



Stress: How it effects us ?

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THE RELATIONSHIP BETWEEN STRESS AND DISEASE

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Acu-Health

- Nurse and Midwife
- Acupuncture and Traditional Chinese Medicine
- Patent Chinese Herbs
- Complex Homeopathy
- Cupping
- Laser therapy
- Pulsed electromagnetic frequency, Ondamed Therapy
- Stress Analysis via Heart Rate Variability



Stressors and Stress

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- A stressor is an agent or stimulus we respond to in our environment that causes stress.
- Examples of stressors are noises, queues, unpleasant people, a speeding car, bills etc.

Generally the more stressors we experience, the more stressed we feel which builds up in our body.

- Stress is the feeling we have when under pressure, and is your body's way of responding to any kind of demand.
- Good stress is positive and helps motivate us to get things done. Negative stress is when we constantly feel pressurised or traumatised by too many demands.



What causes Stress ?

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- The causes of stress in our lives are numerous and highly individual, as stress partly depends on your perception of it.
- Something that is stressful to you may not be for someone else.
- Some stresses get you going and they are good for you.
- However, when stress undermines both our mental and physical health they become harmful to us.
- It's not what happens to you, but how you react to it that matters.



The Stress Hormones



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- **Cortisol** and Adrenaline are important hormones in the body, secreted by the adrenal glands,(which lie close to the main arteries) in response to stress.
- They has been termed “the stress hormones” because they are secreted in higher levels during the body’ s ‘fight or flight’ response to stress.
- Normally, Cortisol is present in the body at higher levels in the morning, and at its lowest at night.
- While Cortisol is an important and helpful part of the body’ s response to stress, it’ s important that the body’ s relaxation response be activated so the body’ s functions can return to normal following a stressful event.
- Unfortunately, in our current high-stress culture, the body’ s stress response is activated so often that the body doesn’ t always have a chance to return to normal, resulting in a state of chronic stress.



Short –term effects of stress



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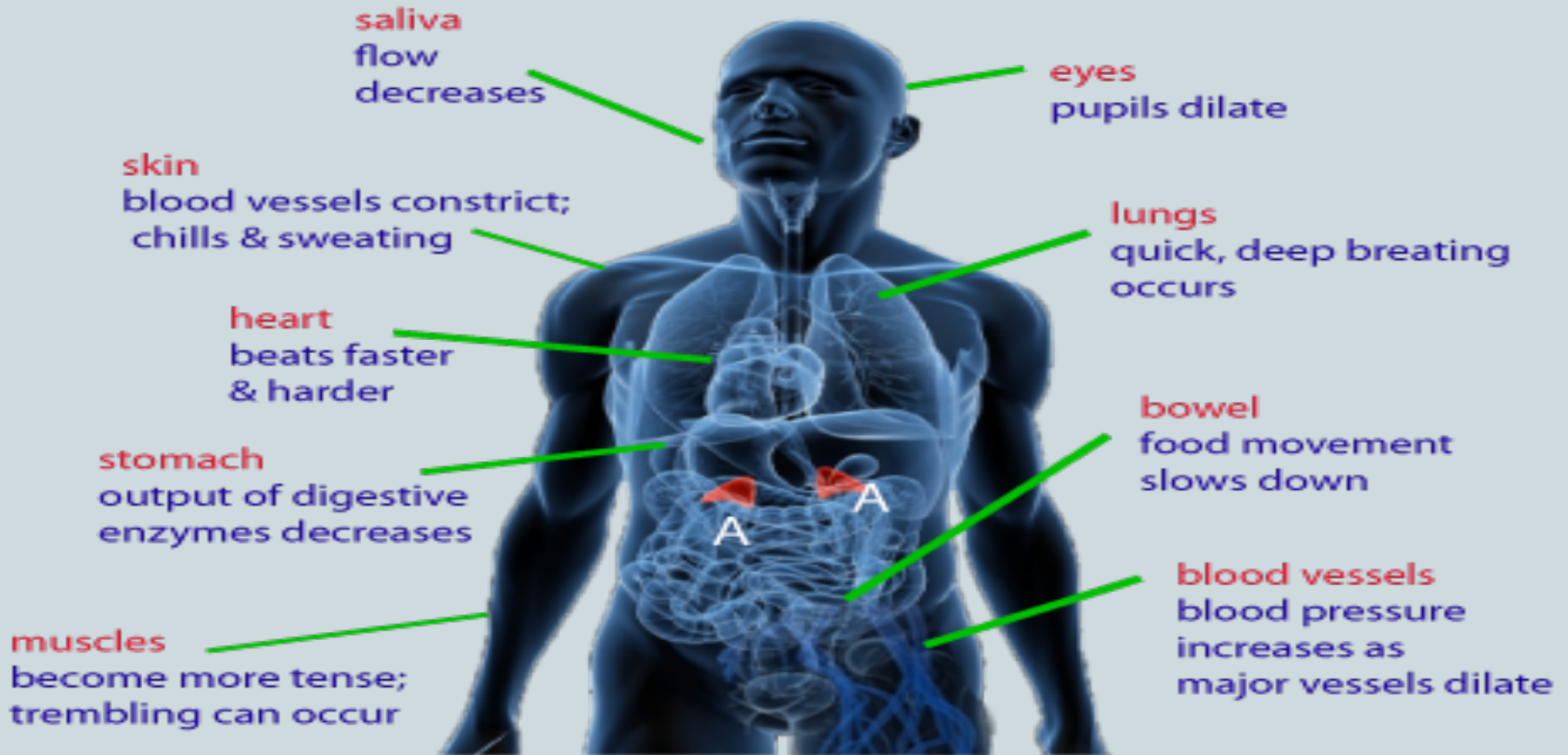
- • Mind becomes alert - ready to act or react
- • Dilated pupils
- • Dry mouth
- • Tension in neck and shoulders
- • Faster breathing
- • Faster heart rate
- • Higher blood pressure
- • Sweaty palms
- • Feeling sick or having a 'butterfly' stomach
- • Increased need to urinate
- • Constipation or diarrhoea



