

# ANABOLIC SLEEP

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SLEEP SHAKE

PETER TZEMIS  
ПЕТЕВ ТЗЕМИС

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Shake ingredients

## INGREDIENTS

- 1 cup kale leaves
- 1 cup natural yogurt
- 1 ripe banana
- 1 tbsp raw almond butter
- 2 tsp flax seeds, ground
- 2 kiwi fruits
- ½ cup almond milk
- 1 scoop of Casein Protein powder (vanilla) or whey protein blend with casein
- 5-10g of glutamine powder

## INSTRUCTIONS

Blend all the ingredients until creamy and drink straight away

## INGREDIENT EXPLANATIONS

**Kale** – these reliable greens will give you a hand for falling asleep easier, just as they does for detoxifying and nourishing your body. The nutritional profile of kale contain all nine essential amino-acids, including tryptophan, which your body converts to serotonin, a neurotransmitter hormone that regulates the sleep/wake circle and is used by the pineal gland to synthesize melatonin, the hormone related to a healthy sleep.

**Banana** – a great source of potassium and magnesium for relaxing the muscles and creating an alkaline environment for your body cells to restore during nighttime. Bananas are also high in tryptophan, the key ingredient for a better sleep.

**Yogurt** – and other dairy products contain tryptophan and also calcium, which helps your body to synthesize it to produce the melatonin hormone. While sipping warm milk calms you before bedtime, your body might find it difficult to digest, and this is why natural yogurt, which contains probiotics, is a safer option

**Kiwi fruits** – another sleep quality promoting ingredient because they are high in antioxidants (which recent studies have link to a better sleep) and serotonin, the hormone that helps initiating sleep and maintaining it during the night.

**Flax Seeds** – are high in omega-3 essential fatty acid, which reduces anxiety and stress (some of the top causes of insomnia) and also tryptophan.

**Almond butter** – contains a high concentration of magnesium, which relaxes your muscles, and protein for helping you switch the alert adrenaline cycle to a rest-and-digest cycle for good sleep.

**Casein Protein** - For the next 8 hours your muscles will be starved of new nutrition. Adding some slow digesting protein will help supply the necessary amino acids over the sleep period to ensure maximum growth and repair.

**Glutamine** - The conditionally essential amino acid glutamine, plays an important role in the body and is a necessary precursor to proper immune function, muscle recovery, increasing fat burning and building muscle. Furthermore it's been shown to effectively increase GH secretion.