such as mealtimes, sleep, metabolism.
  - Pineal blood filtration rate is comparable to that of the kidneys, where calcification may occur.
    - Researchers have long believed that pineal calcification was associated with certain disorders such as schizophrenia.
    - Seems to have a direct influence on neurodegenerative diseases in the aging since rate of calcification increases with aging.
    - Pineal calcification is associated with neurodegenerative disorders such as Alzheimer's disease as a result of decreased melatonin production levels since it is a well-established neuroprotector as a potent antioxidant and anti-inflammatory.
  - Foods that contain melatonin and increase circulating melatonin levels:
    - Herbs, vegetables, fruits, grains, beans, eggs, meats, fish, milk, wine, and coffee.
    - Food-derived melatonin can elevate serum melatonin levels that can match night time peak levels, although the melatonin released into the cerebral spinal fluid (CSF) likely does not reach night time levels.
    - Food-derived melatonin can help elevate serum melatonin levels to night time peak levels.
- (Mirisola, 2025)

### The Sleep-Nerve Connection

	Sleep	Nerve
STP	Cherry ( <i>Prunus avium</i> )	Cherry ( <i>Prunus avium</i> ) Ashwagandha ( <i>Withania somnifera</i> ) Ginger root ( <i>Zingiber officinalis</i> ) Pod Pepper (Cayenne) ( <i>Capsicum annum</i> )
RLX	Lettuce ( <i>Lactuca sativa</i> ) Passion Flower Leaf ( <i>Passiflora incarnata</i> L.)	Lettuce ( <i>Lactuca sativa</i> ) Passion flower ( <i>Passiflora incarnata</i> L.) Ashwagandha Root ( <i>Withania somnifera</i> ) Banana ( <i>Musa</i> ) Chamomile, German, Flower ( <i>Matricaria recutita</i> ) Ginseng, Siberian, Root ( <i>Eleutherococcus senticosus</i> )
AIR	Dog Rose ( <i>Rosa canina</i> L.)	Dog Rose ( <i>Rosa canina</i> L.)
HPY	Ginkgo Leaf ( <i>Ginkgo biloba</i> )	Ashwagandha ( <i>Withania somnifera</i> )

