

YOUR GUIDE TO STRESS LESS...NATURALLY!

10 SIMPLE STEPS *to* STRESS LESS

Dr. Yelena Potekhin
(708) 532-0000

Special Report: Stress Less

Stress can make you sick, tired, fat and it can even kill you

Research has shown that high cholesterol, heart disease, high blood pressure and EVEN SUDDEN CARDIAC DEATH can be linked to stress. Stress is also linked to colitis, irritable bowel, allergies, asthma, chronic fatigue, fibromyalgia, headaches, obesity, type-2 diabetes, chronic pain and even eczema. Just about any health problem you can name will improve when you bring stress under control.

Whatever your problems, not controlling stress can only make them worse

We all have stress in our lives. Some of us have more than others. When your stress level is high, it is important to take the effort to reduce it because to not do so will undermine your health. Adding illness to your current stress level would make things worse, don't you think?

We are dedicated to your health. We realize that it is vital to get

stress under control—it can literally save your life. Because of this, we have created a FREE WORKSHOP to help you control stress and improve your health. You will learn proven techniques that will quickly get your stress under control. Find more information on this free workshop at the end of this report. For now, read on to learn some important information that will help you before you attend the workshop.

It's not the stress; it is how you respond to it

Imagine that you are lying in bed, half asleep and you hear a



banging noise outside. If you think that the noise is from the wind

blowing a loose shutter, you may ignore it and go back to sleep. If you think that someone is breaking into your house, your heart rate speeds up and you become much more alert. If you go downstairs and find that there is no break-in, and noise was indeed from the wind, you will still have trouble getting back to sleep. Your panic at the thought of having a break-in increased your stress hormones and they are keeping you alert and ready for action.

It is not the noise that caused the stress hormones to flow; it was your belief that the noise represented danger. Similarly, heavy traffic, problems with money, at work, with your marriage, and other stressors are not the problem—your response to them is.

Stress hormones affect your health

Your response causes the adrenal glands produce their hormones. They are responsible for the fight or flight response. In a stressful situation, they make your blood pressure increase, transfer blood

from your intestines to your extremities, increase your heart rate, suppress your immune system and increase your blood's clotting ability.

The fight or flight response is meant to be short-lived. When primitive man walked through the forest, and saw a saber-toothed tiger, his heart rate would increase; his pupils would dilate; his blood would go out of his digestive system and into his arms and legs; his blood-clotting ability would improve; he would become more aware and his blood pressure would rise. At that point he'd either pick up a stick to try to fight the animal, or run away. The physiological changes brought on by the adrenal glands would make the body more efficient at doing either of those things. It is called the fight or flight response.

The fight or flight response is meant to be short-lived. The hormones create physiologic changes that increase the body's capacity to survive an immediate crisis, but can be harmful if the response is protracted. The stimulation of the adrenal glands causes a decrease in the immune system function, so an individual under constant stress will tend to catch colds and have other immune system problems, including allergies. Blood flow to the digestive tract is decreased, causing many digestive problems such as indigestion, colitis and irritable bowel. Adrenal hormones cause an increase in the blood's clotting ability, so prolonged stress can lead to arterial plaque and heart disease.

Dr. Hans Selye described the progression of stress on the adrenal glands as the general adaptation syndrome. The first stage is called the alarm reaction. This is when someone (with healthy adrenal glands) can perform amazingly well when the need arises. The primitive man, seeing the saber-toothed tiger, was able to run faster than he ever dreamed possible during the alarm reaction. If the stress continues, the body moves into the resistance stage, during which the adrenals become enlarged. The individual is responding to the stress and handling it. He or she may feel keyed up. The person

may have cold, clammy hands, rapid pulse or reduced appetite, but hasn't begun to feel any of the more serious symptoms of the next stage. During the exhaustion stage the adrenals begin to fail to meet the demands placed upon them. During this stage, the individual begins to have a variety of symptoms including fatigue, digestive problems, obesity, depression, dizziness, fainting, allergies and many other problems. Women may respond to stress differently, but women do seem to develop problems with their adrenal glands. Excess sugar consumption can stress the adrenal glands, and many people, including women tend to eat sugar when they are stressed.

