

STRESS: A FRIEND AND A FOE

Enjoy a Life of Balance

Presentation by:

Dr. Michael Schmolke, Dr. Sherra Sanders, Dr. Chris Yavis



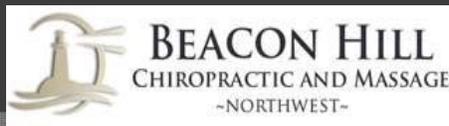
Our vision at Beacon Hill Chiropractic & Massage

Vision:

*To be leaders in health care helping people
live healthy, balanced lives!*

Our purpose statement:

*We change people's lives through inspiration,
empowerment, and excellent health care delivery*

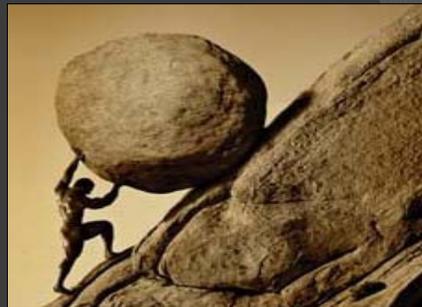


Rules of engagement

- ⦿ Participate, contribute, and be respectful
- ⦿ Take notes if you learn better this way
- ⦿ Ask questions all along our session
- ⦿ Let's fun today! 😊

Goals of our session:

- ⦿ Understand the human response to stress
- ⦿ Change our view;
gain new perspective
- ⦿ Uncover “your”
stressors
- ⦿ Strategy building
that includes creating a “to do” list, personal
action plan, & recognize nearby resources



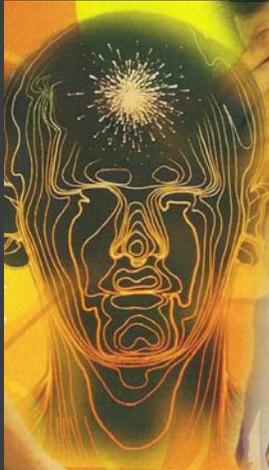
Stress: What is it??

- Stress can be both good or bad
- Our body's response to any demand.
- Physical, chemical, emotional, mental
- A Canadian, Hans Selye leads the world in understanding how living beings respond to stress.
- "Stress is necessary"
- "*Complete freedom from stress is death*"
H. Selye

Stressful Triggers Are Pervasive

- **Psychological Stress**
 - Aggravation
 - Anger
 - Anxiety
- **Environmental Stress**
 - Chemical/Toxic
 - Infection
 - Endobiosis
 - Noise
 - Light
 - Vibration
- **Metabolic Stress**
 - Nutritional
 - Need beyond supply
 - Supply beyond need
 - Oxidative
 - Inflammatory
- **Physiological Stress**
 - Structural
 - Trauma & Pain
 - Excess exercise
 - Poor sleep

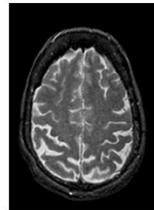
A new perspective on “Stress”



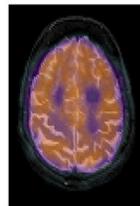
- Stress is a part of life
 - Living things need stimulation!
- **Local Adaptive Syndrome***
 - Immediate perfect response
- **General Adaptive Syndrome***
 - Chronic long term response
 - Exhaustion & over activity result in disease & cell death

Stress Response Out of Control

“Stressors are the major cause of illnesses, disease, and loss of vitality and quality of life”



Physical, chemical, emotional, or mental/spiritual stressors!



Too Much

Or

Too Long

No discrimination in our brain and body’s response to different types of stressors in our life!

Mental stress: a major cause, & everywhere

<http://www.stress.org/problem.htm>

- 52% of all adults suffer from **stress**
- 75-90% of all visits to primary care physicians are for stress-related complaints or disorders
- Stress has been linked to all the leading causes of death:
 - CVD, cancer, lung ailments, accidents, cirrhosis and suicide
- Stress levels have escalated in children, teenagers, college students and the elderly
- Depression affects about 12.4 million women in the United States each year
- In America alone, over 6.5 million men have **depression** each year