### The Sleep-Brain/Nerve Connection – Details

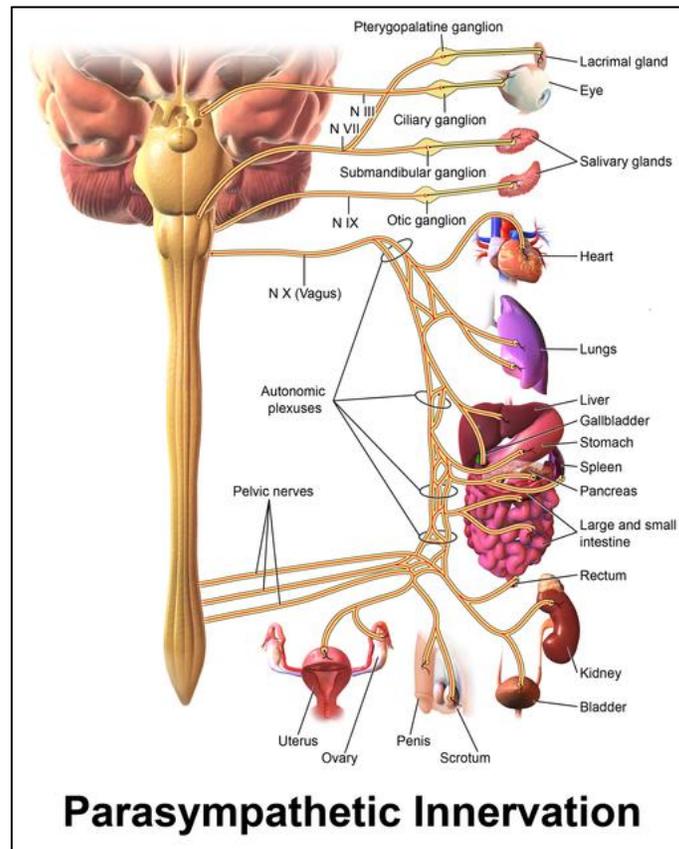
Sleep	Nerve
<p><b>STP</b></p> <p><b>Cherry (<i>Prunus avium</i>)</b> – Contains melatonin.</p> <p>Melatonin – a hormone signaling molecule, a major product of the pineal gland, regulates the body’s 24-hour circadian rhythm or sleep-wake innate, biological clock.</p> <p>More melatonin is produced in the body when it is dark, and melatonin levels drop when it is light.</p> <p>Bright lights that are on in the evening or too little light exposure during the day disrupt normal melatonin levels. Evidence also suggests that melatonin also helps strengthen the immune system (Mandal, 2000-2018) (Gilbert, 2024).</p> <p>Melatonin has shown effects against insomnia, jet lag, narcolepsy and seasonal affective disorder (SAD) involving abnormally long hours of sleeping, and abnormal and untimely levels of melatonin in the blood, which disrupt sleep cycles and affect moods.</p> <p>Studies imply a relationship between depression and light deprivation, which is improved with melatonin’s effects (Malhotra, et al., 2004).</p>	<p><b>STP</b></p> <p><b>Ashwagandha (<i>Withania somnifera</i>)</b> - Has a GABA mimetic (cognition promoting) effect through supporting the formation of new dendrites or neuropathway extensions of the nerve cells, which is helpful in those with memory deficit and neurodegenerative diseases such as Alzheimer’s, Huntington’s and Parkinson’s diseases (Singh, 2011).</p> <p><b>Cherry (<i>Prunus avium</i>)</b> - Melatonin has been shown to prevent premature cell death and disease progression in Parkinson’s and Alzheimer’s by reducing plasma homocysteine and blood lipid levels, indicators of heart disease risk. Melatonin, with its stabilizing effect on other regions of the nervous system as well, has been suggested as a candidate as a neuroprotective compound (Malhotra, et al., 2004).</p> <p>Melatonin has demonstrated an antioxidant effect on the optic nerve of the eye, the brain and most particularly, the white matter in the spinal cord, which is the fatty substance that surrounds the nerve fibers and carries information from one nerve cell to another throughout the body’s nerve network (Lumen, n.d.).</p> <p><b>Ginger root (<i>Zingiber officinalis</i>)</b> - High in choline, a biochemical that supports nerve, brain and muscle movement functions. Contains a primary essential fatty acid linoleic acid from which the body makes other critical fatty acids for cell membrane maintenance, brain and nervous system health (Munjas, 2013) (Wee, et. al., 2011).</p> <p><b>Pod Pepper (Cayenne) (<i>Capsicum annum</i>)</b> - Capsaicin stimulates the release of endorphins, hormones that produce feelings of euphoria, and has an effective analgesic effect in reducing pain (McCarty, 2015).</p>