Take charge of your life and your health—get stress under control now

With the proper attitude and tools, you can begin to reduce stress now. Here are some strategies:

1. **Diet:** Avoiding stimulants like caffeine and sugar is a very good idea. The bad news is that the stress hormones cause you to crave high calorie foods, sugar and salty foods. People under stress tend to crave high-calorie foods. If you crave high calorie foods, choose high calorie foods that are high in nutrients like raw nuts and avocados. If you crave salt, use sea salt, but try not to overdo it. Avoid packaged and processed foods, which are high in sodium. Eat slowly. Most importantly, make sure you start each day with a good breakfast that contains protein. Contact our office for an audio CD that will help you to eat in a way that helps your adrenal glands to heal. There are six foods that will make stress worse if you consume them:
Soda pop and other sugary drinks: Sugar makes your adrenal glands work harder to keep your blood sugar on an even keel. Many people are amazed at how much more energy they have after giving up soda pop.

Desserts: Sugar saps your energy and makes your adrenal glands work hard.

Refined white flour, like white bread and white noodles: Your body treats refined grain products exactly like sugar. Physiologically there really is no difference between refined flour and refined sugar.

Foods that contain hydrogenated oils and trans fats: Your endocrine system needs good oil to work.

Trans fats undermine your health on many levels.

Caffeine makes your adrenal glands work harder.

Think of your adrenal glands as two mules pulling a heavy wagon up a steep hill, sugar, refined flour and caffeine are like hitting them with a whip to make them work harder. To successfully get up the hill, they need proper nutrition and rest. Giving up caffeine is sometimes stressful because it is addictive. Cutting back without completely giving it up is sometimes a good strategy.

2. **Nutritional Supplementation:** There are nutrients and herbs that can help to heal the adrenal glands and to balance hormone production. Vitamins B and C are good for the adrenal gland and for stress in general. It is a good idea to get help with choosing which supplementation is right for you. The quality of supplements sold to the public is sometimes questionable. Health care providers often have access to much higher quality supplements than those which are available to the public. Also, you are a unique individual and supplementation should be determined by a professional who is familiar with your particular needs. Feel free to call us to set up a consultation.

3. **Thought:** You have about 60,000 thoughts each day. Worrying makes your adrenal glands work. Relaxing and thinking peaceful thoughts enables them to rest and heal. That is why yoga and meditation are so good for you. You go a long way in preserving your health and energy if you do not fret about things over which you have no control. It's the

amount of worry and not necessarily the size of the problem that stresses your adrenal glands. If you worry a lot about little problems, you do as much damage to your adrenal glands as someone who really has a lot of stress. If you can control your worrying when under stress, you minimize the damage stress does to your health. A wise man once said that worry is interest paid in advance on money you haven't even borrowed yet. We have resources at the office that can help you to maintain a calm, even keel. Feel free to contact us.

4. **Exercise:** Light exercise is a great way to reduce stress. Studies show that exercise helps to control anxiety and depression. Research appearing in the November 1999 issue of the *Annals of Behavioral Medicine* demonstrates the value exercise has for reducing stress. The subjects of the study were 135 college students. The study found that those who exercised regularly coped with stress better and had 37% fewer physical symptoms than those who did not exercise regularly. Sedentary students had 21% more anxiety than the students who exercised regularly. The key here is light exercise; intense workouts are often very stressful.
5. **Breathing exercises:** Most of us breathe too shallowly and do not get good oxygenation of our tissues with each breath. Deep breathing can, at the same time, relax you and energize you. It is a great way to reduce stress. Try it now. Exhale and force all of the air out of your lungs. Slowly, deeply breathe the air back in. Use your diaphragm and fill your lungs to capacity. Pause for a few seconds with your lungs full. Exhale, even more slowly than you inhaled; take twice as long to exhale as you did to inhale. Force all of the air out of your lungs. Slowly inhale again and repeat the process. Do this for 10 breaths. Notice the difference in how you feel after doing the deep breathing.

ARE ANXIETY, WORRY AND STRESS DAMAGING YOUR HEALTH?

FIND OUT FOR FREE!
**CALL US NOW TO SCHEDULE YOUR FREE
PERSONAL STRESS EVALUATION**

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