

Lectures in Holistic Health



8th in a series : Stress

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Future Lectures

- No 9 April 4th : Co-dependant no more
- No 10 April 18th : Cancer



Organizations I support

- AHMA www.holisticmedicine.org
- FoCuS www.foothillsustainability.org
- OuterAisle
www.tablemountaingarden.com



Coming soon: Real Foods store in Columbia

- A new Real Food store will be opening this spring in Columbia!
- It will provide an opportunity to go into a food store and purchase organic and local food in small quantities or bulk order without having to think twice about the quality of the food.
- It offers an alternative to the big supermarket/fake food model where labels on packages are misleading or difficult to comprehend.
- Food purchasing becomes a no-brainer.



What is stress?

Stress is the result between perceived situation (made up stories), perceived ability to cope and willingness to let go (resistance).



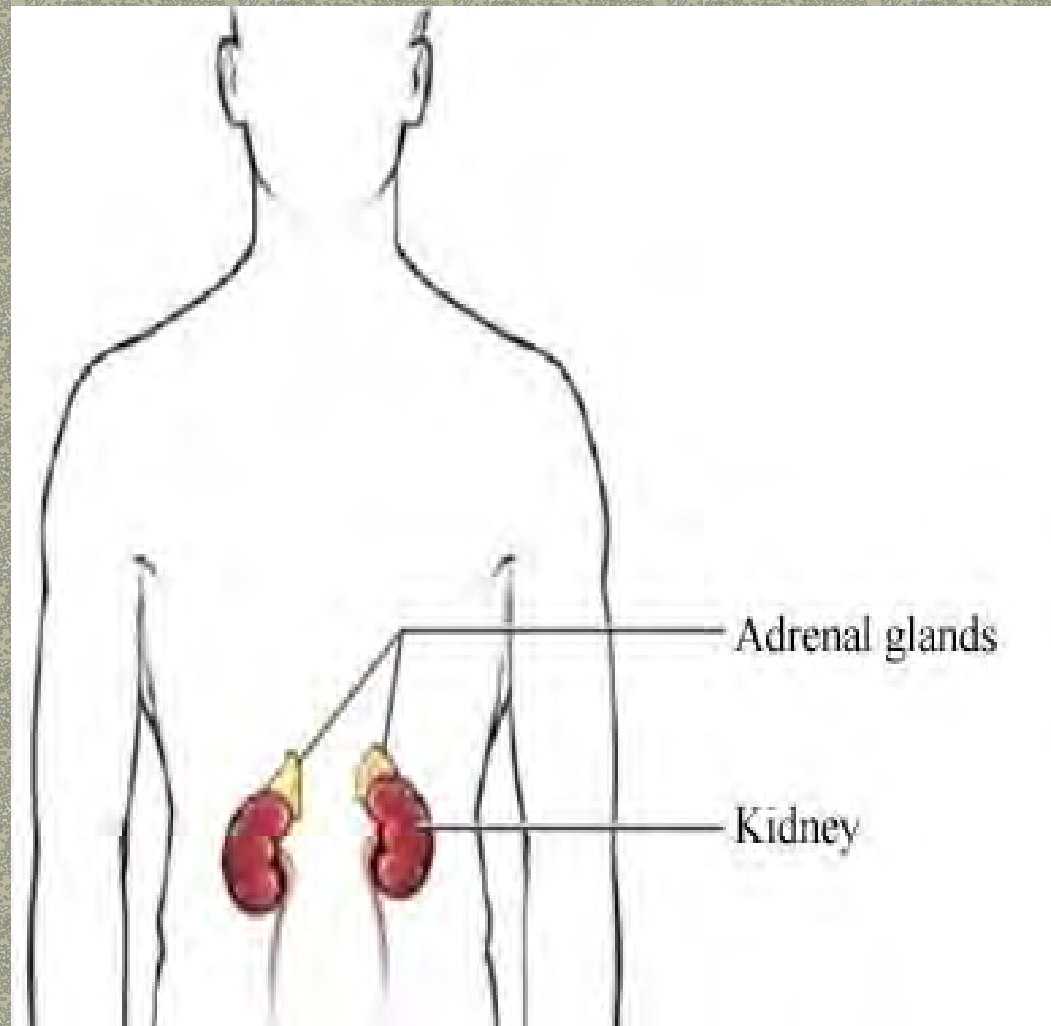
Facts about stress

- Two thirds of all doctors visits are due to stress-induced illnesses.
- 89% of adults describe experiencing high levels of stress at least once a week
- 78% describe their job as stressfull
- 60 – 80% of accidents on the job are stress related
- 40% of worker turnover is stress related
- 1 million workers are absent every day on average due to stress
- Stress has been linked to all major leading diseases that lead to death (cancer, heart attacks, strokes, diabetes)



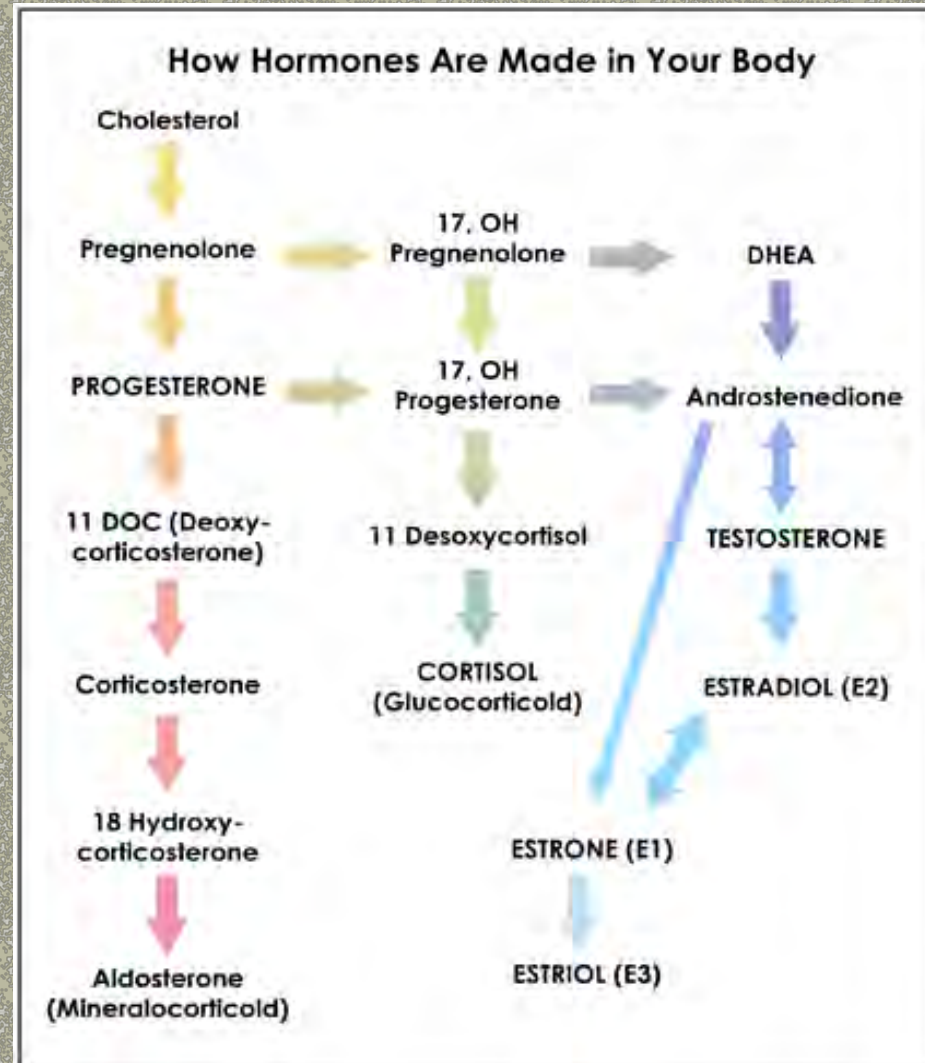
The main stress responders

The Adrenals



Lab results indicating stress

- **Elevated :**
 - Cortisol (or low)
 - Insulin (fasting)
 - Cholesterol (besides diet and lifestyle)
- **Decreased**
 - DHEA
 - Testosterone
 - Estrogen
 - Progesterone
 - Aldosterone (Sodium)





