

## ***I'm Stressed...Pass the Chocolate***

Who doesn't have stress? We all have it, right? Yes! Stress is necessary for our survival. It's perfectly natural, and is part of being human. Stress becomes a problem when it is ongoing. Chronic stimulation of the stress reaction leads to hormonal and metabolic imbalances that adversely affect all systems in the body.

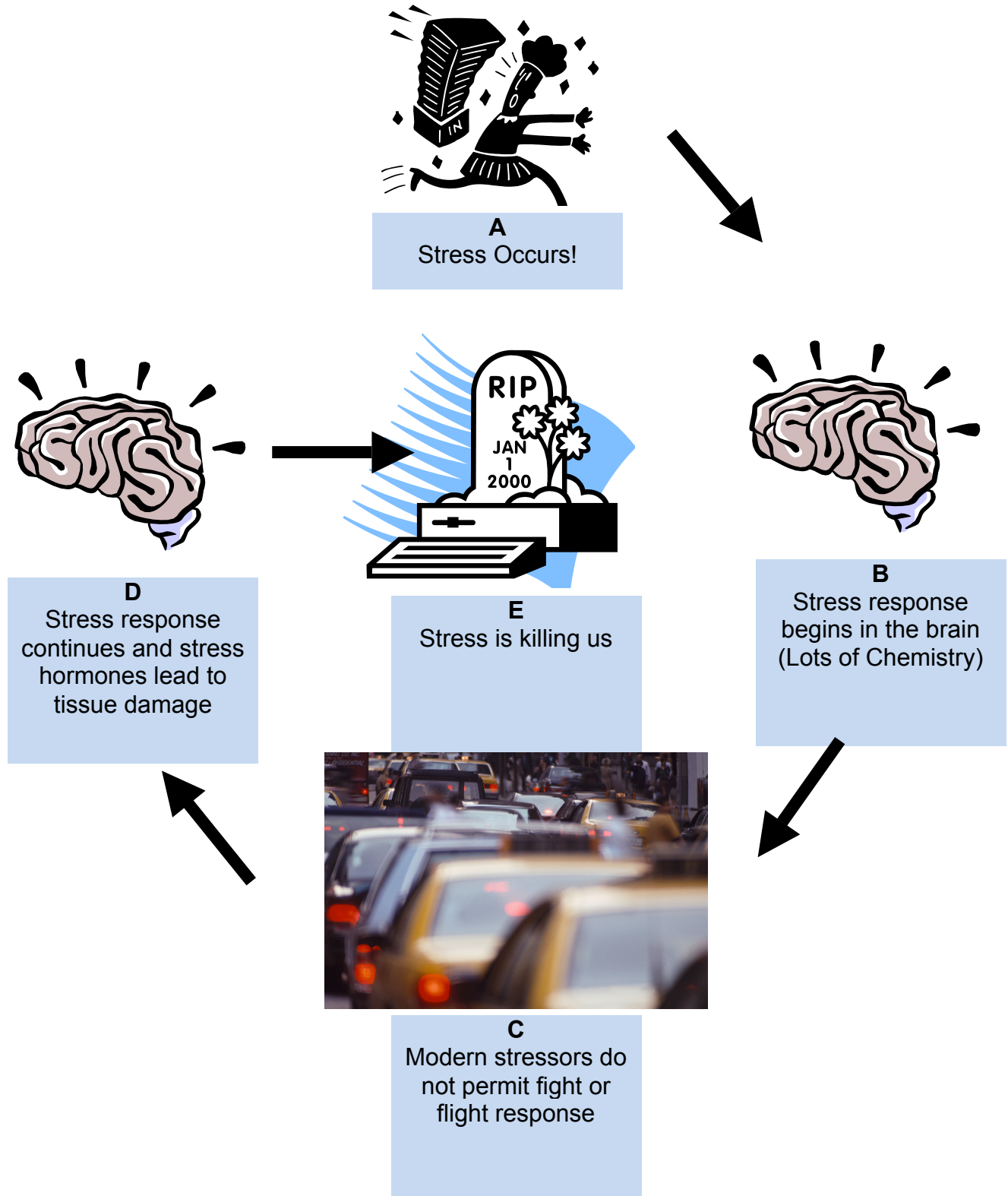
- 79% to 90% of all visits to primary health-care practitioners in North America are due to stress-related illnesses or complaints.
- 1 million North Americans are absent on any given workday due to stress and stress-related disorders.
- 60% of absences at work are the result of stress



