

# STRESS

**“ My work and Life are not what I expected !”**

By: The Romano Foundation.

Mr.Frank Tull, Senior Nutritional Consultant

The term” **STRESS**” refers to any reaction to a physical, mental, social, or emotional stimulus that requires a response or alteration to the way we perform, think, or feel. Change is stressful- whether the change is good or bad. Worry produces stress. Indeed, stress is an unavoidable part of life. It can result from any good things, both physical and psychological. Pressures and deadlines at work; problems with loved ones, the need to pay the bills, and getting ready for the holidays are obvious sources of stress for many people. *Clinical studies have shown the 85 % of people in management positions have lots more stress than the rest of the employees”*

Less obvious sources include everyday encounters with crowds, noise, traffic, pain, extremes of temperatures, and even welcome events such as starting a new job or the birth or adoption of a child. Overwork, lack of sleep, and physical illness put stress on the body. Excessive alcohol consumption and smoking are usually increased as a reaction to stress and yet create more stress for the body. Some people create their own stress; whether there is anything objectively wrong in their lives or not, they find things to worry about. For such people, stress becomes an addiction.

Some people handle stress well, and it has little impact on their emotions or physical health. Others are very negatively influenced by it. *Stress can cause fatigue, chronic headache, irritability, changes in appetite, memory loss, low self-esteem, withdrawal, teeth grinding, cold hands, high blood pressure, shallow breathing, nervous twitches, lowered sexual drive, insomnia or other changes in sleep patterns, and/or gastrointestinal disorders. Stress creates an excellent breeding ground for illness. Researchers estimate that stress contributes to many major illnesses, including cardiovascular disease, cancer, endocrine and metabolic disease, skin disorders, and infectious ailments of all kinds. Stress is also a common precursor of psychological difficulties such as anxiety and depression.*

Stress is often viewed as a psychological problem, but it has very real physical effects. The body responds to stress with a series of physiological changes that increases secretion of adrenaline, elevation of blood pressure, acceleration of the heartbeat, and greater tension in the muscles. Digestion slows or stops, fats and sugars are released from stores in the body,

cholesterol levels rise, and the composition of the blood changes slightly, making it more prone to clotting. This in turn increases the risk of stroke or heart attack.

Almost all body functions and organs react to stress. The pituitary gland increases its production of adrenocorticotrophic hormone (**ACTH**), which in turn stimulates the release of the hormones cortisone and cortisol. These have the effect of inhibiting the functioning of disease-fighting white blood cells and suppressing the immune response. This complex of physical changes is called the “fight or flight” response and is apparently designed to prepare one to face an immediate danger. Today, most of our stresses are not the result of physical threats, but the body still responds as if they were.

As a result of a complex of physical reactions, the body does not absorb nutrients well when it is under stress. The result is that, especially with prolonged or recurrent stress, the body becomes at once deficient in many nutrients and unable to replace them adequately. Many of the disorders that arise from stress are the result of nutritional deficiencies, especially deficiencies of the proper functioning of the nervous system, and the certain electrolytes, which are depleted by the body’s stress response. Stress also promotes the formation of free radicals that can become oxidized and damage body tissues, especially cell membranes.

*Anxiety, panic attacks, obsessive-compulsive disorders, post-traumatic stress disorder (PTSD), dissociative disorders, and phobic disorders are among the more serious emotional manifestation of stress. They are often a result of an event that the individual was unable to deal with at the time.*

Post-traumatic stress disorder in particular seems to be becoming increasingly common in our stress-filled world. The key sign of **PTSD** involves mentally reliving past traumatic events in a manner and to an extent that this interferes with normal life.

Many people attribute their stress-related symptoms to “nerves,” and in fact stress usually does affect the parts of the body that are related to the nervous system first, especially through the digestive organs. Symptoms of stress-related digestive disorders may be a flare-up of an ulcer or irritable bowel syndrome. If stress that produces such symptoms is not handled properly, more serious illnesses may result.

***Food Tips:** Avoid processed food and start a change to 50 – 75 % raw foods. Fresh Fruits and vegetables. Avoid Softdrinks, chocolate, eggs, fried foods, junk food, pork, redmeat, sugars, complex carbohydrates, heavy spices and pepper. Eliminate dairy completely, limit use of caffeine, reduce use of alcohol, tobacco and other types of hard drugs.*

***Exercise tips :** Start exercising, outdoor activity preferable.*

***Relax :** Join a yoga class, practise deep breathing or learn to do relaxing activities, like fishing, hikes and beach visits*

*Try to get sufficient sleep and monitor internal conversations. Try to find something else to do or stop the dialogue with yourself.*

*Identify the sources of the stress and get them out of the way.*

*Take a few days off from work if needed. Pursue a hobby, avoid hassles, don't deny your emotions, it's okay to cry as men, you will feel a lot better after.*

*Try some aroma therapy at home, like eucalyptus oil or mint oils. Don't take life too seriously, learn to laugh and have fun.*

*Find a girlfriend and have a lot of sex. If you already have a wife try something different, have sex in unusual positions or in different environment. Limit liming with friends in bars on corners of streets...it won't work!*