What do many people do when facing stress? Some try self-medicating

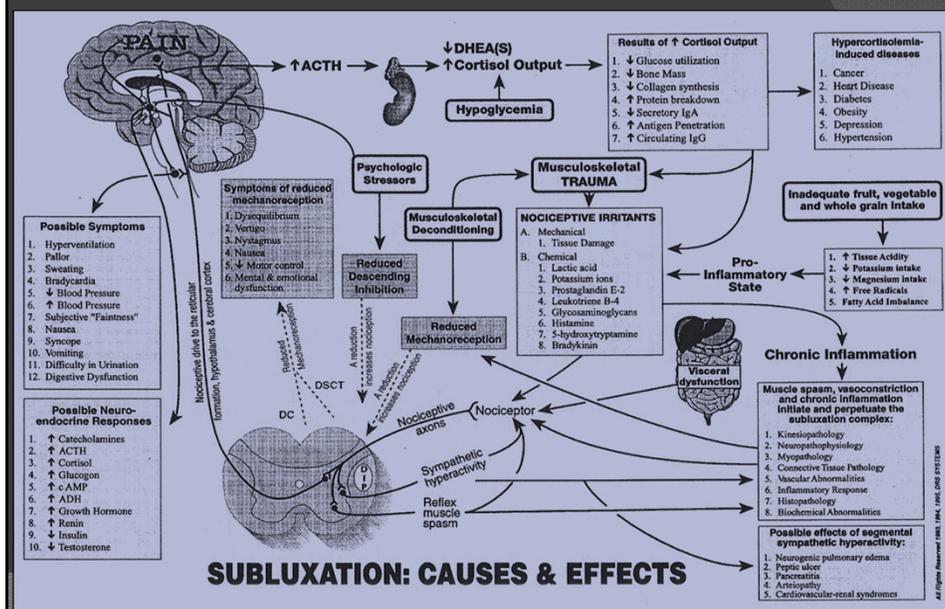
- Seeking relief through...
 - Drug or alcohol abuse
 - Tobacco use
 - Abnormal eating patterns
 - Passive activity like watching television
 - Unhealthy diet – carbohydrate binging
 - Coffee
 - Four to five cups daily can cause changes in blood pressure and stress hormone levels similar to those produced by chronic stress



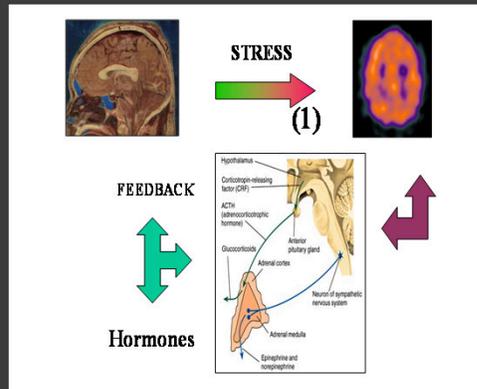
Or Go To Doctors for Medication To Manage Stress-Related Illness

- **Anti-depressants**
 - Selective serotonin reuptake inhibitors (SSRIs)
 - Serotonin and norepinephrine reuptake inhibitors (SNRIs)
 - Norepinephrine and dopamine reuptake inhibitors (NDRIs)
 - Tricyclic antidepressants
 - Receptor blockers
 - Monoamine oxidase inhibitors (MAOIs)
- **Anti-anxiety medications**
- **Anti-inflammatory**
 - COX2 inhibitors or cortisone
- **Anti-ulcerant**
 - H2 blockers and proton pump inhibitors
- **Cholesterol reducers**
 - HMG CoA reductase Inhibitors
- **Anti-hypertensive**
 - Beta-blockers (propranolol)
 - Calcium channel blockers
 - Angiotension converting enzyme inhibitors (ACE inhibitors)

Stress can derail everything



A sustained stress response



The body ALWAYS secretes stress hormone and increases mental brain impulses

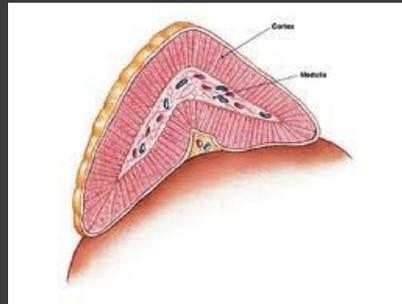
- ◉ Degeneration, loss of energy, organ failure, immune suppression, cancers, diseases, stiffness and tension, early death.
- ◉ Good news!! What ever stimulates the cerebellum will directly help you fight stress responses.

Adrenal Fatigue-What is this?

