

AUGUST NEWSLETTER

STRESS

A DISTURBANCE OF PHYSICAL OR EMOTIONAL BALANCE IS OFTEN REFERRED TO AS STRESS.

WHAT IS ONE OF THE MOST IMPORTANT STEPS WHICH CAN BE TAKEN TO DRAMATICALLY IMPROVE ONE'S HEALTH? TO LEARN HOW TO EFFECTIVELY MANAGE EMOTIONAL STRESS! THIS IS AS IMPORTANT AS DIET, EXERCISE AND EVEN SLEEP.

IT'S A FACT THAT ALMOST ALL BODY FUNCTIONS AND ORGANS REACT TO STRESS. EMOTIONAL STRESS IS ONE OF THE MOST SIGNIFICANT CAUSES OF CHRONIC HEALTH CHALLENGES BECAUSE THE BODY IS UNABLE TO DEFEND ITSELF AGAINST THE DAMAGE CAUSED WHEN EMOTIONAL STRESS QUIETLY CREEPS OVER TIME ON THE BODY.

EMOTIONS SUCH AS ANGER, ANXIETY, TENSION AND FRUSTRATION SERVE AS A WARNING WHEN THEY ARISE, HOWEVER THESE FEELINGS ARE DANGEROUS WHEN THEY ARE EXPERIENCED IN A CHRONIC BASIS.

HERE'S AN INCONCLUSIVE LIST OF SOME OF THE COMMON CAUSES OF STRESS:



- DEATH OF A FAMILY MEMBER OR CLOSE FRIEND
- DIVORCE



- FINANCIAL PROBLEMS
- SEPARATION FROM SPOUSE
- JOB LOSS



- MAJOR INJURY

- NEW MARRIAGE

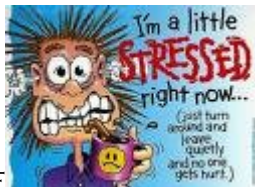
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- SCHEDULED SURGERY
- ILL HEALTH (SELF OR FAMILY MEMBER)
- SERIOUS TROUBLE AT WORK



- INCREASED RESPONSIBILITY AT WORK OR AT HOME
- SEXUAL PROBLEMS
- CHANGE OF JOB
- CHILD LEAVING HOME



- CHANGE IN RESIDENCE
- MAJOR CHANGE IN DIET
- HOLIDAY
- ALLERGIES

TODAY THE MAJORITY OF OUR STRESSES ARE NOT DUE TO PHYSICAL DANGER YET THE BODY STILL RESPONDS AS THOUGH IT'S FACING THREAT. EMOTIONAL STRESS CAUSES CERTAIN REACTIONS IN THE BODY VIA THE SYMPATHETIC NERVOUS SYSTEM, (NERVOUS SYSTEM RESPONSIBLE FOR "FIGHT OR FLIGHT "RESPONSE TO DANGER).

WHEN ONE ENCOUNTERS A THREAT THE NERVOUS SYSTEM;

-INCREASE HEART AND BREATHING RATES, ENABLING MORE OXYGEN AND NUTRIENTS TO BE AVAILABLE TO THE MUSCLES.

-DIVERT MOST OF THE BLOOD SUPPLY TO THE LARGE MUSCLE GROUPS.

-SLOWS OR SHUT DOWN DIGESTIVE SYSTEM TO CONSERVE BLOOD WHICH MAY BE NEEDED ELSEWHERE.

-STIMULATES THE RELEASE OF EXTRA GLUCOSE INTO THE BLOOD FOR CIRCULATION OF ENERGY.

-CAUSES THE ADRENAL GLANDS TO SECRETE EPINEPHRINE AND NOREPINEPHRINE, WHICH IN TURN CAUSES THE HEART TO PUMP OUT MORE BLOOD AS WELL AS STIMULATE THE INCREASE IN BLOOD SUGAR LEVELS.

-STIMULATE THE RELEASE OF CORTISOL FROM THE ADRENAL GLANDS TO INCREASE BLOOD SUGAR AND ENERGY.

-INCREASE PUPILS' SIZE WHICH ALLOWS MORE LIGHT TO ENTER THE EYES, THEREBY IMPROVING VISION.

