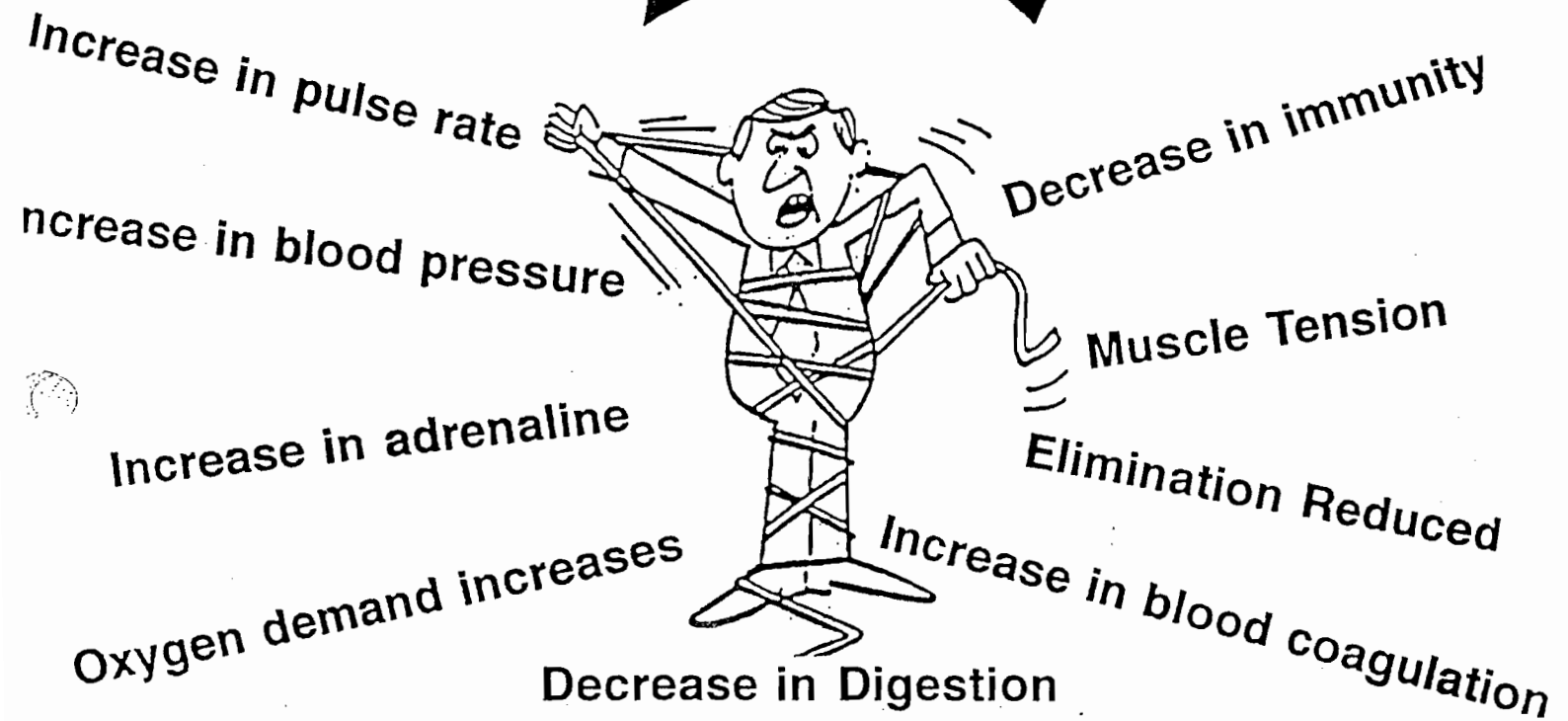


Stress

The Silent Killer



THREE TYPES OF STRESS:

1. Physical
2. Emotional
3. Chemical

Increases Need for:

Protein B Complex Vitamin C
Calcium/Magnesium Lecithin Zinc

*"Stress is the most widespread medical problem in North America today.
It is the major contributina factor in 100% of diseases"*