- ◉ A collection of signs and symptoms that results when the adrenal glands function below the necessary level.
- ◉ Most commonly associated with intense or prolonged stress
- ◉ Paramount symptom is fatigue that is not relieved by sleep
- ◉ May have a general lack of wellbeing, tiredness, or "gray" feelings

Adrenal Anatomy

- The **outer part** of the adrenal gland is called the **cortex** and produces steroid hormones such as cortisol, aldosterone, and testosterone.
- Role in maintaining sugar control, immune response, and response to stress.
- The mineralocorticoid hormones regulate sodium and potassium balance.
- The sex hormones, affect sexual development and sex drive.
- The **inner part** of the adrenal gland is called the **medulla** and produces epinephrine and norepinephrine.



Adrenal Fatigue....

- Happens when your adrenal glands cannot adequately meet the demands of stress.
- During adrenal fatigue your adrenal glands function, but not well enough to maintain optimal homeostasis
- The output of regulatory hormones has been diminished - usually by over-stimulation AKA chronic stressors

The Cycle of Stress



- **Fight or flight**- adrenals make our adrenaline....but what about cumulative/daily stressors?
- We start to depend on cortisol-our body's main stress hormone
- Too much cortisol is NOT a good thing!!
- It weakens the immune system, influences blood pressure and blood sugar.

Are you noticing the following?

- Fatigue
- Recurrent infections
- Difficulty shaking off infections
- Poor response and "crashing" during stress
- Achiness
- Hypoglycemia (low blood sugar with irritability when hungry)
- Low blood pressure and dizziness upon first standing



Manage your Adrenal Health

- Cut out sugar
- Cut down on caffeine.
- Eat a high-protein low carbohydrate diet.
- Lying down during your work breaks
- Sleeping later as often as possible
- Laughing
- Exercising
- Minimizing stress
- Taking negative people out of your life
- Eating regular meals
- Doing something fun each day
- Taking calcium and magnesium supplements
- Adding sea salt to your diet
- Taking 2,000 to 5,000 milligrams of vitamin C each day
- Supplementing vitamin E with mixed tocopherols
- Taking B-complex supplements that are high in B6 and pantothenic acid (100-150 mg daily)
- Adding licorice root extract to your dietary supplement regimen (slows down the breakdown of adrenal hormones in your body to maintain optimal levels)



ASK US ABOUT WAYS TO CHECK YOUR ADRENAL HEALTH!!

www.naturalnews.com/019339_adrenal_fatigue_chronic_stress.html

www.doctoroz.com/blog/jacob-teitelbaum-md/stress-exhausting-your-adrenal-system

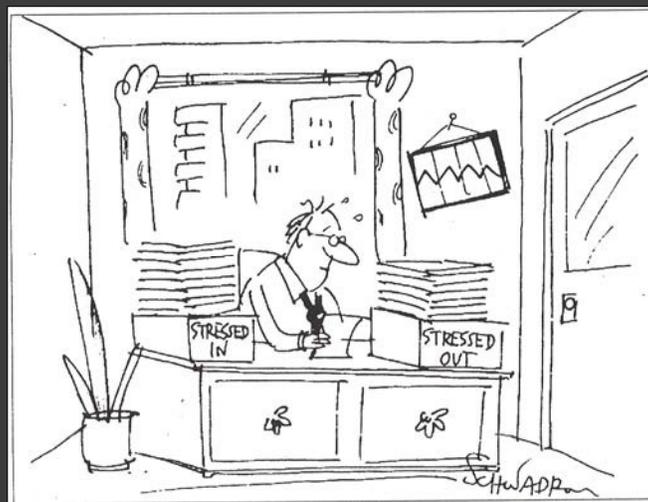
www.adrenalfatigue.org/what-is-adrenal-fatigue



Chronic Stress Implications

- Can affect ovulation by altering signals to the hypothalamus, the center of the brain that regulates some of the hormones that trigger the ovaries to release eggs each month.
- May also affect testosterone levels and sperm production in men.
- Influence on fertilization and implantation in the uterus
- Weight gain due to increased body fatness

