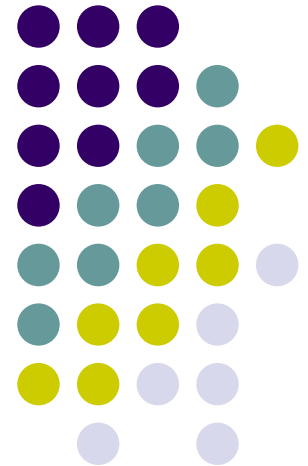


Stress: How It Affects You and What You Can Do About It

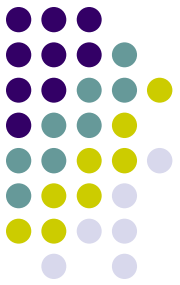
Andreas Schwerte, O.M.D., L.Ac





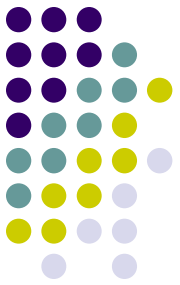
Outline

- Pillars of Health
- What is Stress?
- Causes of Stress (Stressors)
- Effects of Sustained Stress
- What Can You Do?
- Adrenal Fatigue / “Burnout”
- Solutions
- Resources



Objectives:

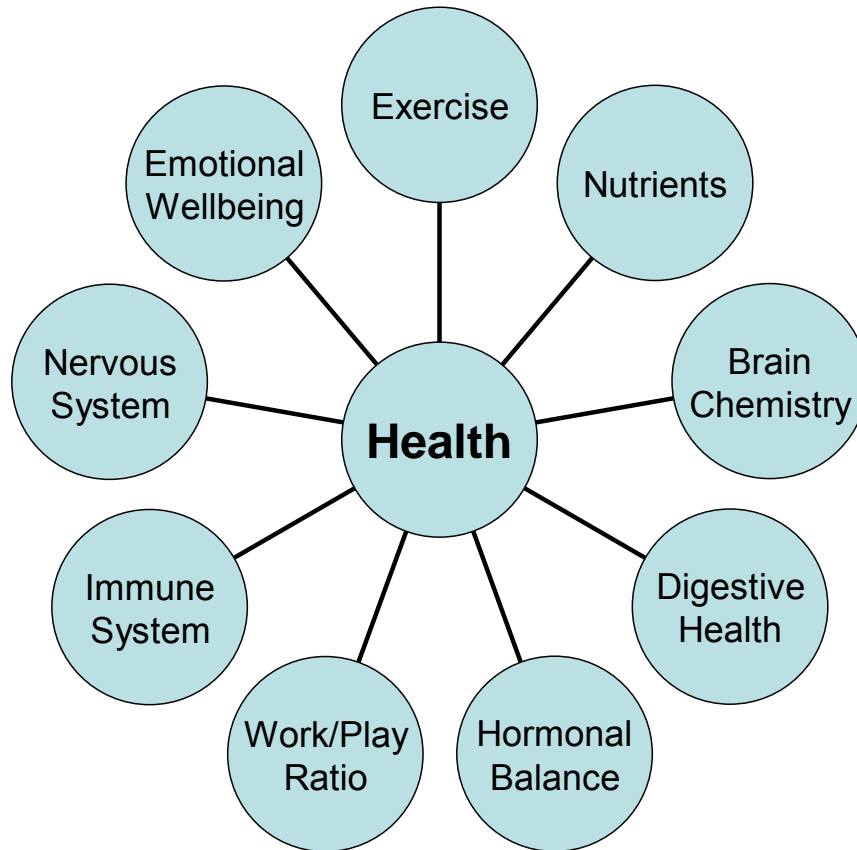
- To get a basic understanding of stress in order to:
 - Be happier
 - Be healthier
 - Be more productive
- Answer any questions you might have



“If you ask what is the single most important key to longevity, I would have to say it is avoiding worry, stress and tension. And if you didn't ask me, I'd still have to say it.”

-- George F. Burns

The Pillars of Health



What is Stress?



- A force that tends to strain or deform
- A physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in causing disease
- Stress always causes a “***Fight or Flight Response***” in humans or animals

Common Stressors

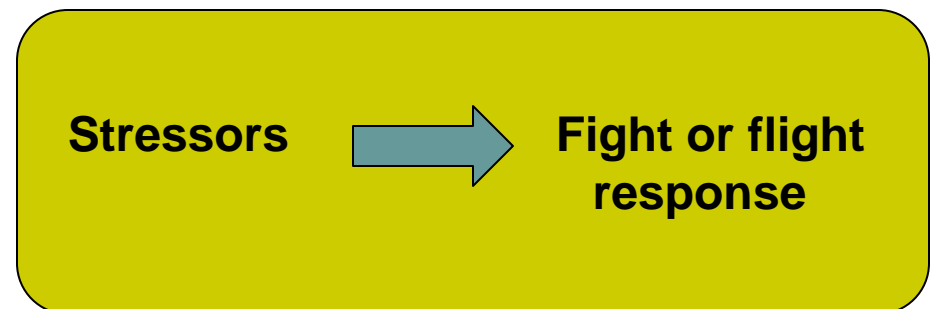


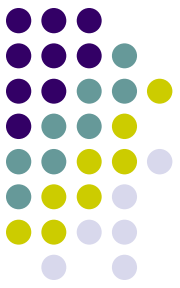
Modern Humans

- Traffic
- Work / Deadlines
- Family
- Relationships
- Money
- People at Work
- Politics
- Food
- Chronic Pain
- Chronic Inflammation
- Chemical:
 - Environmental Pollutants
 - Smoking
 - Heavy Metals
 - Drugs (OTC!)
 - Food
 - Vaccines
 - Infections
- Emotional:
 - Fear
 - Anxiety
 - Excitement
 - Worry

