

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, valerian 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
Feldenkreis
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.