	Studies show a high degree of effects upon the nervous system, cardiovascular and digestive systems (Omolo, et. al., 2014).
<p style="text-align: center;"><b>RLX</b></p> <p><b>Lettuce</b> (<i>Lactuca sativa</i>), contains pyridoxin (vitamin B6), needed in the production of neurotransmitters that carry signals between nerve cells; it is also required for normal brain and functioning, and for producing the hormones serotonin and norepinephrine that influence mood, and the hormone melatonin, which helps regulate the body's sleep-wake cycles (Nutrition, 2009).</p> <p><b>Passion Flower Leaf</b> (<i>Passiflora incarnata</i> L.) - Used traditionally for insomnia according to several studies showing the clinical relevance and benefits of <i>P. incarnata</i>, as demonstrated in a double-blind, placebo-controlled study where test subjects' sleep quality improved, and in animal studies showing its sedative effects from extracts of leaves, flowers and fruits. Other animal studies in mice have researched the sedation and anxiolytic or anxiety-inhibiting effects of <i>P. incarnata</i> L. In one such study, stress was applied by three hours of exercise and comparing the locomotor activity during the exercise on a positive control group given a drug sedative and a control group given caffeine. The flavonoid compound, epigenin, present in <i>P. incarnata</i> L. leaves, were associated with the dose-dependent sedative effect on anxiety and nervousness in the mice (Kim, 2017).</p>	<p style="text-align: center;"><b>RLX</b></p> <p><b>Ashwagandha Root</b> (<i>Withania somnifera</i>) - Has a GABA mimetic (cognition promoting) effect through supporting the formation of new dendrites or neuropathway extensions of the nerve cells, which is helpful in those with memory deficit and neurodegenerative diseases such as Alzheimer's, Huntington's and Parkinson's diseases (Singh, 2011).</p> <p><b>Banana</b> (<i>Musa</i>) - Bananas aid in the retention of the minerals calcium and phosphorus, essential for strong bones and teeth and heart, structural muscles, and nerve and glandular functioning, help calm the nervous system without sedation (Kumar, 2012).</p> <p><b>Chamomile, German, Flower</b> (<i>Matricaria recutita</i>) - Contains the amino acid glycine, known to have nerve-relaxing actions (Sampson, 2005).</p> <p><b>Ginseng, Siberian, Root</b> (<i>Eleutherococcus senticosus</i>) - has been found to help regulate nervous system (Zaluski, et. al., 2016).</p> <p><b>Lettuce</b> (<i>Lactuca sativa</i>) - Contains pyridoxin (vitamin B6), needed in the production of neurotransmitters that carry signals between nerve cells; it is also required for normal brain and functioning, and for producing the hormones serotonin and norepinephrine that influence mood, and the hormone melatonin, which helps regulate the body's sleep-wake cycles (Nutrition, 2009).</p> <p><b>Passion flower</b> (<i>Passiflora incarnata</i> L.) – has a calming and soothing effect on the nervous system (Elsas, 2010) (Kim, 2017).</p>
<p style="text-align: center;"><b>AIR</b></p> <p><b>Dog Rose</b> (<i>Rosa canina</i> L.) – test subjects experienced considerable reduction of pain, and another experiment resulted in the same result, as well as improvements in mood, feelings of well-being, and quality of sleep (Selahvarzian, 2018).</p>	<p style="text-align: center;"><b>AIR</b></p> <p><b>Dog Rose</b> (<i>Rosa canina</i> L.) – Characteristics of phenolic compounds and dog rose's ascorbic acid (a form of vitamin C) include antimutagenic and anticarcinogenic actions, and as a potent antioxidant, is also involved in the synthesis of hormones and neurotransmitter communications in the nervous system (Selahvarzian, 2018).</p>
<p style="text-align: center;"><b>HPY</b></p> <p><b>Ginkgo Leaf</b> (<i>Ginkgo biloba</i>) - reduces anxiety, and normalizes sleep, flavonoids and terpenoids in ginkgo together help improve memory and learning ability, improve microcirculation (Hashiguchi, 2015).</p>	<p style="text-align: center;"><b>HPY</b></p> <p><b>Ashwagandha</b> (<i>Withania somnifera</i>) – has a GABA mimetic (cognition promoting) effect, supports the formation of new dendrites or neuropathway extensions of the nerve cells, which is helpful in those with memory deficit and neurodegenerative diseases such as Alzheimer's, Huntington's and Parkinson's diseases (Singh, 2011).</p>

(Gilbert, 2024)