FROM THE ABOVE LIST ONE CAN CLEARLY SEE THE IMPORTANCE OF HAVING A HEALTHY REACTIVE SYMPATHETIC NERVOUS SYSTEM TO KEEP US SAFE IN EMERGENCIES; UNFORTUNATELY THE BODY CAN ALSO EXPERIENCE THESE SYMPTOMS AS A RESULT OF EMOTIONAL STRESS IN TODAY'S HECTIC WORLD. MANY ILL HEALTH CONDITIONS ARE PARTLY CAUSED BY EMOTIONAL STRESS .THIS IS BECAUSE EMOTIONAL STRESS ALWAYS EQUALS AN INCREASE OUTPUT BY THE SYMPATHETIC NERVOUS SYSTEM WHICH IN TURN EQUALS AN ACCELERATED DEGREE OF AGING AND TISSUE BREAK DOWN. HERE'S A BRIEF DESCRIPTION OF HOW THIS OCCURS:

THE PITUITARY GLANDS RELEASE ACTH WHICH RELEASE HORMONES (CORTISONE AND CORTISOL) WHICH SUPPRESSES THE IMMUNE SYSTEM BY INHIBITING THE FUNCTION OF DISEASE FIGHTING WHITE BLOOD CELLS. (CORTISOL ALSO BUILDS FAT AROUND THE ABDOMEN).

INCREASE ADRENALINE CAUSES INCREASE METABOLISM OF FATS, PROTEINS AND CARBOHYDRATES (TO HAVE AVAILABLE ENERGY FOR THE BODY'S USE) THIS IN TURN CAUSES THE BODY TO EXCRETE AMINO ACIDS, POTASSIUM AND PHOSPHOROUS.

CALCIUM AND MAGNESIUM STORES ARE DEPLETED. NUTRITIOUS DEFICIENCIES OCCUR DUE TO THE BODY'S INABILITY TO ABSORB NUTRIENTS WELL WHEN UNDER STRESS.

STRESS INCREASES THE LEVEL OF INTERLEUKIN-6(IL6) AND IMMUNE SYSTEM PROTEIN WHICH IS ASSOCIATED WITH NUMEROUS DISORDERS SUCH AS DIABETES, ARTHRITIS, CANCER, CARDIOVASCULAR DISEASE.IL6 HAS ALSO BEEN LINKED FUNCTIONAL DECLINE IN OLDER ADULTS. STRESS PROMOTES FORMATION OF FREE RADICALS WHICH WHEN BECOMES OXIDIZES CAN DAMAGE BODY TISSUE IN PARTICULAR CELL MEMBRANES.

THERE IS A GREATER AMOUNT OF TENSION WITH THE BODY'S MUSCLE GROUPS. THE BLOOD CONSTITUTION CHANGES, INCREASES THE RISK OF A HEART ATTACK OR STROKE. STRESS CAN TRIGGER ALLERGIC REACTIONS OR MAKE ALLERGY SYMPTOMS MORE SEVERE.

THE FOLLOWING LISTS ARE JUST SOME OF THE CONDITION WHICH CAN BE ASSOCIATED WITH STRESS:

ASTHMA

AUTO IMMUNINE DISEASES

CANCER

CARDIO VASCULAR DISEASE



DEPRESSION

DIABETES

DIGESTIVE DISORDERS



HEADACHES

HIGH BLOOD PRESSURE

MENSTRUAL PROBLEMS (INCLUDING PREMENSTRUAL SYNDROME)

ULCERS

CHRONIC FATIGUE



WEAKENED IMMUNITY

ELEVATED CHOLESTEROL LEVELS

DECREASE PHYSICAL, MENTAL, EMOTIONAL ENERGY



HAIR LOSS

IMPOTENCE



INSOMNIA

CHRONIC ACHES AND PAINS

BACK PROBLEMS

BECAUSE THE SIGNS AND SYMPTOMS OF STRESS CAN BE CAUSED BY OTHER HEALTH PROBLEMS, CONSULTATION WITH YOUR HEALTH CARE PROVIDER IS ADVISABLE TO THE ADDRESS ANY OF YOUR CONCERNS.

HERE ARE A FEW RECOMMENDATIONS TO EFFECTIVELY MANAGE EMOTIONAL STRESSORS, WHICH CAN HELP TO PREVENT HEALTH PROBLEMS.