Just thinking about it stresses me out



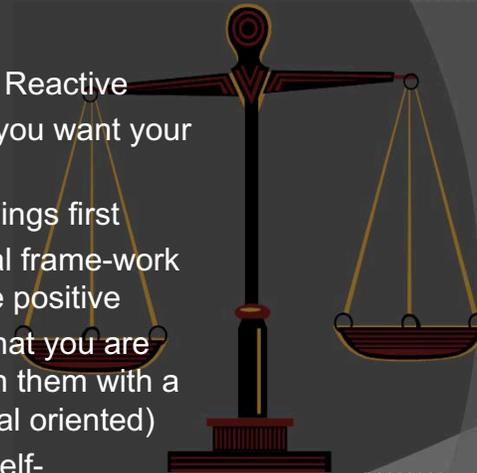
Shift tides on Stress



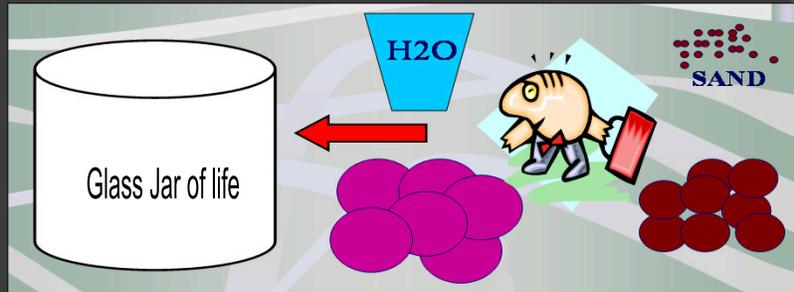
- ◆ Rules to live by:
 - ◆ You choose you battles
 - ◆ You choose your reactions
 - ◆ You choose your lifestyle
 - ◆ You influence more than you think!
 - ◆ Models of “self management” exist
 - ◆ This process takes time, thoughtfulness, and a level of commitment to your vision.

Strategies

1. Be Proactive, not Reactive
2. Vision: What do you want your life to be like?
3. Priorities: First things first
4. Choose an mental frame-work and stick to it: Be positive
5. Make decisions that you are sure of and act on them with a goal in mind. (Goal oriented)
6. Always work on self-development & well-being!



Set the correct priorities and keep your 1st things 1st

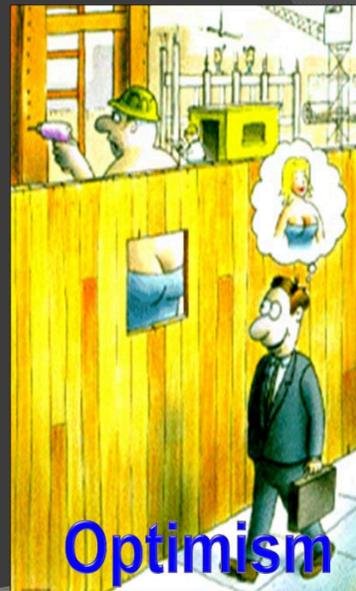


What is your priority ranking?

- | | |
|--------------|-----------------|
| ◆ House/home | Car |
| ◆ Job | Family |
| ◆ Vacations | Investment fund |
| ◆ Health | Religion/faith |

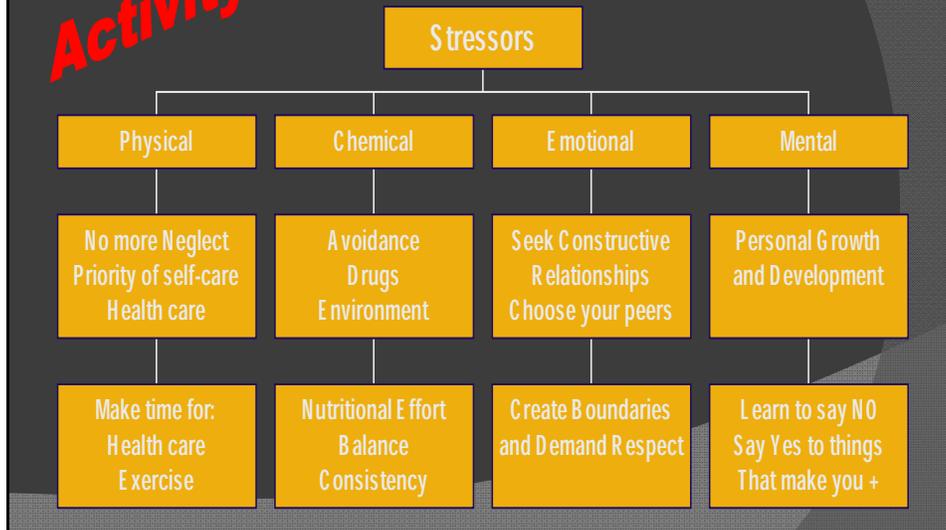
Choose Attitude Carefully!

- 30 thousand thoughts/day
- Example: cynics, pessimists
- Attitude is like a paint brush!
- Mind-body connection is very real. Negativity tied to.
 - Hypertension
 - Gastric ulcers
 - Weight gain (Ins. Resist)



Build your stressor management plan with small Kaizen steps

Activity



Stress fighting gems

- Practice the 3 “ations”
 - Medit-ation
 - Visualiz-ation
 - Affirm-ation
- Add more L.I.C.E. into your world
 - Laughter
 - Intimacy
 - Crying
 - Exercise

There are many stressors in life

- Poor diet
- Sedentary lifestyle
- Increased toxic load
- Increased mental/chemical/physical stresses
- Interference to the nervous system



What do we do when faced with stress??