Stress and Disease

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Fight or Flight Response





Long-term effects of stress



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- Headaches , dizziness, blurred vision, sweating more than normal.
- Asthma, Allergies, Rheumatoid Arthritis, IBS, Crohn' s disease
- Hyperventilation, palpitations, panic attacks, anxiety and depression
- High blood pressure, high cholesterol, heart disease
- High blood sugar and weight gain, especially around the middle.
- Disturbed sleep patterns and fatigue
- Neck and back problems
- Menstrual problems, fertility problems and decreased sex drive
- Cancer
- Long term stress causes accelerated ageing



Fatigue and Insomnia



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- Prolonged stress makes us tired.
- If you are tired, why can't you fall asleep?
- Elevated Cortisol causes mental alertness at night
- Melatonin, the sleep hormone does not get to kick in
- Can't sleep until late, tired the next day.
- Vicious circle



Effects of prolonged elevated Cortisol



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- High levels of Cortisol is responsible for several stress-related changes;
- Increased appetite, overeating and lowered metabolism
- Insulin resistance and elevated blood sugar, leading to obesity and type two diabetes.
- Elevated cholesterol and triglyceride levels.
- Cortisol ramps up the blood pressure and raises the inflammatory response in the body, thus paving the way for heart disease.
- Gastric and duodenal ulcers (body does not produce enough protective mucous)



More effects of raised Cortisol



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- Suppression of white cell count and immune function thus leading to frequent infections, and stressed people are more prone to infections.
- Alteration in the brain neurochemistry of dopamine and serotonin secretion, leading to anxiety and depression
- Accelerated bone resorption leading to Osteoporosis
- Reduced levels of oestrogen and testosterone leading to low sex drive, menstrual problems and fertility issues.
- Suppresses thyroid function, increases risk of heart disease, weight gain, infertility etc.



