



The Effects of STRESS on the Body

Instructions: Put an X next to each one that you have noticed on your body.

- Increased cortisol production: Associated with weight gain (especially in the belly), inability to lose weight or gain muscle, premature aging.
- Decreased nutrient absorption: Due to decreased enzymatic production from the stomach, pancreas and liver, decreased bile flow from gall bladder, decreased oxygenation and gastrointestinal blood flow.
- Increased nutrient excretion: Urinary loss of calcium, magnesium, potassium, zinc, chromium, selenium, and various micro-minerals.
- Decreased gut flora populations: Healthy intestinal bacteria are destroyed by stress, which can lead to immune problems, skin disorders, nutrient deficiencies, and digestive distress.
- Increase in salt retention: Can lead to high blood pressure.
- Decrease in thermic efficiency: Your ability to burn calories is diminished.
- Decrease in thyroid hormone: Can lead to a decrease in metabolic activity throughout the body.
- Increase in blood cholesterol: Stress by itself will raise LDL levels.
- Increase in blood platelet aggregation: A major risk factor in heart disease.
- Decrease in sex hormones: Can mean lower sex drive, low energy, decreased muscle mass.
- Increase in inflammation: The basis of many significant ailments, including brain and heart disease.
- Increase in gastric emptying time: Can lead to constipation; also a risk factor in diseases of the colon.
- Decrease in gastric emptying time: Can lead to diarrhea and larger food particles prematurely entering the small intestines, a probable factor in food allergies, sensitivities, and various disease conditions.



- Increased swallowing rate: A fast swallowing rate is a likely factor in digestive upset.
- Increased food sensitivities and allergies: Plenty of anecdotal evidence, most likely due to decreased immunity and leaky gut.
- Increased hydrochloric acid production: Increases probability of ulcers.
- Decrease in growth hormone: A key hormone in growing, healing and rebuilding body tissues; helps to burn fat and build muscle.
- Increase in insulin resistance: Chronic low-level stress may cause target cells to become unresponsive to insulin, a factor in diabetes, weight gain, heart disease and aging.
- Increase in erratic function of LES: Lower esophageal sphincter opens inappropriately, causing gastric reflux (also known as heartburn).
- Increase in oxidative stress: Prematurely ages the body; a precursor to numerous diseases.
- Increase in risk of osteoporosis: Bone density has been shown to decrease in stresses and depressed women; stress increases urinary excretion of calcium, magnesium and boron.
- Decrease in mitochondria: These are the energy powerhouses of the cell; when the number of these tiny cellular organelles are diminished, we literally produce less energy; can lead to chronic fatigue.

AUTONOMIC NERVOUS SYSTEM

A) Sympathetic

- Stress response - flight or fight
- Blood goes into the limbs
- Digestion shuts down
- Metabolism slows down
- Fat is stored rather than burned - what if I won't eat again for a long time??
- Brain capacity is compromised - survival only

My Top 3 Stressors:

- 1.
- 2.
- 3.

→ What are your habits to avoid? Remember them?

Bring them back to your attention and see if they are similar to or same as your stressors.

B) Parasympathetic

- Feel & Heal
- Rest & Digest
- Blood is equally distributed in the body
- Metabolism goes up
- Fat is burned
- Brain is in creativity mode, expanding

My Top 3 Relaxers:

- 1.
- 2.
- 3.

Only ONE of them can be turned on at a time, so it's EITHER A or B.

