

STRESS

YOUR GUIDE TO STRESS MANAGEMENT



Metagenics

Genetic Potential Through Nutrition

Recommendations for Stress Management.

STRESS IS THE FUNDAMENTAL CAUSE OF MANY MEDICAL CONDITIONS.
THIS BOOKLET IS THE ESSENTIAL GUIDE TO HELP YOU
MORE EFFECTIVELY MANAGE STRESS.

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YOUR GUIDE TO STRESS MANAGEMENT

Congratulations on your decision to take positive steps to help manage the effects of stress in your life. With your Practitioner's support, you will be able to use strategies to help you feel calmer, more optimistic and more in control of your situation.

Stress affects people in different ways and causes different problems for different people. While there are many things that you can do for yourself to help manage stress, working with a Natural Health Practitioner who understands these differences and is able to identify and provide treatment for your specific needs will enable you to manage your stress better and reduce the impact of stress on your life.

This booklet explains what stress is, the many changes that can happen in your body when you are stressed and the types of things that can make stress worse for you. This booklet also explains some of the treatments that your Practitioner may recommend to you and how these treatments may help. It also contains plenty of information and suggestions about things that you can do for yourself to reduce the amount of stress in your life and prepare yourself so that you cope better when stressful events do occur.

STRESS RESPONSE ---

Believe it or not, stress does have a purpose and small amounts of stress can even be beneficial. Short-term stress can motivate you and give you the energy that you need to perform a task or activity. In more primitive times, when we were faced with a threat from predators, the stress response was responsible for making sure that we dedicated 100% of our resources to survival.

When you face a stressful event your body goes through a process in response to this stress.

Fight or Flight

First your body pumps out chemicals including adrenaline that help you to respond quickly to the situation. This is known as the “fight or flight” response. You may feel your heart beating faster, your breathing speed up, you may begin to sweat and feel full of energy. Your body also directs blood away from your digestive and other organs to your muscles, heart and brain.

Maintenance

After this very fast initial reaction, your body releases different chemicals that allow you to stay in this active state to deal with the stressor. This includes breaking down stored energy in the body so that you can stay

active for longer. All of this is a normal process, designed to help you to overcome a stressful situation by giving you the energy you need to deal with it.

Recovery

After the stress has gone your body has time to recover. With proper recovery time your body builds up its energy stores again and the parts of your body that were neglected while the stress was happening regain their normal supply of blood and nutrients.

However, if you face stressful situations often or have extreme, longstanding or ongoing stress, your body will use up all of its energy resources and you become exhausted. Also, the nature of the stressors we face has changed, and now there are not many times where the strategies of running or fighting is very helpful. Therefore, we need to manage stress, and our response to stressors to ensure balance and health.

ASSESS YOUR STRESS

Take a minute now to look through the following list of life events and make note of how many of these events have occurred in your life in the past 6 or 12 months.

Life Change Event	LCU*
Health	
<ul style="list-style-type: none">• An injury or illness which:<ul style="list-style-type: none">○ Kept you in bed a week or more, or sent you to the hospital○ Was less serious than above	74 44
• Major dental work	26
• Major change in eating habits	27
• Major change in sleeping habits	26
• Major change in your usual type and/or amount of recreation	28
Work	
• Change to a new type of work	51
• Change in your work hours or conditions	35
<ul style="list-style-type: none">• Change in your responsibilities at work:<ul style="list-style-type: none">○ More responsibilities○ Fewer responsibilities○ Promotion○ Demotion○ Transfer	29 21 31 42 32

<ul style="list-style-type: none"> • Troubles at work: <ul style="list-style-type: none"> ○ With your boss ○ With coworkers ○ With persons under your supervision ○ Other work troubles 	29 35 35 28
• Major business adjustment	60
• Retirement	52
<ul style="list-style-type: none"> • Loss of job: <ul style="list-style-type: none"> ○ Laid off from work ○ Fired from work 	68 79
• Correspondence course to help you in your work	18
Home and family	
• Major change in living conditions	42
<ul style="list-style-type: none"> • Change in residence: <ul style="list-style-type: none"> ○ Move within the same town or city ○ Move to a different town, city or state 	25 47
• Change in family get-togethers	25
• Major change in health or behaviour or family member	55
• Marriage	50
• Pregnancy	67
• Miscarriage or abortion	65
<ul style="list-style-type: none"> • Gain of a new family member: <ul style="list-style-type: none"> ○ Birth of a child ○ Adoption of a child ○ A relative moving in with you 	66 65 59

• Spouse beginning or ending work	46
• Child leaving home:	
○ To attend college	41
○ Due to marriage	41
○ For other reasons	45
• Change in arguments with spouse	50
• In-law problems	38
• Change in the marital status of your parents:	
○ Divorce	59
○ Remarriage	50
• Separation from spouse:	
○ Due to work	53
○ Due to marital problems	76
• Divorce	96
• Birth of grandchild	43
• Death of spouse	119
• Death of other family member:	
○ Child	123
○ Brother or sister	102
○ Parent	100
Personal and social	
• Change in personal habits	26
• Beginning or ending school or college	38
• Change of school or college	35
• Change in political beliefs	24
• Change in religious beliefs	29

• Change in social activities	27
• Vacation	24
• New, close, personal relationship	37
• Engagement to marry	45
• Girlfriend or boyfriend problems	39
• Sexual difficulties	44
• "Falling out" of a close personal relationship	47
• An accident	48
• Minor violation of the law	20
• Being held in jail	75
• Death of a close friend	70
• Major decision regarding your immediate future	51
• Major personal achievement	36
Financial	
• Major change in finances:	
○ Increased income	38
○ Decreased income	60
○ Investment and/or credit difficulties	56
• Loss or damage of personal property	43
• Moderate purchase	20
• Major purchase	37
• Foreclosure on a mortgage loan	58
Total Score	

Miller M.A. and Rahe R.H., *Life Changes Scaling for the 1990s*, *Journal of Psychosomatic Research*, 43(3): 279-292, 1997.

