



Stress Free Living for 2007

Special points of interest:

- > Are you coping well with your daily stress?
- > Combat stress naturally
- > Overcoming unhealthy food cravings
- > Stay healthy with your busy stressful life

Stress How are you coping?

Believe it or not, stress does have a purpose and small amounts of stress can even be beneficial.

Short-term stress can motivate you and give you the energy that you need to perform a task or activity.

However, if you face stressful situations often or have extreme, longstanding or ongoing stress, your body will use up all of its energy resources and you become exhausted.

Assess your stress; on the website, Tracey has a stress questionnaire to assess your stress levels for more information www.alternative-natural-remedies.com.au and click on 'patient page' So, why is it that stress af-

fects different people in different ways? Everyone has a different level of stress that they can cope with, if you have positive coping mechanism you can cope with more, if you have poor coping mechanisms you will cope with less.

The following are some of the poor and positive mechanism that people commonly use for coping with stress.

Take a minute to consider whether you use any of the following to cope with stress;

The poor coping mechanisms are;

- Drinking alcohol
- Relying on caffeine (coffee or soft drinks)

- Smoking
- Eating sugary food
- Eating too much or skipping eats or rushed eating.
- Skipping social interaction
- Skipping relaxation time
- Procrastination, ignoring or avoiding the problem.

Positive coping mechanisms;

- Exercise
- Getting enough sleep
- Eating well
- Take time to relax and play
- Good time management
- Meditation or some activity where you mind is 'quiet'
- Time with family and friends
- Balancing work and family time
- Allowing time to rejuvenate after stressful periods.

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News & What's on in Feb.

Tracey Lee will be available for consultations on Fridays at Wauchope.

Tracey will be joining the 'team' at Essential Being of Dr Warwick Hain, Fern and Sue Patterson.

Essential Being is at 30 Hastings St Wauchope.

To book an appointment at Wauchope please ring my clinic at Port Macquarie 65823424 and not Essential Being.

Katy is back! After leave of over 2 years, Katy Pickering is now back working in the clinic. Her gorgeous son Oliver is now 2 and you may

see him at the clinic.

Sydney Clinic

The next Sydney clinic is Monday 12th of Feb, please ring the clinic for your appointment.

Signs and Symptoms of Stress

The way that stress affects you individually will depend on your coping mechanisms and level of sensitivity to stress.

You may notice that the way that stress affects you changes depending on the severe the stress is. For example at first you may feel very irritable and anxious. After being stressed for a while you may then feel more depressed or exhausted.

Some of the common signs and symptoms of stress are as follows, check how many you

have.

Feelings of worry, anxiety, depressed, irritable, emotional, angry, unappreciated, overworked, oversensitive, exhausted, distracted, frightened, overloaded, forgetful, isolated, confused, high or low libido, racing thoughts, short tempered, cravings, poor concentration.

Behaving such as; impatient, demanding, crying, shouting, withdrawing, fidgeting, tapping feet, grinding teeth, disturbed

sleep, getting into arguments, throwing things, controlling, mood swings, swearing, threatening, irregular eating, avoiding, procrastinating, drug and alcohol abuse.

Physical symptoms of; pain and stiffness of muscle or joints, digestive upsets, irritable bowel, headaches, asthma, eczema, hives, ulcers, high blood pressure, PMS, irregular menstruation, colds/flu, exhaustion, tiredness, change appetite, sweating, worsening of existing illness or condition.



“Regular moderate exercise helps to improve your energy, boost your self-esteem, lift your mood and combats stress.”

Get Physical!

Management of your stress will vary depending on how long you have been stressed for, how severe the stress is and how the stress has or is affecting you physically and emotional.

Each person is individual and needs different approach to their stress management. I often recommend a treatment plan that involves learning and

practicing different stress management techniques in combination with the use of nutritional, herbal or homeopathic medicines that are appropriate to you as the individual.

Getting enough exercise is important for staying healthy and reducing stress. Exercise can help to reduce the feeling of stress and improve your

sense of wellbeing. What's moreregular moderate exercise helps to improve your energy, boost your self-esteem and lift your mood.

Yoga is an excellent form of exercise for stress management. Yoga balances and strengthens your muscles, posture and breathing and can be calming to your mind and spirit.

Contacts for stress relieving exercise classes

Hatha Yoga is a gentle yoga. Susie Siertsema 65 824736 is starting yoga and relaxation classes at Seychelles Port Tuesday nights.

Tai Chi is another excellent stress reliever exercise that anyone can do. Ali 65590180 has Tai Chi and Chi Kung classes called 'movement meditation' on the beach at

North Haven and at her home in Laurieton for \$5.00 per class.