TYPES OF STRESS

- **Physical stress** – exercise, hard labor, birth
- **Chemical stress** – environmental pollution such as exposure to pesticides and cleaning solvents, and the personal use of chemicals, such as drugs, alcohol, caffeine, and nicotine
- **Mental stress** – high responsibility, long hours, perfectionism, anxiety, and worry
- **Emotional stress** – anger, fear, frustration, sadness, betrayal, bereavement
- **Nutritional stress** – vitamin and mineral deficiencies, protein or fat excesses or deficiencies, food allergies
- **Traumatic stress** – infection, injury, burns, surgery, extreme temperatures
- **Psyco-spiritual stress** – relationship, financial or career pressures; issues of life goals, spiritual alignment, and general state of happiness

COMMON STRESS FACTORS

- **Attitude toward self**
- **Personal financial state**
- **Moving**
- **Traffic tickets**
- **Tests in school**
- **Meeting someone new**
- **Raising children**
- **Demands at the office**
- **Job and career challenges**
- **Promotion, job loss**
- **Emotional challenges – personal relationships, fear, anger, loneliness**
- **Family changes – marriage, divorce, separation, a new baby**
- **Physical challenges – weather changes, extreme climates, athletic events**
- **Health challenges – illness, injury, surgery, chemical exposures**
- **Life changes – adolescence, aging, pregnancy, menopause**

STRESS RELATED SYMPTOMS AND DISEASES

Fatigue
Irritability
Headaches
Muscle tension
Neck and back
pains
Atherosclerosis
High Blood
pressure
Diabetes
Arthritis
Cancer
Indigestion
Diarrhea

Constipation
Peptic ulcer
Irritable bowel
Loss of appetite
Anorexia
nervosa
Weight changes
Insomnia
Depression
Infections
Eczema
Psoriasis
Allergies
Asthma

Nutritional
deficiencies
Premenstrual
symptoms
Sexual
problems
Psychological
problems
Candida
overgrowth

The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.



Thomas Edison

STRESS

**A reaction to any stimulus or interference
that upsets normal function**

- **Internal**
- **external**

↑ Emotional stress leads to

↑ Susceptibility to illness

Chronic stress leads to suppression of the immune system

Which leads to immune system related disorders
such as cancer

Emotional stress is related to hormonal imbalances

Adrenal function

Pituitary function

Thyroid function

Thymus and others

How?

Stress interferes with the digestive system

It alters brain chemistry

Increases heart rate

Increases blood pressure

Affects metabolic and immune function

Again how?

Stress or Fear



Increase Cortisol



Increase blood glucose



Insulin

**Glucose to the muscle for
FIGHT OR FLIGHT
Response**

Excess insulin gets converted to fat

If the muscles are already full of glycogen, and they are not vigorously reducing their glucose status, then the glucose will be converted to fat by insulin. If the fat cells are already full then, insulin will begin to lose its effectiveness. Insulin insensitivity precedes diabetes.

The Mind/Body Connection

**Every receptor found in the CNS is also found in the
immune cells.**

**Every thought and every chemical that effects the CNS
will effect the immune system.**

Example

Allergies

↑ histamine released

↑ inflammation

excess stomach acid

↓ in air pathways

stresses organs

Increase demand on the adrenal cortex affects the stomach

Get an increase in HCL

With increased acid levels the pancreas releases alkaline enzymes to help balance acidity

**With chronic stress you develop hypochlorhydria
Which means a decrease in stomach acid**

**As a result you get poor digestion
And
Poor assimilation of nutrients**

Increase Cortisol and Decreased DHEA

- **Suppressed immune function**
- **Impaired liver detoxification**
- **Weakening of the gut mucosa**
- **Insulin insensitivity**
- **Decreased REM sleep**
- **Inhibition of 5'Deiodinase enzyme (decrease conversion of T4 and T3)**

