

# Burning the Candle at Both Ends:

## Strategies for Supporting Stress

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# Medical Disclaimer

- The content of this presentation and any information contained on any web sites linked from this presentation has not been evaluated by the Food & Drug Administration (FDA). This information is not intended to treat, diagnose, cure or prevent any disease and is provided for educational purposes only. Only your physician can provide specific diagnoses and therapies.

# Goals for Today

Define Stress

How You Handle Stress Now (Can show underlying issue)

Ways to Handle Stress

Ways to Monitor Stress (home and labs)

Herbs, Supplements and Foods to Help with Stress

Look at lowering overall stressors to manage better

Focus on simplicity and uniqueness then look deeper with advanced labs, etc.

# Types of Stress: Good or Bad Doesn't matter

## ENVIRONMENTAL

Intense heat/cold

Noise

Toxic exposure

Disrupted light cycles

## MENTAL (VERY IMPORTANT)

Fear/anxiety/worry

Depression

## PHYSIOLOGICAL

Pain

Starvation

Infection (Lyme, EBV, etc)

Poor sleep

Excess exercise (not as intense as  
you think for everyone)

Hypoglycemia

Inflammation

# Questions to Ask Yourself

- Consider the following questions for your stress cases:
  - What stresses you?
  - How does your body communicate this stress to you?
  - How do you cope?
  - Are you inclined to turn to stimulants, like caffeine or sugar, or sedatives, like alcohol?

# Somato Limbic Relationships

*from Dr Stuart White*

Positive Assc Emotion	Organ or Gland	Negative Assc Emotion
Passionate	Liver	Anger & Frustration
Forgiving	Gall Bladder	Resentment
Connection	Lungs	Grief
Peace	Heart	Troubled
Self Loving	Spleen	Low Self Esteem
Abundance	Pancreas	Complaining
Unmoved	Stomach	Triggered & Reactive
Flexible	Colon	Dogmatic Positioning
Containment	Uterus	Histrionic
Assertive	Prostate	Aggressive
Creativity	Gonads	Barren & Unimaginative
Confident Strength	Kidneys	Fear

# The Cortisol Connection

- What happens as your body is stressed
- Pregnenolone Steal
  - What happens if you are being chased or robbed? No interest in food, sex, or sleep
  - Body “steals” this hormone to produce more cortisol
  - DHEA, testosterone, estrogens, etc go down
  - Insulin Resistance goes up
  - Gut breaks down
  - Melatonin Suppressed
  - Immune System suppressed (most immune is in the gut)

# The Cortisol Connection

- “Cortisol’s action centers on **reducing inflammation, mobilizing blood sugar, and countering fatigue**” (p217).
- Cortisol is not the enemy however high cortisol and/or spikes break down gut lining, decrease digestion, breaks down bone, reduces immune system (gut), etc.
- Prolonged stress, adrenal fatigue, less cortisol, more inflammation
- In 2002, research coming out of Germany “discovered that patients with eczema had lower levels of cortisol, and that perhaps to compensate, they secrete more adrenaline” (p218).

From ***The Wild Medicine Solution: Healing with Aromatic, Bitter, and Tonic Plants*** by Guido Mase.



# Blood Sugar Fluctuations



- What goes up must come down!
- Blood sugar should never go below 85. The brain does *not* like fluctuations in blood glucose levels and the first thing to be affected is your emotional state.
- If eating relieves your emotional distress, then blood sugar dysregulation is likely. (Gymnema could help)