For those interested in martial arts, Dustin conducts classes in a more active form of tai chi . Ph 0425 314 902.

Simply walking everyday for 1/2-1 hour is a great de-stressor.

When considering a form of exercise to relieve stress look for one that you enjoy.





Food Cravings

Many people comfort eat, especially during times of stress. Reaching for those sugary/sweet foods, chocolate or coffee may give you that instant 'lift'. But these foods are empty foods and only aggravate your negative response to stress.

If you crave sugar and carbohydrates then you may not be eating an adequate amount of protein can could be low in a number of nutrient (especially B group vitamins, zinc, magnesium and chromium). Correcting the underlying cause of these unhealthy food crav-

ings will dramatically reduce if not eliminate them.

To reduce your sugar and carbohydrate craving, eat good quality protein sources at every meal and snack (see the website for more information) and take the correct multi vitamin and mineral supplement (such as Multigenic).

If you only crave chocolate, then it may be for the sugar but you may be low in magnesium and need to take a magnesium supplement like Fibroplex.

If you crave salt and savory foods then this is an indicator that your adrenal glands are 'overworked' and need support with nutrients such as B5, B6, Vitamin C and adrenal supportive herbs like Withania, Ginseng, Rhodiola, Rehmannia or Licorice. Ask Tracey Lee to prescribe your adrenal tonic for those stressful times.

If you crave fat and oily food often this indicates a need for liver support.

The Stress 'Buster' Essentials

The following supplements are essential for anyone living a stressful and busy lifestyle especially if you are relying on 'negative' coping mechanisms (see page 1).

In stressful times our body requires higher levels of certain nutrient to keep us healthy and well.

1. Multigenics phyto plus or

Meta B tablets one a day.

2. Magnesium supplement; Metagenics Fibroplex 1-2 tsp a day.

3. Good quality fish oils; Metagenics Meta EPA/DHA 3 capsules or one tsp a day.

4. Herbal and homoeopathics medicines are extremely effective in increasing the body and

mind's tolerance to stress. But these need to be individualized as there are dozens of remedies.

Ask Tracey Lee to prescribe your individualized 'stress' herbal tonic and constitutional homoeopathics.

Other nutrients may include Vitamin C, B5, B6, zinc and other anti-oxidants.

"If you live a busy and stressful lifestyle you need to take four supplements multigenics, Fibroplex and Meta EPA/DHA with a herbal 'stress' tonic mix."

Crisis Managers

If you have a 'short' term stress (i.e. lasting only a few days) (for example an exam, interview or an emotional upset), try my 'crisis management' treatment.

These can be brought from the clinic or any healthfood shop; Rescue remedy (a bach flower combination) 4-7 drops under tongue every 1/2-2 hourly.

Tissue salt (brand new era is the best) kali phos and mag phos 6X two pills dissolved in mouth every 1/2 to 2 hourly.

These supplements are safe for anyone including children and do not interfere with any medication you may be taking.





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**We're on the web;
www.alternative-natural-remedies.com.au**

Recipe Steve's Protein Biscuits

Great for protein snacks. These are great for vegetarians, people on wellness programs, ketosystem phase 3, children and teenagers. They are a low GI biscuit with Protein.

Ingredients

Rolled Oats 1 & 1/2 cups

Nut meal 1 cup (almonds or hazelnuts)

Coconut 1/2 cup

3 tablespoons of perfect sweet (optional)

Pinch of salt

Natural Vanilla essence 1/2 tsp

1/2 cup of sultanas

1/2 cup of macadamia oil or flax seed oil

5 scoops of whey protein powder (or 6 scoops of

Ultraclear (rice protein) or Ketoslim soy.

Water

Combine all ingredients, form into biscuit shape and cook in 150 degree oven for 20mins until brown

Meditation & Relaxation Techniques



Simple relaxation techniques that you do before you go to sleep, if done most days, can significantly increase your tolerance to stress and improves your quality of sleep.

I commonly recommend;

Relaxation and meditation Classes; Fern at Essential Being at Wau-

chope runs a meditation class on Friday mornings 10am ph 65864290 for details.

'Path to Peace of Mind' at the Adult Education has been very popular.

Relaxation tapes and CD's to put on as you get into bed each night.

The best place to buy these are at Essential Being or More than a Bookshop at

Wauchope. Including Fern's 'Time for meditation', Sue Ashton's 'Into the Stillness'

Yoga Nidra CD by Yoga space (blue cover) buy online at <http://www.satyananda.net/home.php> is one of my personal favorites.