Ancient Humans/Wild Animals

- Serious Physical Injury
- Predators
- Starvation





The Fight or Flight Response

- ***Designed for dealing with short-term physical emergencies/saving your life!***
- The body alters metabolic/chemical cycles in order to accommodate for stress.

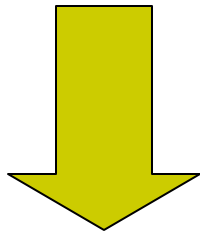
Important	Not Important
<ul style="list-style-type: none">● Maximum mobilization of energy (↑)● Sharpening of cognition (↑)● Blunting of pain (↑)	<ul style="list-style-type: none">● Digestion (↓)● Growth/Regeneration (↓)● Reproduction (↓)● Immunity (↓)

These tasks are put on hold to conserve energy

Effects

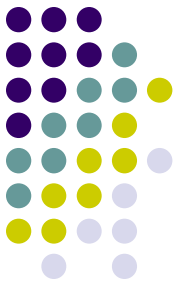


Sustained Stress



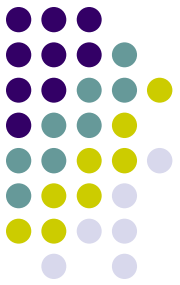
Disease





Effects of Sustained Stress

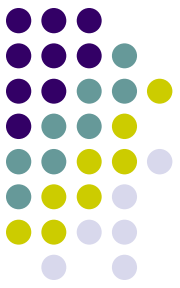
- **Digestive Problems (Acid Reflux, Ulcers, IBS, IBD)**
- **Infertility / Impotence**
- **Allergies / Weak Immunity**
- **Food Cravings**
- **Insomnia**
- **Chronic Inflammation / Pain**
- **Chronic Fatigue**
- **Cancer**
- **Diabetes**
- **Obesity**
- **Heart Disease**
- **High Blood Pressure / Cholesterol**
- **Autoimmune Disease**
- **“Burnout”**
- **Other**



What Can You Do?

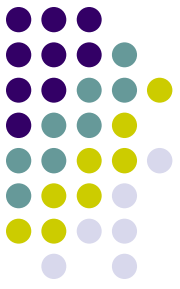
- Change in attitude (individual/community)
 - *Be proactive, identify your stressors and act. Consult with a holistic practitioner if necessary.*
- Stress management (e.g. exercise, meditation)
- Healthy diet
- Create a non-toxic environment
- Organize your life: “Plan your work and work your plan”
- Get educated about stress and effects
- **Treatment (if stress has affected your health)**
 - Holistic Medicine
 - Counseling

Symptoms of Adrenal Fatigue or “*Burnout*”



- Exhaustion, chronic fatigue
- Non-refreshing sleep
- Sleep disturbance, insomnia
- Feeling overwhelmed or unable to cope
- Craving salty and/or sweet foods
- Sensitivity to light
- Low stamina and slow to recover from exercise
- Slow to recover from injury or illness
- Difficulty concentrating, brain fog
- Poor digestion
- Irritable bowel syndrome (IBS)
- Low immune function
- Premenstrual syndrome
- Menopause symptoms
- Low blood pressure

Symptoms of AF - Continued



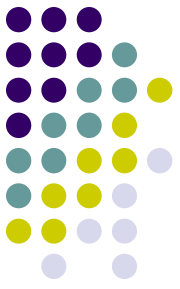
- Sensitivity to cold
- Fearfulness
- Allergies
- Frequent colds
- Frequent influenza
- Arthritis
- Anxiety / Panic attacks
- Irritability
- Depression
- Reduced memory
- Lack of lust for life and/or food
- Excess hunger
- Low appetite
- Irritability, impatience, quick to anger
- Low libido, sexual drive

Adrenal Glands



- Regulate:
 - The stress response
 - Hormones (tell the body what to do)
 - Brain chemistry and central nervous system
 - Fat, sugar, protein metabolism
 - Blood pressure
 - Reproductive health

A Simple Solution



- Adrenal health is easy to assess through simple **saliva-based tests**.
 - ➔ Specific indicators of adrenal fatigue can be measured
 - ➔ Specific therapies can be designed to re-establish proper adrenal functioning
 - ➔ Health can easily be restored

What Concerns Do You Have?



- Any questions? Please email me at:
<http://www.andreasschwerte.com/contact/>
- Or call **(415) 434-1530** to schedule a consultation or adrenal health assessment

Resources



- More information on stress-related conditions, fertility and chronic pain:
<http://www.andreasschwerte.com/>