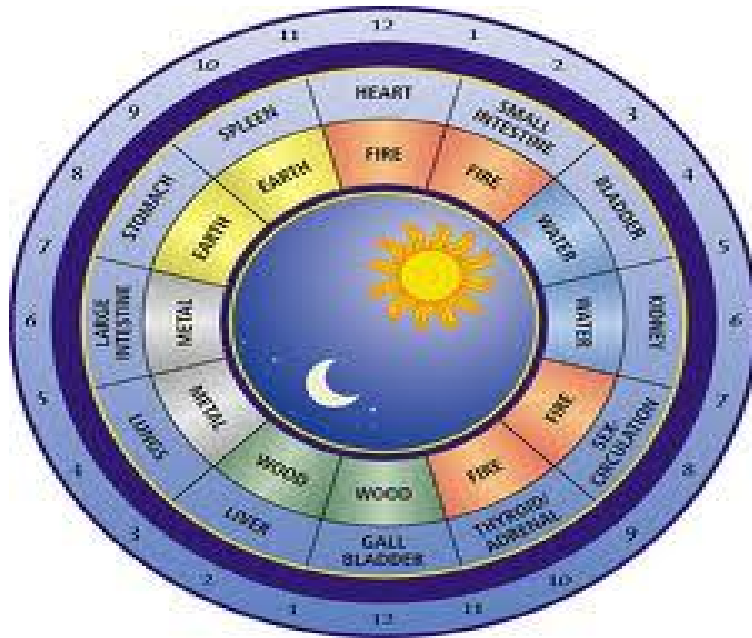
# Food Sensitivities

- The food allergy triangle: **chronic digestive, nervous, and musculoskeletal system complaints.**
- In those with poor protein digestion, gluten can form gluteomorphins and casein from milk can form casomorphins both of which act like opiates (morphine and heroin) with addictive, drug-like effects on the body.
- Consider food elimination to see how you feel.  
<http://www.drscottjurica.com/wp-content/uploads/2015/02/Food-Sensitivity-and-Reintroduction.pdf>

# Sleep Deprivation

- **“Normal” average sleep duration was about 9 hours per night in 1910, and remained close to this until 1960. Since 1960 the average has fallen to about 7.5 hours currently. Approximately 1/3 of the population sleeps 6 hours or less per night. To meet the demands of around-the-clock production, many shift workers sleep, on average, less than 5 hours per work day. –Paul Bergner**
- Bliwise DL. Historical change in the report of daytime fatigue. *Sleep* 1996; 19: 46264.
- Broman JE, Lundh LG, Hetta J. Insufficient sleep in the general population. *Neurophysiol Clin* 1996; 26: 3039
- Kripke DF, Simons R, Garfinkel L, Hammond E. Short and long sleep and sleeping pills: is increased mortality associated? *Arch Gen Psychiatry*. 1979;36:103-116.
- National Sleep Foundation (NSF). 2000 Omnibus Sleep in America Poll. Washington, DC: NSF; 2000. Available at: <http://www.sleepfoundation.org/publications/2000poll.html> Accessibility verified February 6, 2003.

# Chinese Medicine Clock--Locating Potential Imbalance



- 9PM-11PM Thyroid/Adrenal
- 11PM-1AM Gall Bladder
- 1AM-3AM Liver
- 3AM-5AM Lungs
- 5AM-7AM Large Intestine
- Going to bed between 9PM-11PM is an exercise in discipline and self mastery. The 'chi' only has one chance to dive deeply in effort to restore organs and glands!

# Labs/Tests to Monitor Stress

## **Blood Labs: (ideal vs reference range)**

Sodium 4.0-4.5 mEq/L

Potassium 135-142 mEq/L

Sodium Potassium Ratio 30-35

## **At Home/Self Tests:**

Raglands Test. Test Blood Pressure lying down, then standing up. Blood Pressure should go up about 20 points. If not or drops, could be sign of adrenal stress

# Labs/Tests to Monitor Stress

## **Stress throws almost anything off:**

HS CRP (inflammation)

Homocysteine (inflammation and B12 need)

Digestion (total protein, albumin, globulin, etc)

Thyroid (TSH, Free T4, Free T3)

Vitamin/Mineral Needs (higher stress higher demand)

Cholesterol (when high mainly from inflammation))

# Labs/Tests to Monitor Stress

Pupillary Reaction:

Shine light in eye. If pupil pulses or even dilates it can be another sign

Adrenal Questionnaire

[http://www.drscottjurica.com/wp-content/uploads/2015/02/Adrenal\\_Questionnaire\\_V1.pdf](http://www.drscottjurica.com/wp-content/uploads/2015/02/Adrenal_Questionnaire_V1.pdf)  
(<40 good, 41-80 mild, 81-120 moderate, >120 high fatigue)