1. **DEEP / REGULAR BREATHING**. DECREASE ACTIVATION OF THE SYMPATHETIC NERVOUS SYSTEM. INCREASE ACTIVATION OF PARA SYMPATRIC NERVOUS SYSTEM (THE AREA OF THE NERVOUS SYSTEM WHICH PROMOTES RELAXATION AND GOOD DIGESTION)

2. PRACTICE FOR FEW MINUTES DAILY SOME FORM OF **PURPOSEFUL RELAXATION** TECHNIQUES SUCH AS PRAYER AND OR MEDIATION. THE BODY WILL RESPOND WITH LOWER BLOOD PRESSURE AND PULSE RATE, IMPROVE BLOOD CIRCULATION AND MENTAL CLARITY. DURING THESE RELAXATION SESSIONS PRACTICE VISUALIZATION (SEEING YOURSELF OR A SITUATION AS YOU WOULD LIKE IT TO BE RATHER THAN HOW IT IS AT PRESENT)

3. **ACKNOWLEDGE AND ACCEPT YOUR FEELINGS.** SEEK TO DISCOVER THE ROOT CAUSES OF ANGER, FRUSTRATION AND ANXIETY.(DAILY JOURNAL WRITING IS A GREAT WAY TO BE AWARE OF HOW ONE TRULY FEELS)
4. **MOVE YOUR BODY.** IT HAS BEEN PROVEN THAT REGULAR PHYSICAL EXERCISE IS ONE OF THE BEST WAYS TO STAY EMOTIONALLY HEALTHY WHILST AVOIDING DEPRESSION. THE TYPE OF EXERCISE DOES NOT MATTER WHAT COUNTS IS THE MUSCLES AND JOINTS ARE MADE ACTIVE REGULARLY.
5. **BALANCE NUTRITION.** FOR OPTIMAL HEALTH IT'S ESSENTIAL TO CONSUME A WELL BALANCED AND NUTRIENT-DENSE DIET. IT ALSO IMPORTANT TO LIMIT THE INTAKE OF THE STIMULANTS WHICH CAN BE CONTRIBUTED TO NERVOUSNESS (ALCOHOL, TOBACCO, CAFFEINE AND OTHER DRUGS). IT IS EQUALLY IMPORTANT TO SEEK WAYS TO ELIMINATE OR REDUCE STRESS THROUGH ADEQUATE REST, ENGAGING RECREATION AND SUPPORTIVE RELATIONSHIPS.

IN ADDITION TO THE PREVIOUS SUGGESTIONS AT ORGANICA! WE HAVE A VARIETY OF PRODUCTS TO COMPLEMENT YOUR PURSUIT OF EMOTIONAL WELL BEING.

- LIQUID HEALTH. ENERGY AND STRESS VEGETARIAN LIQUID NUTRITIONAL SUPPLEMENT WITH ALOE VERA.
- BIO STRATH LIQUID WHOLE FOODS SUPPLEMENT THE NATURAL STRESS AND FATIGUE FORMULA FROM SWITZERLAND.
- ALIVE LIQUID, WHOLE FOOD ENERGIZER
- A. VOGEL STRESS MANAGEMENT DROPS DIETARY SUPPLEMENT
- TWIN LAB , STRESS B –COMPLEX CAPS
- KARE-N-HERBS, ENERGY KARE (RHODIOLA ROSEA) ENERGY AND MENTAL ALERTNESS TABS.
- WEIDER, AMINO 6000, MILK PROTEIN SUPPLEMENT
- DHA TABS
- CAT'S CLAW CAPS

- GINSENG TABS
- CHAMOMILE TEA
- CATNIP TEA
- ROOIBOS TEA
- ESSENTIAL OILS (RELAX) BERGAMOT, CHAMOMILE, LAVENDER, ROSE, YLANG YLANG.
- ESSENTIAL OILS(REVITALIZE) PINE, ORANGE, PEPPERMINT
- ESSENTIAL OILS (STRESS, REDUCING) CLERGY SAGE FRANKINCENSE, TEA TREE, SANDALWOOD.

AT ORGANICA! NUTRITIOUS FOODS AND SNACKS CAN ALSO BE OBTAINED.

