

# Stress How To Beat It!



## 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](http://www.alternative-natural-remedies.com.au) and click on 'patient page' So, why is it that stress

affects 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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## What's New

### Byron Bay clinic

Tracey Lee will now be available for consultation at Byron Bay as well as her usual Port Macquarie clinic.

Katy Pickering which many of you know and love, will be

the office manager at the Byron Bay clinic.

The address is 1/59 Tennyson St Byron Bay (two houses down from the Green Garage) **ph 0266807938.**

**Fern** will also be available for readings, massage and meditation from Byron bay once a month.

**Jenna Vos** will be available for energy medicine healings and a range of massage at the Byron Bay clinic weekly.

## 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 severity of the stress. 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 emotionally.

Each person is individual and needs different approaches 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 more ...regular 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.

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

Do a form of exercise you enjoy, at long as you 'move' for at least 30mins 6 days a week.

## Herbs for Stress

There are many different herbal medicines that can relieve the symptoms of stress. Each is individualized to match the person's symptoms.

They come either in tablets or liquid form. The liquid form doesn't taste as good but has a better absorption and effect than the tablet form.

The quality of herbal products vary greatly, I always suggest you

buy your herbs from a herbalist or naturopath as they often know which products to use.

Some of the common ones are;

**Passionflower** used for anxiety and nervousness. Tension headaches, and sleeplessness.

**Skullcap** similar to passionflower but also has nervous fatigue and depression with anxiety and head-

aches.

**Astragalus** is usually used as an immune herb for chronic infections especially with fatigue debility and as a general tonic after stress.

**Lemon balm and Chamomile** used for digestive upsets with stress both are irritable and have insomnia but Lemon balm also has depression and sadness whereas Chamomile is more hypersensitive.



### 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. A good quality multi vit/min such as Metagenics Fem or

Male essentials 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 homoeopathic 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 Fem or Male Essentials, Fibroplex and Meta EPA/DHA with a herbal and/or homoeopathic 'stress' tonic."**

### 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 salts** (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.

There are also a number of **homoeopathics medicines** to help you through that 'stressful

event; such as

**Arg nit or Gelsenium** for the anxiety before a big exam or event;

**Ignatia** is used often when there has been an overburden of emotional 'strain' from grief or loss.

**Staph** is often used in emotional reactions of unresolved anger from being unjustly or unfairly treated by others.





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

### **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)

Two eggs

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 or ultrameal

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 Es-

sential Being at Wauchope 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.

Including Fern's 'Time for meditation', to buy phone Fern on 0412629459. 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.