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IT'S HOW MEDICINE SHOULD BE®

Stress to Balance

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Impact of Stress

- **43% of all adults suffer stress-related health effects**
- **75-90% of all visits to primary care physicians are for stress-related complaints or disorders.**
- **Stress has been linked to all the leading causes of death:**
 - **Coronary vascular disease, cancer, lung disease, accidents, liver cirrhosis and suicide.**
- **Stress is responsible for more than 25 billion workdays lost annually because of absenteeism.**

Stress

- What is Stress?
- How Does Your Body Let You Know?
- How are Stress and Nutrition Related?

What is Stress?

- Stress is the way your body responds to a *perception* of danger or overload.
- Stress is more energy going out than coming in; a sign of *imbalance*.

Types of Stressors

- Psychological: worry, fear
- Physical insults: surgery, trauma
- Infections: bacterial, viral
- Sleep deprivation

Types of Stressors

- Nutrient deficiencies: Vit C; Vit B5, Mg
- Chemical exposure: pollutants; medications
- Fast-food diet: high sugar; high saturated fats

A review of the types of stressors reminds us that stress is a pressing issue for most Americans today.

How Does Your Body Let You Know?

- Stress Warning Signals:
 - Thoughts
 - Emotions
 - Sensations..... seek healthcare
 - Behaviorseating

Continuums

Stress <-----> Calm

Illness <-----> Health

Lo Energy <-----> Hi Energy

Poor diet <-----> Good diet

How Stress and Nutrition are Related

- With increased stress, we forget what we know.
- Under stress, poor food choices are more likely and we eat “to feel better.”
- Unhealthy food choices increase your stress.

How Stress and Nutrition are Related

- Stress negatively influences diet; under increased stress:
 - Less time to plan meals; eat more and faster
 - More fast-food, less fruits, vegetables, beans and nuts
 - Burn up more nutrients and vitamins

How Stress and Nutrition are Related

- Diet influences stress and hormone balance:
 - High sugar, high saturated fats make insulin work harder: this leads to more stress and hormonal imbalance
 - Increased stress means more cortisol and epinephrine; higher blood sugar and weight gain
 - Lack of nutrients and vitamins increase adrenal stress leading to more stress

Hormone Imbalance and Illness

- Hormone imbalance is inevitable due to aging, poor diet and stress.
- High stress and cortisol interfere with thyroid function and progesterone function.
- Many common symptoms such as fatigue, insomnia, PMS, irritability and weight gain are due to hormone imbalance.

Perception and Stress: The Life Formula

Event----->Assessment----->Response

- Describes the mind-body connection
- How perception creates your stress

The Life Formula

Event----->Assessment----->Response

- The Assessment creates the Response
- The Event does not create the Response
- Your self-talk creates much of what you experience as life.

Rx for Health and Balance

- Mind
 - Breath awareness
 - Choose positive or neutral perceptions

Rx for Health and Balance

- Body: Eat a whole food diet
 - Fresh, organic unprocessed REAL food
 - Fruits and vegetables
 - Foods with fiber
 - Foods containing omega-3 fats

Rx for Health and Balance

- Body: Eliminate FAKE foods
 - High fructose
 - Trans fats
 - Processed foods
 - Food additives
 - Artificial sweeteners

Rx for Health and Balance

- Body: Support normal insulin function
 - Avoid sugar and empty starches (flour)
 - Eat small meals more often
 - Avoid saturated fats
 - Protein powders for shakes
 - Chromium, Mg, Selenium, Gymnema Sylvestre

Rx for Health and Balance

- Body: Supplements
 - Multivitamin : high quality and bio-available
 - Omega-3 fats/ Fish oils
 - Vitamin C
 - Vitamin D
 - Specific ones for specific support

Rx for Health

- Body
 - Pharmaceutical grade multivitamin, fish oils and Vit C is the minimum for all
 - Improve quality and quantity of sleep
 - Increase movement and activity: **ESSENTIAL**
- Spirit
 - Find spirituality for purpose and peace of mind

Rx for Health

- Super foods:
 - Broccoli family
 - Flax seeds, and linseed oil
 - Avocado
 - Olives and olive oil
 - Whole grain cereals
 - Kidney beans and others
 - Walnuts, almonds

Stress to Balance

- Calm your mind
- Nutrition for health
- Support energy production
- Balance your hormones
- Support digestion and gut
- Reduce inflammation
- Regular detoxification

Optimal Health and Balance

| | Energy Gain + | Energy Drain - |
|--------|---------------------------------|-----------------------|
| Body | Healthy food Exercise, Sleep | Fast-food Insomnia |
| Mind | Breath Aware Optimism | Worry Pessimism |
| Spirit | Prayer, Love, Gratitude | Grudge Hopeless |