## 2. How do these drops support parasympathetic activation - the 'rest and restore' side of the nervous system?

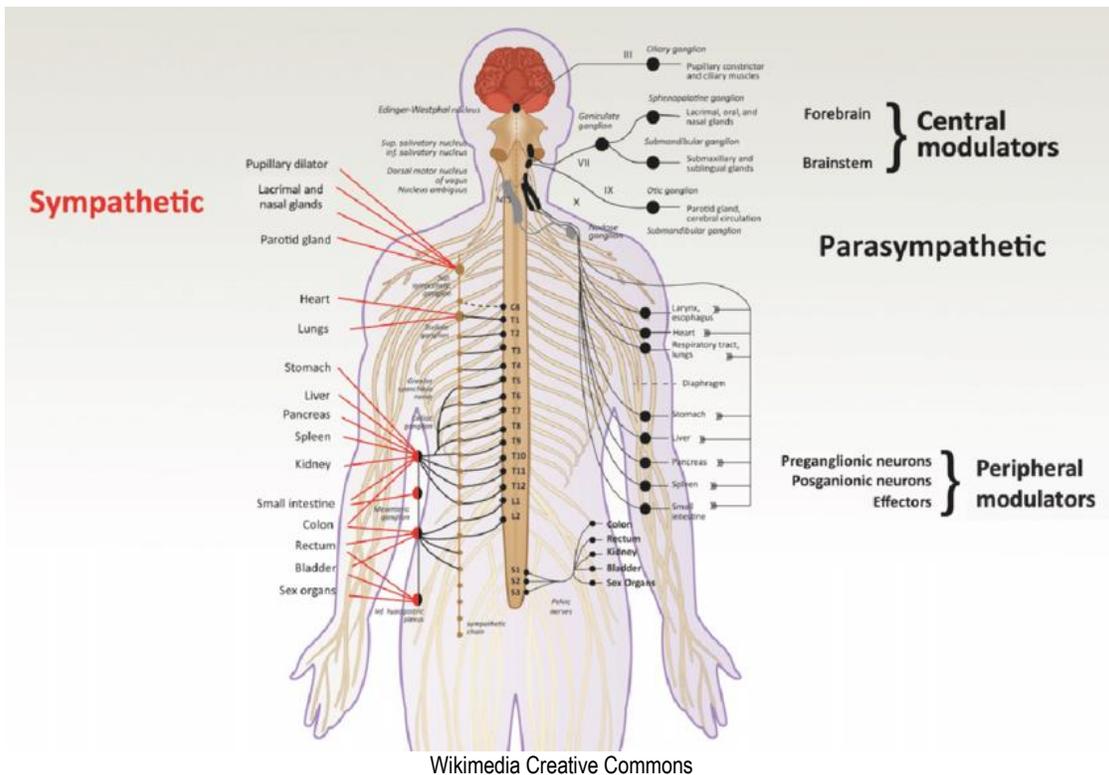
The parasympathetic nervous system is part of the autonomic nervous system, and operates automatically without needing to control its actions such as heart rate, blood pressure, digestion, urination, and sweating.



Bruce Blausen - Wikimedia Commons - 2013

- Functions of the PSNS. The nerves of the parasympathetic division are craniosacral, originating in the brain stem and the sacral spinal cord
  - Promotes digestion, salivation, energy storage of synthesized glycogen, a complex carbohydrate stored in the muscles as an energy reserve.
  - Conserves energy as it slows the heart rate.
  - Increases intestinal and glandular activity (waste excretion and sexual arousal).
  - Counters the sympathetic nervous system that responds to the “fight or flight” reaction, restores a state of calm after stress or anger.

- Modulates the immune system.
- Plays a critical role in managing stress by slowing down heart rate and reducing blood pressure, promoting a state of relaxation and healing.
- Counteracts the harmful effects of stress and restores equilibrium to mind and body.
- Helps to control your body's response during times of rest (Cleveland, 2022)



**Involved in nerve restoral processes:**

**Ashwagandha** in STP, RLX, and HPY - supports the formation of new dendrites or neuropathway extensions of the nerve cells.

**Cayenne Pepper** in STP - stimulates the release of endorphins, hormones that produce feelings of euphoria, and has an effective analgesic effect in reducing pain.

**Cherry** in STP - stabilizing effect on other regions of the nervous system.

**Dog Rose** in AIR - involved in the synthesis of hormones and neurotransmitter communications in the nervous system.

**Ginger Root** in STP - Contains a primary essential fatty acid linoleic acid from which the body makes other critical fatty acids for cell membrane maintenance, brain and nervous system.