VARIOUS THERAPIES FOR STRESS

- **Have more fun.** Do things that you enjoy and that help you relax.
- **Express your feelings.** Emotions need regular venting, and unexpressed emotions are the building blocks to stress, pain and illness.
- **Get good sleep.** Poor sleep or sleep habits do not let your body really rest, discharge tensions, and recharge.
- **Learn relaxation exercises.** These can help a great deal in reducing stress through letting go of mental stresses and experiencing moments of inner peace.
- **Exercise.** Regular physical exercise is one of the best ways to clear your tensions and feel good, with more energy and a better attitude toward life.
- **Develop good relationships.** It is important to have friends in whom you can confide and find support. It is also very meaningful to be a true friend to another.
- **Change perceptions and attitudes.** If ideas are not serving you then it is important adapt them. It is important to learn to respond to life's situations and not react.

ANTI-STRESS HERBS

Daily mild stress

Nervine: Nervines help the nervous system and can be meaningfully subdivided into three groups. Nervine tonics strengthen and restore the nervous system. Nervine relaxants ease anxiety and tension by soothing both body and mind. Nervine stimulants directly stimulate nerve activity.

Lemon balm

Chamomile

Lavender

Linden blossom

Mugwort

Oats

Skullcap

Vervain

Long – standing stress

Adaptogen: These herbs increase resistance and resilience to stress, enabling the body prevent various problems and avoid collapse by adapting to external pressures. Adaptogens work through support of the adrenal glands.

Ginseng

Siberian ginseng

Insomnia - Stress - Apnea

For sufferers of Insomnia, please sedate the following points one hour prior to going to bed. After treatment, deep breathing exercises may also help. For sufferers of stress, stimulate these points during the day and prior to sleeping at night.

Gv 20 On the middle of the top of the head, halfway between the ears. *Fig. 1*

Extra 1 (Yintang)
At the midpoint of the inner end of the eyebrows. *Fig. 1*

Extra 8 Located in a line straight through the bony protrusion behind the ear. *Figs. 1 & 2*

Extra 9 Located on the bone just behind the lobe of the ear. *Figs. 1 & 2*

Lu 9 In the groove at the thumb side of the wrist crease, on the inside of the tendon. *Fig. 1*

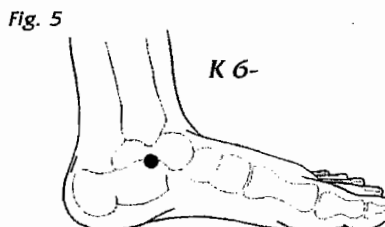
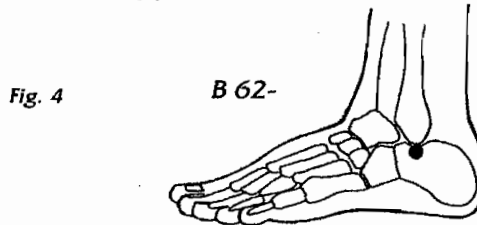
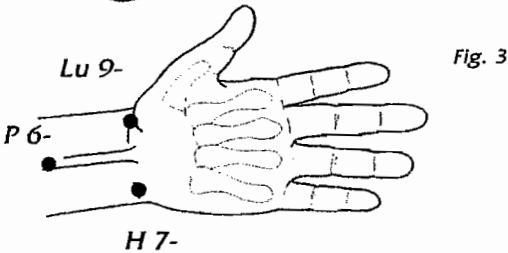
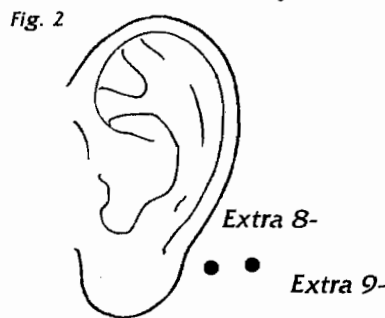
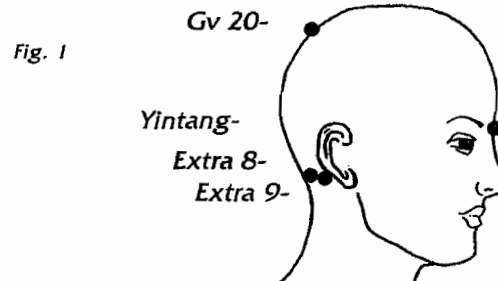
P 6 2 thumbs width above the wrist crease, in between the 2 wrist tendons. *Fig. 3*

