

# Stress

(Some notes from Dr. Bruce Miller)

## ***What is it?***

Stress is a demand on the body. It can be a good or bad demand. Some stress patterns can be deadly.

- Normal ---
- Hard Stress
  - a. Continual hard stress may lead to physical disease.

## ***What are the sources of stress?***

- \*Environment - job loss, a move, wedding....
- \*Our Body - puberty, pregnancy, menopause....
- \*Our thoughts - Negative self talk, fear versus faith

## ***Effects of Stress?***

- **Blood sugar goes up** preparing to fight or flee. There comes a tremendous need for the stress nutrients: Stress Relief, B Complex, Vita C, Protein, Zinc and also Garlic.
- **Respiratory system speeds up** needing extra vitamin E, Beta Carotene, Vitamin C and Iron to obtain more oxygen.
- **Digestive System shuts down** – diarrhea or constipation. Little food is absorbed. Food supplements are much easier to digest. Drink diluted soy protein in the morning with. Helpful supplements are: Calcium Magnesium, Herb Lax, Fiber, Sports Drink (performance) if diarrhea.
- **Heart rate goes up.** EPA to avoid stress clots. Calcium, Vita E, B Complex, Beta Carotene, Garlic
- **Blood fats go up.** This can give a false high Cholesterol reading if under stress: B, Cal Magnesium, Garlic, Beta, EPA
- **Blood Pressure goes up:** B Complex, Vita E and Calcium are vessel dilators
- **Blood Clots** easily with stress. This is dangerous because of heart attacks: Need EPA, E, Garlic
- **Immune System shuts down** with constant stress = illness.
- **Endocrine System** - Glands slow down too. Glandular breakdown. Aging. If you have a weak system genetically really zero in on these needed nutrients.

## ***What to do?***

- Use light and easy to digest food. Increase fiber and water in the diet. Supplement properly or your body will feed on itself.
- Use **Stress Relief Complex**. It is safe enough for a 2-year-old. 2 at bedtime are especially helpful. 1 morning and afternoon can also be taken. You will see a calming effect without drowsiness within 30 minutes.
- B Complex can be used up in 15-20 minutes with stress. B is also a calming agent for anyone coming off any addiction.
- Vitamin C is used up hurriedly in 20 to 30 minutes.
- High need for protein (soy protein). This is one time to mix fiber with protein. Protein is involved in every aspect of the body.

## ***How to Cope?***

- **Stop and identify the stressor.** Is this real or in my mind? Begin to immediately take your thoughts captive according to I Cor 10:3
- Stress produces a fight or flight reaction. In our society we can't flee or fight so we tend to internalize. When stress takes us to exhaustion, we are in trouble.
- **Pray** Phil 4:6-8
- **Exercise** releases natural tranquilizer.
- **Laugh** -this changes blood chemistry from acid to alkaline.
- **Cast your care** over on the Lord for He cares for you.
- **Break the problem down** into smaller pieces. Map out a plan.
- **Avoid stimulants:** coffee, tea, cola, sugar and junk food. These use up the nutrients needed to cope with stress and also promote depression.
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- Poor nutrition = poor response to stress.
- Optimal nutrition = best chance to handle stress.

*Jesus came that we might have life and have it more abundantly. ~  
John 10:10*