**Ginseng, Siberian** in RLX - helps regulate the nervous system.

**Lettuce** in RLX - needed in the production of neurotransmitters that carry signals between nerve cells, required for normal brain functioning, for producing the hormones serotonin and norepinephrine that influence mood, and the hormone melatonin.

**Involved in nerve rest phase processes:**

**Banana** in HPY - helps calm the nervous system without sedation.

**Chamomile, Flower, German** in RLX - - nerve-relaxing actions.

**Passion Flower** in RLX - has a calming effect on the nervous system.

**3. What's the ideal timing for each drop if someone wants to build a consistent bedtime routine?**

- Taking each of the drops in the evening sometime between dinner and before bedtime would best enhance their regenerative effects.

**4. If someone struggles with falling asleep vs. staying asleep, how would you stack these differently?**

- If a good night's sleep is the goal, then taking all four drops together working in synergy helps promote homeostasis in the body, resulting in conditions more conducive to feeling relaxed and calm.

**5. What are the signs someone's sleep issue is stress-driven versus nutritional?**

- These two factors are intricately intertwined.
- Stress can have a negative impact on brain functioning affecting thoughts, perceptions, and physical inflammatory responses to stress.
- Poor eating behaviors are crucial factors that exacerbate stressful thinking and perceptions, leading to stress reactions related to deficiencies.
- Optimal nutritional intake is what is required for better brain processes resulting in calmer emotional responses, allowing better objectivity, logical thinking, and problem-solving mindset (Kim, 2018).

**6. If someone has tried everything for sleep and feels defeated, what would you want them to understand about supporting their body at the cellular level?**

- Nourish completely every day, eat whole organic foods, drink purified spring water, since these are the foundation for alleviating pain conditions and inflammation, correcting systems in the body at the cellular level back toward health recovery.
- A healthy body and mind are key to managing stress and reaching a balanced biochemistry that sets the right conditions for proper sleep.
- Since the body responds to dark and light for producing the right amounts of the hormone melatonin, bedtime sleep is best when eliminating all light sources in the room.
- A consistent bedtime hour helps the body establish its biorhythmic REM sleep-wake cycle, also known as the Circadian rhythm.
  - The hypothalamus gland in the brain contains a group of 20,000 nerve cells called the suprachiasmatic nucleus (SCN), the primary conductor that receives input from the eyes, which signal light levels.
- Circadian rhythm disruptions occur when the internal clock does not match the external time, experienced commonly in jet lag, blue light exposure at night, and off hour work shifts.
- Symptoms to be aware of:
  - Insomnia
  - Excessive sleepiness during the day.
  - Reduced alertness.
  - Digestive problems.
- Long-term sleep disruptions are linked to various sleep disorders, as well as cancer, depression, diabetes, and obesity.  
(National, 2026)
- Avoid toxins, synthetics, caffeine, sugar, trans fats in the diet to prevent inflammatory reactions that result in pain, nerve or digestive discomfort, all of which disrupt the production of hormones involved in promoting sleep.
- Create the conditions in the body that enforce deep sleep.
  - Regular exercise and sunlight.
  - Optimal nutrient and water replenishment daily, especially after physical activity, for supplying the cellular actions necessary for regenerative work, best accomplished during sleep.
  - Leading an enriched, purposeful life with people interactions and activities that stimulate the mind and spirit. Exercising the mind requires expending energy and subsequent rest.

- Create a calming environment in your room.
- Minimize electromagnetic field (EMF) exposure from electronic devices (EDs); keep them at least 3 feet or 1 meter away from your bed, or in another room to not hear disruptive notifications even if volume settings are low.
  - Most EDs emit short-wavelength light (blue light), which can inhibit melatonin production, trigger acute alertness, reset circadian rhythms, and alter sleep time.
  - I was found that using any kind of EDs within two hours before bedtime resulted in poorer sleep quality.
  - A study on college students showed that EDs use duration within two hours before bedtime and depression were predictors of university students' sleep quality.
  - Students who spent more than 30 min or more than two hours using EDs had poorer sleep compared with those who used less than 30 min (adjusted for coffee intake, alcohol intake, exercise, ED location while sleeping , and depression).  
(Pham, 2021)

### **7. One last fun question:**

- a. Socks or no socks?