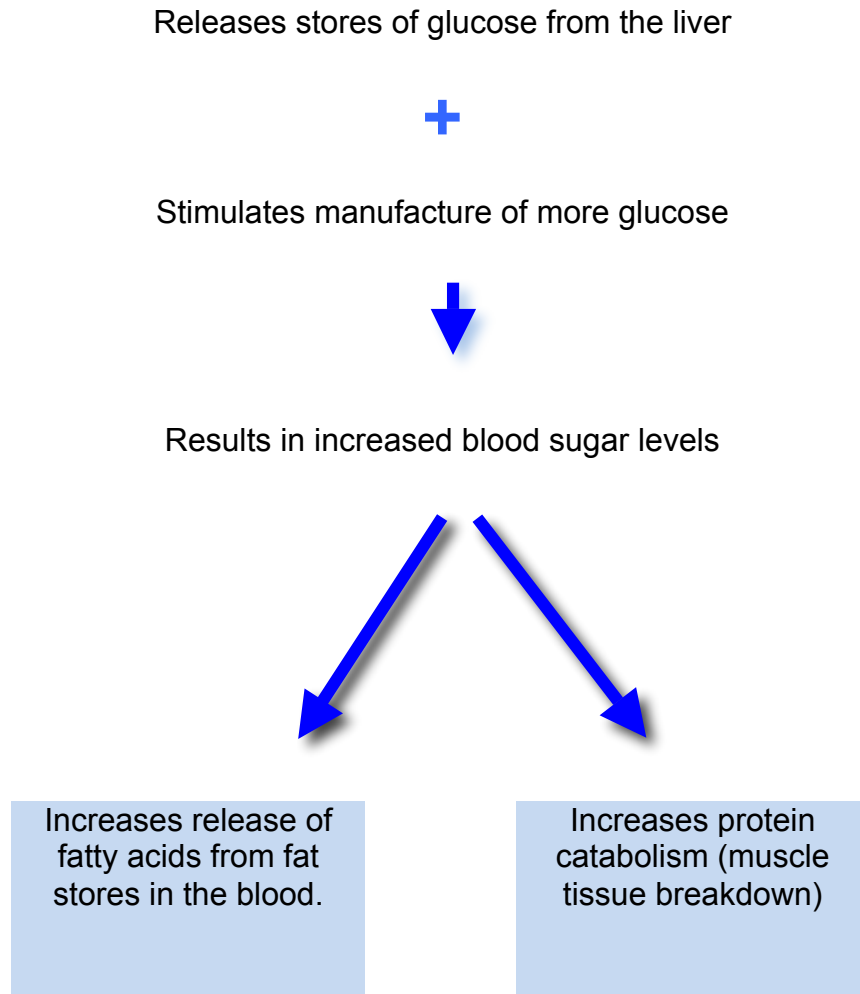
## ***Long Term Effects of Stress if Left Untreated***

- ◆ Diabetes
- ◆ Cardiovascular Disease
- ◆ Gastrointestinal Disorders
- ◆ Irritable Bowel Syndrome
- ◆ Immune System Disorders
- ◆ Physical Exhaustion
- ◆ Allergies
- ◆ Arthritic Symptoms
- ◆ Reproductive Disorders
- ◆ Difficult Menopause
- ◆ Sleep Disturbances
- ◆ Chronic Pain
- ◆ Anxiety & Depression
- ◆ Weight gain

## Human Stress Response



## ***Cortisol Activity: How it Relates to Weight Gain***



Cortisol is extremely effective at raising blood sugar levels. While this may be beneficial when escaping from a vicious tiger, it's not needed when sitting in traffic or at a desk. Increased blood sugar levels = more fat storage.

## *What You Can Do*

### **Practice good nutrition**

Choose the most nutrient dense foods available

### **Bodywork**

Massage, Chiropractor, Osteopathy, Physiotherapy

### **Lifestyle**

Moderate exercise, Find work you like, Mend relationships, Socialize, Laugh more

### **Relaxation**

Meditation, Visualization, Deep breathing, Music Therapy

### **Avoid Stimulants and Artificial Foods**

Alcohol, Caffeine, Drugs, Artificial Sweeteners, Preservatives

### **Green Drinks**

Full of energy-boosting, immune-system-supporting ingredients

### **Supplements**

B-Complex especially Pantothenic Acid (Vitamin B5) - Preventative

Adrenal Support (Herbal) – Very important for restoring adrenal health

#### **Supplements Helpful for Adrenal Fatigue**

**Ashwagandha** - (anti-stress/immune boosting)

**Siberian ginseng** - (boosts the body's ability to handle stress)

**Licorice root** - (prevents breakdown of adrenal hormones – cortisol)

**Rhodiola rosea** - (anti-stress/anti-fatigue)

**Vitamin B5** - (Pantothenic Acid) (helps adrenals produce stress hormones)

**“Decrease the stress in your life and you’ll  
automatically maximize energy.”**