

From Stress to Health

A Mind , Body, Spirit approach

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Impact of Stress

- 43% of all adults suffer stress-related health effects
- 75-90% of all visits to primary care physicians are for stress-related complaints or disorders.
- Stress has been linked to all the leading causes of death:
 - Coronary vascular disease, cancer, lung disease, accidents, liver cirrhosis and suicide.
- Stress is responsible for more than 25 billion workdays lost annually because of absenteeism.

What is Stress?

- Stress is the way your body responds to a *perception* of danger or overload.
- Stress is more energy going out than coming in; a set-up for *imbalance*. (think finances)

Types of Stressors

- Psychological: worry, fear
- Physical insults: surgery, trauma
- Infections: bacterial, viral
- Sleep deprivation

Types of Stressors

- Nutrient deficiencies: Vit C; Vit B5
- Chemical exposure: pollutants; medications
- Poor diet: high sugar; high saturated fats

Stress – Illness Connection

- **Inflammation** links stress to illness
- 80-90% of chronic diseases have an inflammatory component
- Chronic inflammation = chronic disease

Biggest causes of Inflammation

- **#1 Stress**
- **#2 Food:** Sugar, Grains, Dairy. Trans fats
- **#3 Food allergies/sensitivities:**
gluten, dairy, eggs, soy, corn and peanuts.
- **#4 Infections:** viruses, bacteria, yeast
- **#5 Toxins:** Chemicals in foods,
heavy metals, petrochemicals

Lessons from Stress

- Stress and the bottle of pop
- How do you make it go to calm?
- Why does it go to calm?

Calm is your natural state.

- You are always on a continuum between stress and calm
- Now matter how stressed you are, you are still connected to calm
- There is always something you can do to move towards calm

Continuums

Stress <-----> Calm

Illness <-----> Health

Lo Energy <-----> Hi Energy

Poor diet <-----> Good diet

How Stress and Nutrition are Related

- With increased stress, we forget what we know.
- Under stress, poor food choices are more likely and we eat “to feel better.”
- Unhealthy food choices increase your stress.

How Stress and Nutrition are Related

- Stress negatively influences diet; under increased stress:
 - Less time to plan meals; eat more and faster
 - More fast-food, less fruits, vegetables, beans and nuts
 - Burn up more nutrients and vitamins

How Stress and Nutrition are Related

- Diet influences stress and hormone balance:
 - High sugar, high saturated fats make insulin work harder: this leads to more stress and hormonal imbalance
 - Increased stress means more cortisol and epinephrine; higher blood sugar and weight gain
 - Lack of nutrients and vitamins increase adrenal stress leading to more stress

Hormone Imbalance and Illness

- Hormone imbalance is inevitable due to aging, poor diet and stress.
- High stress and cortisol interfere with thyroid function and progesterone function.
- Many common symptoms such as fatigue, insomnia, PMS, irritability and weight gain are due to hormone imbalance.

Perception and Stress: The Life Formula

Event----->Assessment----->Response

- Describes the mind-body connection
- How perception creates your stress

The Life Formula

Event----->Assessment----->Response

- The Assessment creates the Response
- The Event does not create the Response
- Your self-talk creates much of what you experience as life.

Rx for Health and Balance

- Mind
 - Breath awareness
 - Choose positive or neutral perceptions

Rx for Health and Balance

- Body: Eat a whole food diet
 - Fresh, organic unprocessed REAL food
 - Fruits and vegetables
 - Foods with fiber
 - Foods containing omega-3 fats

Rx for Health and Balance

- Body: Eliminate FAKE foods
 - High fructose
 - Trans fats
 - Processed foods
 - Food additives
 - Artificial sweeteners

Rx for Health and Balance

- Body: Support normal insulin function
 - Avoid sugar and empty starches (flour)
 - Eat small meals more often
 - Avoid saturated fats
 - Protein powders for shakes
 - Chromium, Mg, Selenium, Gymnema Sylvestre

Rx for Health and Balance

- Body: Supplements
 - Multivitamin : high quality and bio-available
 - Omega-3 fats/ Fish oils
 - Vitamin C
 - Vitamin D
 - Specific ones for specific support

Rx for Health

■ Body

- Pharmaceutical grade multivitamin, fish oils and Vit C is the minimum for all
- Improve quality and quantity of sleep
- Increase movement and activity: **ESSENTIAL**

■ Spirit

- Find spirituality for purpose and peace of mind

Rx for Health

- Super foods:
 - Broccoli family
 - Flax seeds
 - Avocado
 - Olives and olive oil
 - Kidney beans and others
 - Walnuts, almonds

Stress to Balance

- Calm your mind
- Anti-inflammatory diet and lifestyle
- Nutrition for health
- Support energy production
- Balance your hormones
- Regular detoxification

Optimal Health and Balance

	Energy Gain	Energy Drain
Body	Healthy food Exercise, Sleep	Fast-food Insomnia
Mind	Breath Aware Optimism	Worry Pessimism
Spirit	Prayer, Love, Gratitude	Grudge Hopeless