Wear breathable socks!

Or, let your feet luxuriate in the buff.

- b. Pitch black or night light?

Pitch black for maximum melatonin production and eliminating distracting visuals.

Send love around you so the boogie man won't bother you.

- c. Total quiet or white noise?

White noise, but not from an electronic device. Your phone and computer need their rest, too.

An audio playing known frequencies that relax the nervous system and the device is a few feet away.

Avoid Bluetooth, and headphones unless you like waking up entangled in them.

Total quiet is best, but if you cannot quiet your thoughts, go run a marathon or challenge your local weight lifting champion to a weight lifting contest. That way, you'll be too tired to think. Oh, do check with your doctor to be sure you can actually do it.

d. Alarm or no alarm?

Alarm when you must; otherwise, wake up when you're finished sleeping!

Going to bed early enough to have 2 REM sleep cycles makes one less likely to oversleep.  
Make sure you have an understanding boss just in case, or be your own boss!

If your body didn't go through two REMs, then curl up with your cuddly fur babies, close the blinds, and take a nap.

## 8. 5 Takeaways...

### 5 Main Sales Points Summary

- **STP** - helps improve melatonin levels, critical for aiding the body's own melatonin production, the key factor for better sleep.
- **RLX** – Calming nerve communications against stress, and anxiety, improved memory through better sleep and sleep-wake cycles, helping to promote hormones that influence mood.
- **AIR** – involved in synthesis of hormones for improving moods, feelings of well-being, supporting quality sleep.
- **HPY** – improves memory and learning ability, helps reduce anxiety and normalizes sleep patterns, supports formation of new neuropathways, improving memory deficit.
- **Combine a nutrient-rich diet, regular sleep times, exercise and sunlight, the key factors for maintaining optimal brain, heart, and hormonal system functioning, which ultimately results in optimal melatonin production and levels for restorative, regenerative sleep.**

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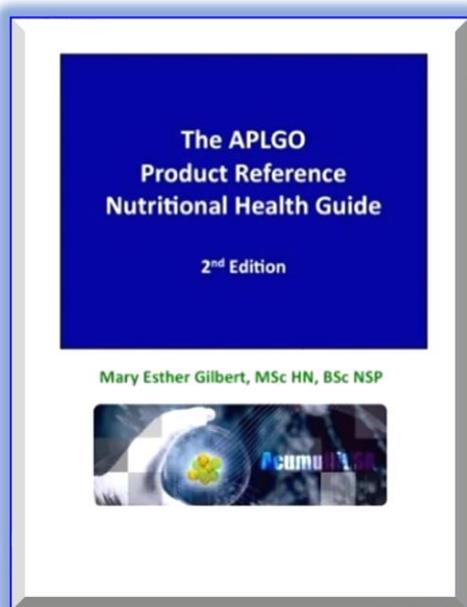
## APLGO Product Reference Nutritional Health Guide 2<sup>nd</sup> Edition

By Mary Esther Gilbert, MSc, BSc HN, BSc NSP



[Founder, True Health Mastery Institute of Holistic Personal Health Management](#)

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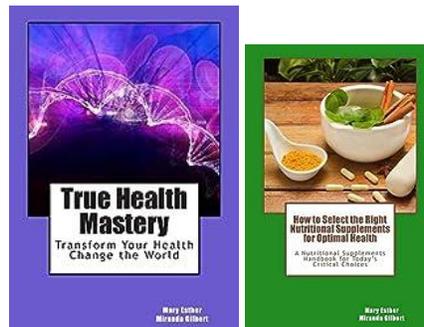
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