Stress

The Silent Killer

A lecture presented by Dr. Colleen Hart, N.D.

I. Background on the presenter.
II. What is wholistic medicine?
III. How to pursue health, a mindset.
IV. What are the signs of stress?
   Overeating
   Loss of appetite
   Stomach aches
   Indigestion/ heartburn
   Irregular bowel habits
   Nervous, anxious
   Poor digestion
   Insomnia
   Inability to focus
   Tension headache
   Migraine headache
   Frequent colds and flu
   Hypertension
   Diabetes
   Heart Attack
   Stroke
   Pulmonary Embolism

V. Stress as a synergistic causative factor in all illness.
VI. Stress as a detrimental effect in the healing process.
VII. Empty bank of Joy.
VIII. Medication has it’s place in managing stress.

Mind as Healer Mind as Slayer by Kenneth R. Pelletier

Stress Reduction

How to Enjoy Your Life

I. Good Nutrition
   Daily protein, good oils, at least 5 servings of fruits and vegetable
   (variety), whole grains, lots of filtered water.
   Avoid: processed food, additives, dyes, hydrogenated oils, trans fatty
   acids, empty calories.
   Moderate: alcohol, caffeine, refined sugar.
   B-complex
   Calcium-magnesium
   Good multiple vitamin
II. Exercise
   Appropriate for your body, usually aerobic, strength, and stretching.

III. Adequate Sleep
   Appropriate for your body, but very important.

IV. Herbs
   Licorice for adrenal support, hops, valarian for relaxation.
   Many herbs available depending on your situation.
   Licorice or chamomile tea are great to use.

V. Accupuncture
   The great tonifier that can help whole body get back into balance by balancing our energetic meridians.

VI. Homeopathy
   Energetic medicine, very non toxic, that can help the whole system get back into balance.
   Homeopathic gelsemium helps with stage fright. Take before a performance.

VII. Bach flowers
   Rescue Remedy. Take 2 drops for relieving acute stress.

VIII. Relaxation
   Bodywork: massage, craniosacral therapy, shiatsu.
   Yoga
   Tai Chi
   Feldenkrais
   Reiki
   Meditation
   Fun

IX. Know yourself, your limits
   Lots of self-help books available
   Psychotherapy
   Art
   Writing/ journaling

X. Come to terms with your relationships:
   The Four Things That Matter Most, A Book About Living by Ira Byock, M.D.

XI. Friendship and Intimacy
   My new favorite topic. Friends and confidants help us to understand by sharing and by listening. It is one of the greatest things to cultivate in our lives, without it is a missing piece.

XII. Prioritize self care
   It is a choice
   It is a requirement of good health

XIII. Spiritual inquiry/practice
   Of your choice
   Our spirit is what unifies us with the human species.