H 7 On the little finger side of the wrist crease, to the inside of the bone. *Fig. 3*

B 62 In the depression 1 half fingers width below the outer ankle bone. *Fig. 4*

K 6 1 thumbs width below the inner ankle bone. *Fig. 4*

***Also refer to ear chart page 14 for Shenman point.**



ANTI-STRESS NUTRIENT PROGRAM

Water	2-3 qt.	Calcium	600-1,000 mg.
Vitamin A	7,500-15,000 IUs	Chromium	200-400 mcg.
Beta-carotene	10,000-25,000 IUs	Copper	2-3 mg.
Vitamin D	400 IUs	Iodine	150-200 mcg.
Vitamin E	400-1,000 IUs	Iron	10-20 mg.
Vitamin K	200-400 mcg.	Magnesium	350-600 mg.
Thiamine (B₁)	75-150 mg.	Manganese	5-10 mg.
Riboflavin (B₂)	50-100 mg.	Molybdenum	300-800 mg.
Niacin (B₃)	50-150 mg.	Potassium	300-500 mg.
Niacinamide (B₃)	25-100 mg.	Selenium	200-400 mcg.
Pantothenic acid (B₅)	500-1,000 mg.	Zinc	30-60 mg.
Pyridoxine (B₆)	50-100 mg.	L-amino acids	1,000-1,500 mg.
Pyridoxal-5-phosphate	25-75 mg.	L-cysteine	250-500 mg. with vitamin C
Cobalamin (B₁₂)	50-250 mcg.	<i>Optional:</i>	
Folic acid	500-1,000 mcg.	Hydrochloric acid	5-10 grains
Biotin	150-500 mcg.	with meals	
PABA	50-100 mg.	for chronic stress	
Choline	500-1,000 mg.	Pancreatic enzymes	1-2 tablets
Inositol	500-1,000 mg.	(after meals)	
Vitamin C	4-8 g.	Adrenal glandular	50-100 mg.
Bioflavonoids	250-500 mg.	Chlorella	1-2 packets or 6-12 tablets daily
		Licorice root	2-4 capsules

ANTI-STRESS NUTRIENT PROGRAM

Water	2-3 qt.	Calcium	6
		Chromium	:
		Copper	:
Vitamin A	7,500-15,000 IUs	Iodine	:
Beta-carotene	10,000-25,000 IUs	Iron	:
Vitamin D	400 IUs	Magnesium	:
Vitamin E	400-1,000 IUs	Manganese	:
Vitamin K	200-400 mcg.	Molybdenum	:
Thiamine (B₁)	75-150 mg.	Potassium	:
Riboflavin (B₂)	50-100 mg.	Selenium	2
Niacin (B₃)	50-150 mg.	Zinc	:
Niacinamide (B₃)	25-100 mg.	L-amino acids	1,01
Pantothenic acid (B₅)	500-1,000 mg.	L-cysteine	:
Pyridoxine (B₆)	50-100 mg.		v
Pyridoxal-5-phosphate	25-75 mg.	Optional:	
Cobalamin (B₁₂)	50-250 mcg.	Hydrochloric acid	
Folic acid	500-1,000 mcg.	with meals	
Biotin	150-500 mcg.	for chronic stress	
PABA	50-100 mg.	Pancreatic enzymes	
Choline	500-1,000 mg.	(after meals)	
Inositol	500-1,000 mg.	Adrenal glandular	
Vitamin C	4-8 g.	Chlorella	or 6-1
Bioflavonoids	250-500 mg.	Licorice root	