**Advanced Labs:**

[www.dutchtest.com](http://www.dutchtest.com) for hormone, adrenal and melatonin analysis

[www.labrix.com](http://www.labrix.com) and [www.diagnostechs.com](http://www.diagnostechs.com) for saliva tests

[www.genomixnutrition.com](http://www.genomixnutrition.com) (genetic testing)

# Healthy Responses to Stress

- Drinking herbal tea
- Meditation
- Massage
- Yoga
- Exercise (Whatever YOU like. Doesn't have to be whats "in")
- Journaling
- Heart Math
- Social support
- Cultivating spirituality
- Professional counseling or coaching
- Be in nature...



# Vitamin N for Stress-Related Complaints

- Vitamin N is for NATURE!
- **“Directions: Use daily, outdoors in nature. Go on a nature walk, watch birds, and observe trees. Practice respectful outdoor behavior in solitude or take with friends and family.**
- **Refill: Unlimited.**
- **Expires: Never” (p82).**



# Vitamin N for Stress-Related Complaints

- “Human beings exist in nature anywhere they experience meaningful kinship with other species” (p52).
- “Humans...lived in nature for 5 million years. We were made to fit a natural environment...**when we are exposed to nature, our bodies go back to how they should be**” (p51).
  - Explained by Yoshifumi Miyazaki, who conducted a study that found that among people who gazed on forest scenery for 20 minutes, the average concentration of salivary cortisol was 13.4% lower than that of people living in urban settings.
  - Miyazaki is the leading expert on “forest medicine,” also known as “forest bathing.”

# Vitamin N for Stress-Related Complaints

- Another study including 1850 participants illuminated 3 broad health outcomes from green exercise (defined as physical movement in a natural setting):
  - 1. Improvement in psychological well being (by enhancing mood and self-esteem, while reducing feelings of anger, confusion, depression, and tension)
  - 2. Generation of physical health benefits (by reducing blood pressure and burning calories)
  - 3. The building of social networks (59).
- The lack of vitamin N may well contribute to our susceptibility to depression (p 59).

# Vitamin N for Stress-Related Complaints

- **“THE MORE HIGH-TECH WE BECOME, THE MORE NATURE WE NEED”** (p24).
- “The natural world connects people to their authentic selves (p112).



The last 4 slides were inspired by *The Nature Principle: Reconnecting with Life in a Virtual Age* by Richard Louv.

# Mental/Emotional Support for Stress

- Don't Sweat the Small Stuff and It's All Small Stuff  
By Richard Carlson
- Feeling Buried Alive Never Die by Karen Truman
- EFT ([eft.mercola.com](http://eft.mercola.com))
- Neuroemotional Tecnnique  
([www.netmindbody.com](http://www.netmindbody.com))

# Foods

Great Site: [www.westonaprice.org](http://www.westonaprice.org)

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- Quality Fats (grass fed butter, ghee, coconut oil)
- Proteins (grass fed beef, chicken, fish)
- Organ Meats
- Sea or Pink Salt
- Almost any low carb veggie especially fermented



# Sleep

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Sleep in Total Darkness

Ideally asleep by 10-11 up by 7 (not everyone is the same)

Trouble falling asleep vs trouble staying asleep could be different  
(meridians, blood sugar, cortisol)

Sleep Hacks to Try

<https://blog.bulletproof.com/how-to-hack-your-sleep-the-art-and-science-of-sleeping/>

# Herbal Support for Calming the Nerves

- Nevaton
- Kava
- Valerian
- Nervagesic
- California Poppy & Ashwaganda liquid herbal blend





# Kava

- For use during anxiety and stress
  - This includes performance anxiety and social anxiety
- Insomnia, combined with valerian
- Menopausal symptoms, mild depression
- Muscle tension
- Headaches, neuralgia, general debility, inflammation and infection of the genitourinary tract



