

## Melatonin and Health Benefits

This article is separated into 5 sections, each of which can be individually downloaded. It is a 'work in progress' incorporating new information whenever time permits.

### Section 5 References

1. Introduction; Age-related biological changes and increased life span; Alcohol-induced damage; asthma; autism; behaviour; bladder; blood-brain barrier; blood flow; blood pressure; brain damage; burns; cancer; cardiovascular support; Central Nervous System (CNS) injuries and diseases; chemical; dementia
2. Depression, bipolar disorder and mood control; diabetes, diabetic retinopathy; DNA damage; drug dependency; drug interaction; eye problems; fibromyalgia; headaches; head injury; height; immune system effects; infertility; inflammatory conditions; Irritable Bowel Syndrome (IBS) and other gastric problems; kidneys; learning and memory; light at night; light pollution; liver damage; lung injury; malaria; menopause; metabolic disorders; mouth diseases; nerve damage; neurocognitive functions; Neurodegenerative diseases, such as Huntington's disease; neurodevelopmental disorders; nitric oxide interaction; obesity
3. Operation trauma; ovarian disease; pain relief; pancreatitis; Parkinson's disease; plants; pregnancy and reproduction; radiation side effects; schizophrenia; sciatic nerve injury; scoliosis; skin effects; sleep, sleep apnoea; spinal cord injury; stress; stroke; testicular protection; thyroid; toxin protection; treatment side effect reduction; vaccinations; ventilator-induced lung injury; Wi-Fi
4. Melatonin suppressors: Alcohol; age; baby crying; cancer; chemicals; diet; weight; electromagnetic fields (EMFs), powerfrequency radiation, radiofrequency radiation; light at night (LAN); fracture risk
5. References – 427 references

## 5. Melatonin references

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