

### What is stress?

Type of Stress	Examples
Physical	Lack of sleep, excess exercise, chemicals, drugs, alcohol, junk food, accidents
Environmental	Pollution, noise, extremes of temperature, electromagnetic fields
Biological	Illness, pain, infections, hormone changes, oxidation
Sociological	Marriage, moving, work, daily hassles, caring for an ill loved one, loss, divorce, death of loved one
Psychological	Anger, fear, anxiety, frustration, negative thoughts, time constraints

### How does stress harm us?

Short term	Long term
Increased heart rate and blood pressure	Increased risk of heart attack and stroke, cardiovascular disease
Increased blood sugar	Increased risk of type 2 diabetes
Reduced blood flow to digestion	Decreased digestion and absorption of nutrients, heartburn, constipation
Reduced immune function	Increased infections, allergies and risk of cancer
Reduced thyroid hormone	Decreased metabolism, weight gain, depression, constipation, hair loss
Reduced reproductive hormone production	Decreased fertility, impotence, PMS, menopausal symptoms

### How to reduce stress:

#### Lifestyle factors

Relaxation techniques:

Deep breathing  
 Meditation  
 Biofeedback  
 Yoga  
 Qigong  
 Tai chi

Exercise: aerobic and/or anaerobic,  
 30-40 minutes to discharge stored stress.

Goal setting  
 Time management  
 Assertiveness training  
 Therapy

### What to eat: Seasonal, Organic, Unrefined, Local (SOUL foods)

**Proteins** – organic, un-processed, pasture raised meats, eggs, dairy

**Quality fats** – as provided by nuts, seeds, ocean fish, organic meats

**Fiber rich foods** – whole grains, vegetables, seeds, nuts, beans

# Eating 4 Health



**A Rejuvenating Food System**  
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*Organic, Seasonal, Nutrient-rich, and Individualized*

What to avoid/limit	Replace with
Sugar, artificial sweeteners	Fruit, stevia, honey
White bread, white rice, pasta	Whole grains, vegetables
Alcohol	Sparkling water with lemon or lime
Hydrogenated fats, fried foods, processed cheeses	Organic natural fats: nuts, seeds, coconut, olive oil, butter, raw cheeses

**References:**

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