Stress and the immune system



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- Small amounts of stress stimulate the Immune System but ***prolonged stress response*** sends this finely regulated system into chaos.
- The chronically stimulated Immune cells start to break down and can unleash destructive properties on the body's own tissues.
- Can lead to autoimmune disorders such as MS, Lupus, Fibromyalgia and Rheumatoid Arthritis.
- It is now estimated that chronic stress is the cause of 90% of disease



Tug of War



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The sympathetic nervous system (SNS) turns on the fight or flight response. In contrast, the parasympathetic nervous system (PNS) promotes the relaxation response.

- Like two tug-of-war teams skillfully supporting their rope with a minimum of tension, the SNS and PNS maintain metabolic equilibrium by making adjustments whenever something disturbs this balance.
- The strongmen on these teams are hormones, the chemical messengers produced by endocrine glands.





Stress chemicals

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- These hormones travel through the bloodstream to accelerate or suppress metabolic functions.
- The trouble is that some stress hormones don't know when to stop pulling. They remain active in the brain for too long – injuring and even killing cells in the hippocampus, the area of your brain needed for memory and learning.
- Because of this hierarchical dominance of the SNS over the PNS, it often requires conscious effort to initiate your relaxation response and re-establish metabolic equilibrium



Physical symptoms



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Aches and pains, back and neck pain.

Person feels more pain when stressed.

Diarrhea or constipation

Nausea, dizziness

Chest pain, rapid heartbeat

Loss of sex drive

Frequent colds



Cognitive symptoms



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The primary area of the brain that deals with stress is its limbic system, or the older part of the brain.

This interferes with the frontal part of the brain causing;

Memory problems

Inability to concentrate

Poor judgment

Negative thinking

Anxious racing thoughts

Constant worrying



Behavioural Symptoms



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Eating more or less than usual
Sleeping more or less than usual
Isolating yourself from others
Procrastinating or neglecting responsibilities
Using alcohol, cigarettes or drugs to relax
Nervous habits e.g. nail biting, pacing.



Emotional symptoms



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Moodiness

Irritability or short temper

Agitation, inability to relax

Feeling overwhelmed

Sense of loneliness and isolation

- Depression or general unhappiness
- Depressed people are more likely to develop heart disease and to have a heart attack.
- Depression is more common in people with heart disease.



Lack of clarity

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- When stress is out-of-control, it can get in the way of your ability to:
- Think clearly and creatively
- Communicate clearly
- Accurately "read" other people
- Hear what someone is really saying
- Trust others
- Attend to your own needs



Realize when you're stressed



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- You feel drained and depleted
- You can't concentrate or think straight
- You feel nervous and keyed up
- Your stomach is upset
- You're having trouble sleeping
- Your muscles are tense



Identify your stress response

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- The best way to quickly relieve stress and calm yourself down depends on your specific stress response.
- It is important to know whether you tend to become overexcited or under excited when overwhelmed.
- **Overexcited** - If you tend to become angry, agitated, or keyed up under stress, you will respond best to stress relief activities that are calming and soothing.
- **Under excited** - If you tend to become frozen, depressed, withdrawn, or spaced out under stress, you will respond best to stress relief activities that are stimulating and that energize your nervous system.



What to do



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- **Speed up**, if you are a person who is spaced out or depressed . Exercise
- **Slow down**, if you are a person who is angry or agitated. Relax
- **Help get unstuck**, if you are a person who is frozen with anxiety. Talk Therapy



What can be done?

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- *How to deal with stress*
- It is impossible to eliminate stress from your life but you can learn how to deal with it. The following steps should improve your ability to deal with stress:
- *Learn how to manage stress*
- You may feel like the stress in your life is out of your control, but you can always control the way you respond to this stress.
- Managing stress is all about taking control, being in charge of your thoughts, your emotions, your schedule, your environment and the way you deal with problems.
- Stress management involves changing the stressful situation when you can, changing your reaction when you cannot change the stressful situation, taking care of yourself and making time for rest and relaxation



What can be done

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- *Strengthen your relationships*
- A strong support network of family and friends is our greatest protection against stress. When you have trusted friends and family members you know you can count on, life's pressures do not seem as overwhelming.
- *Learn How to Relax*
- Learning techniques that help you to relax can impact on how stress affects you. Relaxation techniques such as yoga, meditation and deep breathing activate the body's relaxation response, inducing a state of restfulness that is the opposite of the stress response



