

### **WHAT IS STRESS?**

- Staying up late
- Not eating right
- Not liking your job
- Working out—oxidative stress—can have too much of a good thing
- Partying too much

Stress is **CUMULATIVE**: Don't go into work already exhausted. You'll be starting off the wrong way.

### **WHAT CONTROLS STRESS?**

- Your adrenal glands are your stress glands.
- They sit on top of your kidneys, produce cortisol
- Can handle stress at times (fight or flight) but NOT all day
- Therefore: fatigue, lowered immune system, degenerative diseases, weight gain, etc

A few signs you are too stressed (adrenal fatigue):

- Get light headed when you get up fast
- Crave salt or sugar (aldosterone)
- Over exhausted after a workout
- MUST have caffeine every morning
- Sick often—especially when there is a temperature change

### **STRESS CAUSES DISEASE**

#### **Statistics**

People with heart disease can lower their risk of another cardiac event by 70% if they can control their stress. Archives of Internal Medicine (1997;157:2213-2223)

Even mild stress can elevate your blood pressure. Hypertension 2002;139:184-188

Higher amounts of stress can increase your chances of Diabetes. Diabetes Care February 2000;23:197-201

Stress will also greatly reduce your immune system's ability to fight off infection and the more chronic the stress the more reduced your immune system could be. Psychological Bulletin July 4, 2004

Even causes more wrinkles. Archives of Dermatology January 2001;137:53-59, 78-80

Dr. Ben Johnson—Disease is caused by stress. It reveals the body's weakest link

**BOOKS:**

“Adrenal Fatigue: The 21<sup>st</sup> Century Stress Syndrome.” James Wilson ND, DC, PhD

“Tired of Being Tired” Jesse Lynn Hanley MD

“Stress Without Distress” by Hans Selye

“Solving the Health Puzzle with the Six Steps to Wellness” by Dr. John Brimhall

Most of this is based on what happens physiologically. When your body is going through more stress, it produces more cortisol. The precursor to cortisol is another hormone called pregnenolone which also makes DHEA (Dehydroepiandrosterone). This hormone works inversely with cortisol so it helps with immunity, decreases risk of cardiovascular diseases, anti-aging, reverses insulin resistance along with many other health benefits. When you go through more stress, your body needs more cortisol hence your body can't make as much DHEA.

**SO HOW CAN YOU TREAT STRESS?**

Before you do anything, you must find the CAUSE of the stress.

- Do you like your job?
- Do you work 80+ hours a week?
- How is your personal life?
- Do you sleep well?
- WHY ARE YOU STRESSED?

Stress reduction from your computer

- Proper Ergonomics
- Epsom Salt
- Magnet
- Water fountain
- BREATHE—Fulford Exercises

How should you eat?

- Eat Appropriately!!!
  - We are all unique, but first start with basics. Unique aspects handled in our office.
  - [www.westonaprice.org](http://www.westonaprice.org) Back to the basics of human nutrition
  - Much confusion about what is considered “healthy”
  - Lowered fat intake since 80s, highest obesity rates ever.
- What are cravings anyway?
  - Hormone imbalance
  - Sugar handling issues
  - Lack of fat and protein

- Mediterranean Diet. Not only will it help with adrenal fatigue, but prevent energy ups and downs, balance blood sugar and help promote weight loss.
- Eat as organic as possible
  - Xenohormones
  - Pesticides
  - No processed foods, trans fats.
  - 100 year rule
  - 80/20 rule
  - You get what you pay for
  - Phase 2 Balancing Biochemistry:
    - Ideal way to eat. If its on list, have it.
    - See Chart below

<http://images.drscottjurica.com/documents/81/Phase2.pdf>

### **Stress and Digestion:**

Digestion VERY misunderstood.

- What happens when you are stressed to digestion?
- Back to fight or flight therefore responds to stress not digestion
- Food sits in stomach and starts to putrify (not pretty), acid comes up—Acid Reflux
- Acid Reflux not about too much acid but too little acid
  - After age X, Y% enzymes in body anyway.
  - Click on link below for more details about this

[http://images.drscottjurica.com/documents/81/The\\_Myth\\_of\\_Acid\\_Indigestion.pdf](http://images.drscottjurica.com/documents/81/The_Myth_of_Acid_Indigestion.pdf)

### Exercising

- 20-30 minutes a day will also greatly reduce your stress.
- What kind of exercise?
- What kind of exercise to you like?
  - We are all built differently. Yoga, Pilates, Weight training

### Sleep

- Get to sleep around 10-11 and try to sleep, when possible 7-8am.
- Allows adrenals to recuperate

EFT Emotional Freedom Technique [www.emofree.com](http://www.emofree.com)

- Helps with stress on a more natural psychological side. It involves tapping certain acupuncture points while thinking or saying certain things.

### **Herbal and Supplement Therapy**

There are many herbal and whole food therapies that can greatly help rebuild the adrenal glands. NOT ALL CREATED EQUAL AND NOT ALL WORKS FOR EVERYONE  
Everyone is different—find natural doctor using specific therapies

- Drenamin
- Whole Dessicated Adrenal
- Rhodiola and Ginseng
- Plus find out, how you are digesting, absorbing, how much, etc.

Emotional Stress Therapy

- Whole System EEP
- Nevaton
- Min-Tran
- Orchex

### **Weight Control:**

MANY people are stressed about their weight.

- Mediterranean Diet
- Homeopathic Remedy
- Detoxification

**Supplements discussed at seminar: All supplements at 20% off for Nasdaq. Sold by healthcare professionals only.**

We carry the entire lines of Standard Process and Mediherb. To check out all that they have check out [www.standardprocess.com](http://www.standardprocess.com) and [www.mediherb.com](http://www.mediherb.com)

Whey Pro Complete

<http://www.standardprocess.com/display/StandardProcessCatalog.spi?ID=1273>

Rhodiola and Ginseng

<http://www.standardprocess.com/display/MediHerbCatalog.spi?ID=210>

Min-Tran

<http://www.standardprocess.com/display/StandardProcessCatalog.spi?ID=104>

SP Protein Bars (3 Flavors. Cocoa Cherry, Cocoa Crisp, Peanut Butter)

<http://www.standardprocess.com/display/StandardProcessCatalog.spi?ID=167>

Zypan

<http://www.standardprocess.com/display/StandardProcessCatalog.spi?ID=164>