

STRESS

EFFECTS

Chronic, low-level stress is common in today's society. Over time, stress exhausts your body, contributing to gland imbalances, diabetes, heart disease, hypertension, cancer, immune suppression, colds/flu, anxiety/depression, digestive disorders, PMS, skin problems and fatigue. Symptoms of stress include:

PHYSICAL

- Heart pounding
- Headaches
- Sweaty palms
- Indigestion
- Skin rashes/acne
- Holding breath
- Cold hands
- Sleep problems
- Fatigue
- Nausea
- Diarrhea
- Tight stomach
- Jaw grinding
- Muscle tension

MENTAL/EMOTIONAL

- Moodiness
- Irritability
- Forgetfulness
- Hostility/defensiveness
- Obsessive thought patterns
- Nervousness
- Emotional instability
- Mental fogginess
- Poor concentration
- Negative self-talk
- Confusion
- Diminished social interest/libido
- Feelings of hopelessness
- Restless mind

COPING TECHNIQUES

- Always eat whole, natural and unprocessed foods.
- Eat a wide variety of vegetables (raw and cooked), fruits (raw), lean proteins, raw nuts and seeds, and whole grains.
- Replace coffee and alcohol with plenty of pure, filtered water, herbal tea and, in moderation, green tea.
- Avoid refined carbohydrates (sugar, white flour, corn syrup).
- Eliminate artificial sweeteners and fats (Aspartame, sucralose, hydrogenated vegetable oil).
- Eat in a relaxing environment, and avoid eating when upset, angry or stressed.
- Practice meditation, prayer, yoga, progressive relaxation, self-hypnosis and deep breathing.
- Sleep in a completely dark, well-ventilated room for at least eight hours each night.
- Play. If competitive sports raise your stress levels, try walking, jogging, swimming, hiking, or practicing yoga or tai chi.

NATUROPATHIC TREATMENTS

To support healthy glands, your naturopathic doctor may recommend nutritional supplements such as vitamin C and B6, magnesium, pantothenic acid, and herbs like Siberian ginseng. Other treatments include homeopathy, acupuncture, hydrotherapy, IV therapy and nutritional and lifestyle counselling.

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