Acupuncture and Chinese Medicine



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- 4000 years
- Balances energy system of body
- Nervous system
- Tonifies the organs of the Body



Acupuncture for Stress Management



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- The World Health Organization (WHO) has conducted an extensive review and analysis of clinical trials related to acupuncture, and reported the procedure has been proven effective for the following diseases:
- Anxiety and depression
- Stress
- High blood pressure
- Immune disorders
- Pain
- IBS symptoms



Acupuncture for other conditions



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- Wonderful results with acupuncture for most problems which can be linked to stress
- Energy
- Sleep patterns
- Concentration and focus
- Gynecological problems, painful periods, irregular periods, no periods
- Fertility
- Menopausal issues



Acupuncture diagnosis



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- In TCM there is a different system of diagnosis and the person's whole history is taken in order to reach a diagnosis.
- Stress/anxiety signs
- Lump in throat(plum stone)
- Sighing
- Irritability
- Constipation or diarrhoea
- Painful periods
- Wiry pulse
- Red sides on tongue and may be purple hue



Herbs and complex homeopathy



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- Before you pop pills, try **Giovanni Maciocia's herbs;**
- Liver Qi Stagnation
- Kidney Yin Deficiency
- Kidney Yang Deficiency
- Blood Deficiency
- **Pekana homeopathic remedies** from Germany
- Juvecal for mental and emotional exhaustion
- Psych Stability for nervous strain



Pulsed Electromagnetic Frequency



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Benefits of PEMF and homeostasis



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- Improves circulation by opening and dilating arteries and capillaries
- Causes the PH to become more alkaline, allowing for better oxygen uptake
- Increases the cellular level of oxygen absorption by up to 200%
- Anti-inflammatory, by reducing the enzymes that cause inflammation by up to 75%
- Returns the energy back to the cells and improves cell behavior by introducing electrical charges around the cell
- Causes the body to detoxify by opening up the cell membrane and allowing toxins out and nutrients in.