# Valerian Complex

- Valerian
- Passion Flower
- Jujube
- Specific to:
  - Insomnia, difficulty falling asleep, frequent waking
  - Irritability, restlessness, anxiety, and nervous tension

# Nervagesic

- California Poppy
  - Anxiolytic
  - Mild sedative
  - Analgesic
  - Hypnotic
  
- Jamaica Dogwood
  - Analgesic
  - Spasmolytic
  - Mild sedative
  
- Corydalis
  - Analgesic

- A very effective formula based on traditional use to bring relief to all forms of nervous system discomfort and tension.



# California Poppy & Ashwaganda

## **California Poppy 1:2**

- Anxiolytic
- Mild sedative
- Analgesic
- Hypnotic

## **Ashwaganda 1:1**

- Tonic and Adaptogenic
- Mild sedative
- Antiinflammatory
- Immune modulating
- Antianemic

- Blend together in equal parts. You can take 5mLs, TID, diluted in water, or use to support healthy sleep by taking 5mLs in the early evening and then another 5mLs before bed.

# Adaptogenic Herbs

- “The word adaptogen refers to the nonspecific, endocrine-regulating, immune-modulating effects of certain plants that increase a person’s ability to maintain optimum balance in the face of physical or emotional stress” (p4).
- “These botanical agents provide the perfect antidote for the life-robbing deficiencies in vitality created by the demands of modern life” (p4).
- From *Adaptogens in Medical Herbalism: Elite Herbs and Natural Compounds for Mastering Stress, Aging, and Chronic Disease* by Donald R Yance.

# Primary Benefits of Adaptogens

- Improve transport of energy to cells
- Assist elimination of metabolic wastes
- Improve efficiency of oxygen usage
- Regulate biological rhythms
- Enhance the ability to adapt and respond to various stressors
- Reduce cumulative damage from stressors

# Primary Benefits of Adaptogens

- Protect cells from oxidative damage
- Improve concentration and creativity
- Relieve emotional disorders
- Promote efficient cellular detoxification
- Improve glucose insulin control, utilization, and disposal
- Support DNA repair and protection
- Provide anticancer, antiproliferative, and antiangiogenic effects

# Primary Benefits of Adaptogens

- Provide radio- and chemo-protection for vital organs, immune system, and cellular systems
- Restore libido
- Improve exercise performance and recovery
- Relieve mental fatigue and enhance learning and memory
- Nourish and strengthen specific endocrine glands, including the adrenals, thyroid, and pancreas



# Primary Benefits of Adaptogens

- Reduce fatigue and jet lag
- Reduce altitude sickness
- Help control healthy body weight by improving metabolism (p104).
  - From *Adaptogens in Medical Herbalism: Elite Herbs and Natural Compounds for Mastering Stress, Aging, and Chronic Disease* by Donald R Yance.

# Herbs for Stress

## Licorice

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- Antiinflammatory**
- Mucoprotective
- Demulcent
- Antiulcer
- Adrenal tonic**
- Expectorant and Antitussive
- Mild laxative
- Anticariogenic

## Rehmannia

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- Antipyretic
- Adrenal tonic**
- Antihemorrhagic
- Antiinflammmtory**

# Herbs Continued

- Astragalus
- Echinacea
- Eleuthero
- Ongoing immune support, specific to:
  - Recovery from chronic infections and illnesses
  - Post-viral syndromes, surgery, trauma, antibiotic therapy
  - Radiation and chemo
  - Stress, debility, CFS
  - Night sweats due to debility
  - Athletes with immune suppression from overtraining

# More herbs

- Schisandra
- Bacopa
- Eleuthero
- Rosemary
- A brain tonic, specific to:
  - Assists memory, especially long term memory
  - Improve mental function, concentration, and possibly learning
  - Helps relieve the stress of study and work
  - May assist in ADHD

# Eleuthero

- “Eleuthero is the most widely studied adaptogenic herb and is often thought of as the “**king**” adaptogen. There are more published studies (more than 3,000) on eleuthero than any other herb in the world.
- More so than any other adaptogenic agent, it displays a normalizing effect regardless of physiological abnormalities (e.g. normalization of blood pressure in patients with both elevated or lowered blood pressure and normalization of blood sugar levels in hyper- or hypoglycemia).
- Eleuthero decreases adrenal hypertrophy, a common manifestation of prolonged stress and spares the loss of vitamin C from the adrenal glands” (p411).

