

STRESS

In today's busy modern world we often experience stress. Stress comes in many forms, including:

- Work-related pressures;
- Personal and family issues;
- Financial difficulties;
- Divorce, separation and/or marital issues;
- Personal injury or illness;
- Death of a loved one; and
- Any significant changes - e.g. moving house, changing jobs, etc.

Though most of us cope with these stressful events, occasionally the pressure and tension can build up to the point where the stress in our lives starts to adversely affect our physical and/or emotional health. If left untreated, chronic stress can cause symptoms such as fatigue, anxiety, sleep disturbances, irritability, and even poor memory and reduced concentration. Stress can also be a contributing factor in illnesses such as peptic ulcers, depression, headaches/migraines, dermatitis, asthma and Irritable Bowel Syndrome (IBS).

STRATEGIES FOR COPING WITH STRESS

If stress is affecting your health, there are some excellent strategies you can use to help you manage your stress levels and improve your health and vitality. For example,

like you can cope.

- **Relaxation techniques:** Use techniques to help reduce your stress levels. Yoga, tai chi, meditation, massage or even a soothing, relaxing hobby may help you manage your stress levels more effectively.
- **Exercise:** Regular exercise is a very good way to improve your mood and help you cope with stress better. Just 30 minutes per day of exercise increases the production of "feel good" brain chemicals called endorphins, which can help you feel more positive and energetic.
- **Good diet and healthy lifestyle:** A healthy diet will ensure that you have all the essential vitamins and minerals you need to help your body cope with stress, and a healthy lifestyle will help control stress levels. This means doing regular exercise, getting adequate sleep, taking time for relaxation, and minimising smoking, drugs and stimulants (such as caffeine and sugar), as well as avoiding excessive alcohol intake.
- **Natural Medicines:** If stress is affecting your health, using natural supplements to support your stress-coping mechanisms may help to restore your wellbeing and get you back to feeling energetic, healthy and happy.

NATURAL MEDICINES FOR STRESS

Our nervous system and our adrenal glands are the main parts of our body responsible for helping us cope with stress and keeping us healthy during

glands cope with stress and anxiety. These B vitamins work together with vitamin C and magnesium to produce antistress hormones, keeping us feeling relaxed and comfortable. Magnesium is also important for relaxing our muscles and soothing tight, tense muscles.

- **Herbs for anxiety:** If the stress in your life is making you feel anxious, tense and is stopping you from sleeping properly you may benefit from herbal combinations that contain magnolia, zizyphus, passion flower, lavender and/or green oats. These herbs all have a long history of being used to relax the body and calm the mind, as well as helping to improve sleep. For assistance in choosing the herbs best suited to you, talk to your Practitioner.
- **Herbs for stress-related exhaustion:** If stress has been going on for a long time, it can leave your nervous system and adrenal glands feeling depleted. This can make you feel exhausted and run down. To boost your energy levels back up herbs such as Korean ginseng, Siberian ginseng, American ginseng, withania and rehmannia can give your body the support it needs. These herbs have been shown to improve energy, mood and concentration - helping you get back to feeling good again!
- **Natural Medicines for depression:** Chronic, ongoing stress can lead to imbalances in brain chemistry that can contribute to feelings of negativity, sadness and depression. To help restore normal healthy moods your Practitioner



- **Talk to someone:** It has been repeatedly demonstrated that talking about your difficulties with someone can help – find a trusted friend, family member, or trained Healthcare Professional (e.g. Counsellor, Psychologist) that you can share your thoughts, feelings and worries with. Talking with someone may help you find a solution to your problem and can often help you feel

stressful periods. There are a number of natural vitamins, minerals and herbs that can help our nervous system and adrenal glands work more effectively.

- **Nutrients to help manage stress:** B vitamins (especially vitamins B5 and B6) are essential for helping our nervous system and our adrenal

can discuss with you the importance of nutrients such as L-tyrosine and 5-hydroxytryptophan (5-HTP). Herbs such as St John's Wort, magnolia, ginger and turmeric have also been shown to help rebalance brain chemistry in depression.

RESTORING BALANCE IN THE BODY

Chronic, ongoing stress may adversely affect not just our nervous system and adrenal glands, but our entire body - including our digestive and immune systems. Restoring balance, health and vitality to all our body systems can be achieved through appropriate



dietary and lifestyle changes, and through the use of specialised natural supplements containing nutrients such as L-phenylalanine, zinc and calcium, as well as herbs such as bupleurum, yerba maté, peony, zizyphus, ginger, cinnamon, pinellia, magnolia and poria. Different nutritional and herbal combinations are available to suit the individual needs of different people - your Practitioner will be able to help you choose the supplement best suited to your needs.

References available upon request.

STRESS FREE LIVING

RECOMMENDATIONS AND TREATMENTS FOR STRESS FREE LIVING



For more information ask your Practitioner about Stress and Stress related illnesses.



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