Ondamed Programs



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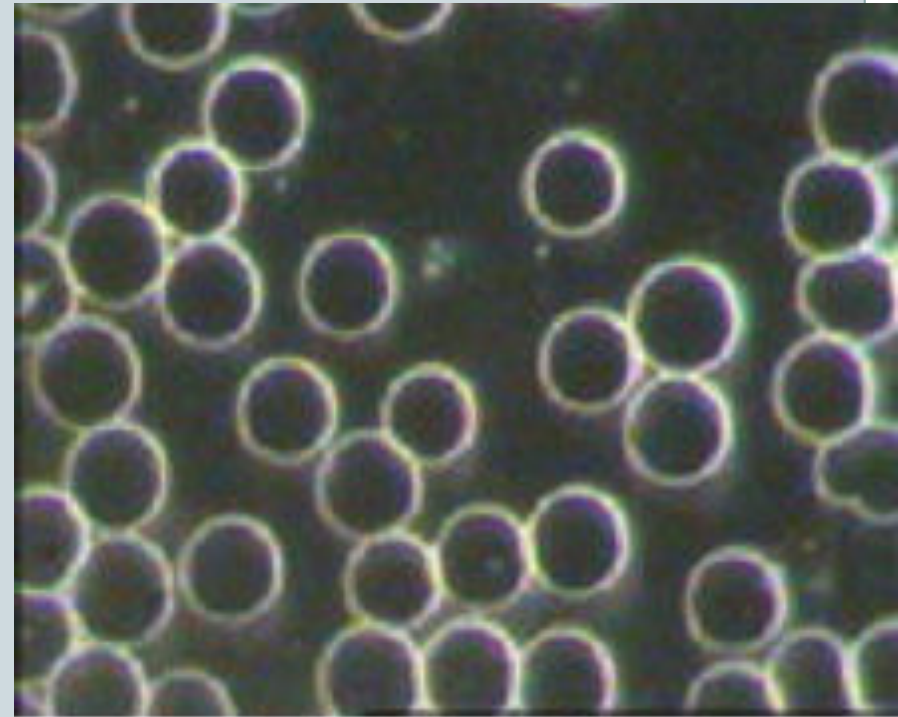
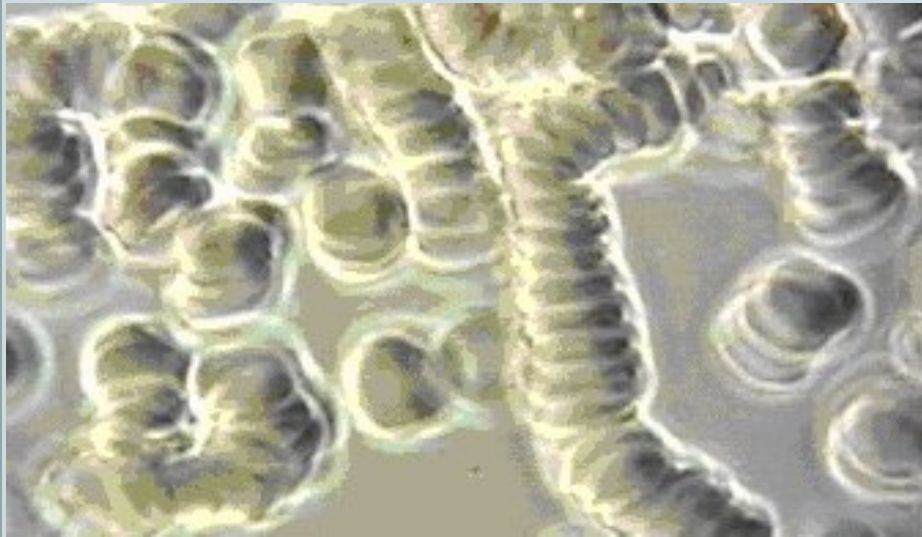
- Nervous system rebalancing- sympathetic and parasympathetic
- Sleep programs
- Stress programs
- Adrenal balancing
- Inflammation
- Pain
- Osteoporosis
- Boosting function of heart, lungs, liver, kidneys



Blood Comparison



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Blood after Dietary Changes





Stress and nutrition



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- Follow the Low GL diet – brown carbs
 - Eat little and often for energy
 - Balance blood sugar levels
 - Reduce sugar cravings
 - Reduce refined carbs and sugar
 - Increase soluble fibre -
vegetables, fruits, wholegrains, nuts seeds, beans.
 - Reduce saturated fat – dairy and meat
 - Increase fish and vegetable proteins



The low GL diet

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- It is a diet for life
- Lose weight and regain energy
 - Reduce your BMI
 - Reduce body fat
- Increase your metabolism
- Reduce stress by eating regularly
- Reduce insulin – the fat storing hormone
- Feel less hungry because you will combine protein with carbohydrate at each meal
- Reduce tea and coffee and increase water.



How to reduce inflammation



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- Increase omega 3 fats
 - Oily fish, fish oils, flaxseeds, chia, flaxseed oil, walnuts, turmeric, ginger
- Omega 3 fats thin the blood – useful to reduce blood pressure
 - Alkalisising vegetables and fruits
 - Diet should be 80% alkaline 20% acid
 - Reduce stress
 - B vitamins to lower homocysteine



Benefits of exercise

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- The physical benefits of exercise have long been established.
- Exercise is considered vital for maintaining mental fitness, and it can reduce stress.
- Studies show that it is very effective at reducing fatigue, improving alertness and concentration, and at enhancing overall cognitive function.
- This can be especially helpful when stress has depleted your energy or ability to concentrate.



How active are Irish people?

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The National Survey of Lifestyles Attitudes and Nutrition (SLÁN 2007) showed that only **41%** of Irish adults took part in moderate or strenuous physical activity for at least 20 minutes three or more times a week.

Guidelines for adults (aged 18–64)

At least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week).



Thank you



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- Summary.
- Stress is the biggest threat to our health.
- Take action and take control.
- Thank you for your attention.