Mental effects of stress

- Impatience
- Irritability
- Insomnia
- Anxiety / Panic attacks
- Depression
- Mood swings
- Memory loss
- Loss of Libido
- Social withdrawal
- Overeating/Loss of appetite



Physical effects of stress

- Palpitations
- Chest pain
- Hypertension
- Shortness of breath
- Stomach pain / Ulcer
- IBS / Diarrhea
- Frequent or prolonged illnesses (colds)
- Salt cravings
- Tension headaches
- Backaches
- Fatigue
- Weight gain (around the waist)
- Hypoglycemia
- TMJ
- Grinding teeth
- PMS



How to cope with stress



"My doctor told me to avoid any unnecessary stress, so I didn't open his bill."



Stress Reduction Kit



**Bang
Head
Here**

Directions:

1. Place kit on FIRM surface.
2. Follow directions in circle of kit.
3. Repeat step 2 as necessary, or until unconscious.
4. If unconscious, cease stress reduction activity.



How to really cope with stress

- Identify the problem (get the facts).
- If it is not your problem, do not take it on! (Can you say no?)
- If it is your problem, identify if this is the right time to deal with it. (If need be schedule problem solving time.)
- Then do the best you can. (Knowing your limits and letting others know about them.)
Finally let go of remaining expectations.



True insight

- Change (if need be) what is under your control,
let go what is not,
hope that you have the wisdom to
differentiate between the two.



Additional tools to deal with stress

- Make 2 lists : good for me, bad for me (energy robbers).
- Are you doing negative self-talk?
- Are you judging yourself?
- You **always** have three options : change the situation, change yourself or leave.
- If you think you have no choice, you live in a co-dependant relationship.



Laugh often

- Norman Cousins in his book “Anatomy of an Illness” describes how through laughter and Vitamin C intake he cured himself from an illness that was thought to be progressive and that would leave him with hardly no mobility in his back (Ankylosing spondylitis).



Exercise

- Make it part of your life.
- Combine all three forms of exercise :
 - aerobic** (fast walking, stair climbing, swimming, water aerobics, treadmill)
 - strengthening** (weights, isotonic or isometric exercises, push-ups)
 - stretching** (yoga, tai chi, stretching)
- Exercise that is beneficial to the adrenals should be enjoyable. Do not push yourself. (If you are a diabetic and exercise too hard, your blood sugar can get worse.)



Avoid hypoglycemia

- Do not skip any meals.
- Make sure you are eating protein with every meal.
- When you are stressed your body requires more nutrients, you should be eating even more balanced than when you are not stressed.



Important nutrients to cope with stress

- All B-Vitamins (especially pantothenic acid (B5), pyridoxin (B6), methylcobalamin (B12)).
- Vitamin C (the adrenals have the highest concentration of vitamin C of all organs)
- All antioxidants (stress creates huge amounts of free radicals, Vit A,C,E, Zinc, Selenium)
- A good multivitamin (to cover your basis)
- Magnesium (especially if you have palpitations or leg cramps)
- Omega 3 fatty acids (stress increases inflammatory response)



Stages of adrenal fatigue

- Stage 1 : on the go all the time
- Stage 2a : energy fluctuates, “flip-flopper”
- Stage 2b : days and nights mixed up
- Stage 3 : tired all the time
- Stage 4 : can't hardly get out of bed, needs assistance
- Stage 5 : Addison's
- Adaptogenic herbs have the ability to help maintain an optimum functioning of the specific organ they target wether this organ is over or under functioning.
- Examples for adrenals : Ginseng, Rhodiola, Shizandra, Eleuthero..



Deep breathing

- Check into your body before every meal, release any build up tension by doing deep breathing exercises.
- Breathe with your belly and count from 5 down to 1 while you exhale. Do it 5 times. (It is almost impossible to be stressed after that.)
- After that Freeze Frame.



Thank you!
Questions?