



Enhancing Melatonin, Polyphenols and Antioxidants in a Therapeutic Diet for the Body to Insomnia and Alzheimer's Syndromes "Mediterranean Diet"

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Scientific evidence indicates that diet, sleep, and Alzheimer's disease are linked in a three-way relationship, and understanding this relationship is important given their role in disease prevention. In this review, we surveyed the literature regarding the current state of evidence from epidemiological studies on the effect of the Mediterranean diet on night time sleep quantity and quality, forgetfulness, and early Alzheimer's. Available studies indicate that greater adherence to the Mediterranean diet is associated with adequate sleep duration and sleep duration. Indications for better sleep quality and memory. Potential mechanisms mediating the effect of the Mediterranean diet and its foods and nutrients on sleep are described, and the knowledge gap and new research agenda to confirm the findings are discussed.

So the Mediterranean diet is a marine-based vegetarian dietary pattern that is rich in antioxidants, unsaturated fats, and polyphenols and that has been consistently associated with lower rates of noncommunicable diseases and overall mortality rates, so it is considered one of the healthiest dietary patterns. Clinical trials and mechanistic studies have demonstrated that the Mediterranean diet and its special foods and nutrients have beneficial effects as anti-inflammatory, oxidative stress, metabolic dysfunction, vascular dysfunction, obesity, Alzheimer's, cognitive decline, neurodegeneration, and tumorigenesis, thus preventing chronic diseases. Associated with age, and improving mood and a cure for depression. Night sleep is the basic physiological function, the change of which is linked to health outcomes and chronic diseases.

Recent studies have shown that the Mediterranean diet is not just a cholesterol-lowering diet, but it also has a range of health benefits that affect longevity, improve the quality of life, and prevent major chronic diseases such as cardiovascular diseases, forgetfulness, premature aging diseases, Alzheimer's, and memory impairment. Also, insomnia and poor sleep at night.

Severe consequences may arise from poor sleep ranging from fatigue, excessive daytime sleepiness, depressed mood, poor day-

time functioning, and impaired cognitive and safety-related performance, to an increased risk of adverse health outcomes, including weight gain, obesity, and diabetes mellitus. Type 2, high blood pressure, cardiovascular disease, neurodegenerative disease and cancer.

Health trajectories often determine lifetime and risk of chronic disease. Accordingly, a comparative assessment of the burden of disease attributable to diet in adult populations among 196 countries found that diets were suboptimal, that is, diets rich in sodium from processed meats, baked goods and saturated fats. Low in whole grains, low in fruit, low in nuts and seeds, low in vegetables, and low in n-3 fatty acids.

They are the major dietary risk factors for mortality and disability-adjusted life years worldwide. In contrast, diets characterized by increased consumption of vegetables, fruits, legumes, nuts, whole grains, unsaturated vegetable oils, and fish, and an abundance of the hormone melatonin, which is available in nuts, bananas, and kiwis, have also been associated with polyphenols. And antioxidants found in vegetables, healthy fats and fish.

In the noble verse in the Noble Qur'an, as it says, "Then pray to your Lord to bring forth for us of what the earth grows of its herbs, its cucumbers, its garlic, its lentils, and its onions". He said: Will you exchange that which is worse for that which is better?

And the Almighty said: "And it is He who subjugated the sea so that you may eat fresh meat from it".

And His saying, the Most High – the Mighty and Sublime: (He causes crops to grow for you through it, olives, palm trees, grapevines, and of all fruits. Indeed, in that is a sign for a people who disobey Him).

It is clear from this that the abundance of vitamins and minerals such as magnesium, zinc, vitamin D and vitamin B, as well as the

causes of Increased serotonin and tryptophan, are considered as essential factors for treating insomnia and tension, strengthening memory, enhancing its efficiency, reducing insomnia and achieving rapid sleep.