

# **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.