- Seek relief through
 - Drugs or alcohol
 - Smoking
 - Abnormal eating patterns
 - Passive activities like watching TV
 - Unhealthy diet – carb binging
 - Caffeine

Or Seek out medication to help us deal better

- Anti-depressants
- Anti-anxiety meds
- Anti-inflammatory meds
- Anti-ulcererant meds
- Anti-hypertensive meds
- Cholesterol reducers



Is this the answer???

- Are these the best ways to handle stress...to lead a healthy life...NO!
- Stresses are like rocks in our backpack
 - We need to get rid of these rocks



Can we do better than this?



Let's increase our health and wellness understanding!

Wellness Lifestyle

Dr. Candace Pert PHD

2x Nobel Prize
nominee

for research into
well-being and
emotion suggests...

The 8 Top Habits That Contribute to Well-being

- ⦿ Adequate sleep (> 7 hours)
- ⦿ Meditation practice
- ⦿ Regular Exercise
- ⦿ Breathing (slow & deep)
- ⦿ Yoga or other form of BW
- ⦿ Chiropractic care
- ⦿ Massage
- ⦿ Proper nutrition & adequate water

Why Chiropractic Care?

Stress causes increased brain activity, similar to chemical electricity.



Control centers of the Central Nervous System are over-stimulated.

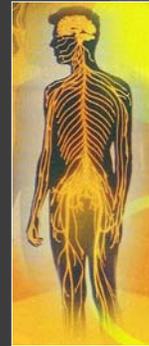
Respiratory Centre

Organ Systems

Pituitary Gland

Muscular systems

ACTH Hormone



Stimulate the Cerebellum, and you reverse the effects of stress!

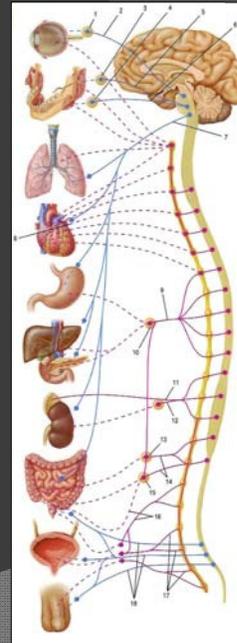
Chiropractic Care

Chiropractic has been shown to normalize increased electrical brain activity (EEG Studies), & has a **calming effect on over-stimulation, by activating the Cerebellum!!**



Better adapting ability to stress and less harmful stress responses!

Natural Health is a choice!



Nutrition to fight stress

- Stress activates adrenal gland which signals fight or flight response
- Corticosteroid levels increase which inhibits insulin release
- Insulin fails & leads to blood sugar increase
- Glycolation occurs on all proteins damaging cells, nerves, tissues of organs
- Fatty tissue growth occurs in response
- Fat traps toxins and we become inflamed
- Pain syndromes and disease follow



- Stress fighting nutrition must
 - Provide you with all the nutrients (93% NA lack all required nutrients daily)
 - Whole foods favoring alkalinity (basic pH level)
 - Insulin response enhancing substance rich food
 - Diet rich with proteins (healthy) and essential fatty acids (fish derived – healthy)
 - Detoxification strategies regularly for liver, gut, and keep GI system robustly healthy

Exercise on stress



1. One of the best stress combatants available
2. Can increase physiological control
3. Increases release of endorphins
4. Improves mood, anxiety and self confidence, reduces depression
5. Its meditation in motion
6. Helps normalize sleep
7. Can increase energy and fatigue tolerance
8. Relaxes tense muscle and tissues

Exercise tips

- ◉ Do something you love
- ◉ Walk before you run
- ◉ Pencil it in
- ◉ Exercise with a friend
- ◉ Change up your routine



The Law Of Diminishing Intent

- The longer that you wait to act on a new idea, the less likely you are to act at all.



Activity

Just remember...



There is light at the end of the tunnel

Thank you

Upcoming workshops Fall 2013

- Optimum Immune Function
Nov 19, 2013



Is there a topic you are interested in for Spring 2014?

- Mental health? Changing your mind to change you life, health, & success
- Weight loss?
- Starting to exercise like a champion?
- Please e-mail us or let us know!!!!!!



Mental prison