From *Adaptogens in Medical Herbalism: Elite Herbs and Natural Compounds for Mastering Stress, Aging, and Chronic Disease* by Donald R Yance.

# Yes More Herbs

## **Schisandra**

- Hepatoprotective
- Antioxidant
- Adaptogenic
- Nervine tonic
- Mild antidepressant
  
- Often called the herb of 5 tastes!

## **White Peony**

- Spasmolytic
- Mild skeletal relaxant
- Cognition-enhancing

## **Shatavari**

- Tonic
- Galactagogue
- Sexual tonic
- Adaptogenic
- Spasmolytic

# Ganoderma & Shiitake

- Tonic immune support, specific to:
- Adjuvant immune therapy for carcinoma
- Temporary weakness of the body's defenses; immune depletion caused by chemotherapy or radiation; weakened or suppressed immunity eg post-viral syndromes, HIV infection, autoimmune diseases
- Acute and chronic infections including common cold and influenza
- Exposure to radiation eg frequent flying

# Ganoderma is Reishi Mushroom

- “It is very possible that mushrooms, like plants, are an essential part of our xenobiotic cocktails, and send important cues to our immune system without which we develop hypersensitivities and weakness.
- If this is the case, then the polypores like reishi deserve our special attention. After all, they have been injecting chemistry into the forest ecosystem for millions of years.
- Reconnecting with these important medicinal species...gives us a chance to eat something that is neither plant nor animal, endowed with an amazing intelligence” p242).

From ***The Wild Medicine Solution:***  
***Healing with Aromatic, Bitter, and Tonic Plants*** by Guido Mase



# More herbs

- Japanese Knotweed
- Milk Thistle
- Korean Ginseng
- Masson Pine Bark
- Ginkgo
- Initially described as an anti-aging formula.
- These herbs promote sirtuins, which are protective factors manufactured by a cell.
- An excellent choice for insulin resistance.

# Rhodiola & Ginseng

- Vitality plus, specific to:
  - Chronic fatigue, mental, physical exhaustion
  - Fibromyalgia
  - Poor memory, mental clarity, cognition, concentration, ADHD
  - Male and female sexual dysfunction, infertility, libido, impotence
  - Enhances strength, endurance, recovery, athletic and work performance
  - Beneficial for those who work long hours or late night

# Thyroid Complex

- Bladderwrack
- Withania
- Bacopa
- Metabolism support, specific to:
  - Low (hypo) thyroid function
  - Slow metabolism with related obesity
  - To assist normal energy function
  - Assists the body's ability to adapt to physically and mentally challenging circumstances

# Tribulus

- Hormonal support, specific to:
  - Boosting male and female fertility and libido
  - To enhance athletic performance, stamina and endurance
  - Restore and build vitality (especially during convalescence or after surgery)
  - Relief of menopausal symptoms
  - Male andropause

# Withania Complex

- Skullcap
- Licorice
- Withania
- Korean Ginseng
- Stress relief, specific to:
  - Adrenal and nervous system exhaustion
  - Excellent for Type A personalities and those who are wound up yet run down
  - Helps increase endurance and stamina
  - A tonic formula that boosts energy
  - Assists in the maintenance or improvement of general well being and energy
  - Helps relieve nervous tension, stress, and mild anxiety
  - Aids convalescence
  - Assists in improving appetite in children

# Next Steps

- Look at what is stressing you
- Analyze mentally/emotionally first
- See how you handle stress currently
- Do Assessments
- Check Diet
- Check Labs
- Monitor stress via labs and assessments to see if you are improving. All of us are unique.



Thank You! Questions?

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