*Note: LCU or Life Change Unit is a grading system that gives a certain number of points to an event based on how much stress that event would typically create.

If you score at least 300 LCU points over the past 6 months or 500 over the past 12 months, this is an indication that you have had high recent life stress.

This exercise not only helps you to find out how much stress you have in your life, but is a good way to help you see where this stress is coming from – be it from health issues, work, your family or home life, social life or financial sources. It is interesting to note that stress does not only occur when bad things happen. Positive events such as having a holiday or the birth of a grandchild can also contribute stress to your life.

“One of the symptoms of an approaching nervous breakdown is the belief that one’s work is terribly important.”

Bertrand Russell

“Stress is an ignorant state. It believes that everything is an emergency.”

Natalie Goldberg, Wild Mind

“I try to take one day at a time, but sometimes several days attack me at once.”

Jennifer Yane

SIGNS AND SYMPTOMS OF STRESS

The way that stress affects you individually will depend on your coping mechanisms and level of sensitivity to stress. You may also notice that the way that stress affects you changes depending on the how long you have been exposed to stress or how severe the stress is. For example at first you may feel very irritable and anxious. After being stressed for a while you may then feel more predominantly depressed or exhausted.

Some common signs and symptoms of stress are listed below and on the following page. Take a minute to look through this list and tick any that are relevant to you:

Feeling:	Behaving:	Physical Symptoms:
<ul style="list-style-type: none"><input type="checkbox"/> Worried<input type="checkbox"/> Anxious<input type="checkbox"/> Depressed<input type="checkbox"/> Irritable<input type="checkbox"/> Emotional<input type="checkbox"/> Angry<input type="checkbox"/> Unappreciated<input type="checkbox"/> Overworked<input type="checkbox"/> Oversensitive<input type="checkbox"/> Exhausted<input type="checkbox"/> Distracted	<ul style="list-style-type: none"><input type="checkbox"/> Impatient<input type="checkbox"/> Demanding<input type="checkbox"/> Crying<input type="checkbox"/> Shouting<input type="checkbox"/> Withdrawing<input type="checkbox"/> Fidgeting<input type="checkbox"/> Tapping feet<input type="checkbox"/> Grinding teeth<input type="checkbox"/> Disturbed sleep	<ul style="list-style-type: none"><input type="checkbox"/> Stiff or sore muscles or joints<input type="checkbox"/> Constipation<input type="checkbox"/> Diarrhoea<input type="checkbox"/> Irritable bowel syndrome<input type="checkbox"/> Abdominal pain<input type="checkbox"/> Headache

Feeling:	Behaving:	Physical Symptoms:
<ul style="list-style-type: none"> o Frightened o Overloaded o Forgetful o Isolated o Confused o Increased or decreased libido o Racing thoughts o Short tempered o Cravings o Poor concentration 	<ul style="list-style-type: none"> o Getting into arguments o Throwing things o Controlling o Mood Swings o Swearing o Threatening o Irregular eating o Avoiding o Procrastinating o Drug and alcohol abuse 	<ul style="list-style-type: none"> o Depression o Angina o Asthma o Eczema o Hives o Blushing o Ulcers o High blood pressure o PMS o Irregular menstruation o Colds/flu o Infections o Fatigue o Exhaustion o Increased or loss or appetite o Sweating o Nausea or vomiting o Worsening of existing illness or condition
<p>Any additional symptoms:</p>		

Your Practitioner will want to know about how stress affects your life. It is important that you acknowledge if you experience any of the previous feelings, behaviours and physical symptoms of stress. This list contains only relatively few of the many ways that stress may be affecting you. You can add to this list any other feelings, behaviours or symptoms that you associate with your stress. It is also important that you let your Practitioner know if your symptoms have changed or change in the future. By giving your Practitioner this information, they will be able to provide the most appropriate treatment for you based on your experience of stress.

COPING WITH STRESS

So why is it that stress affects different people in different ways? Everyone has a different level of stress that they can cope with, if you have positive coping mechanism you can cope with more, if you have poor coping mechanisms you will cope with less. The following are some of the poor and positive mechanisms that people commonly use for coping with stress. Take a minute to consider whether you use any of the following to cope with stress:

Poor coping mechanisms

- o Smoking
- o Drinking alcohol
- o Relying on caffeine (either coffee or soft drinks)
- o Eating sugary foods
- o Rushed eating, eating on the run, not stopping work to eat
- o Skipping meals or overeating
- o Reducing social interactions or relaxation time
- o Emotional or angry outbursts
- o Procrastination, ignoring or avoiding the problem

Positive coping mechanisms

- o Good time management
- o Taking time to relax and play
- o Controlled breathing
- o Meditation
- o Exercise
- o Time with family and friends
- o Balancing work and family commitments
- o Keeping well nourished through sensible eating
- o Getting enough sleep
- o Allowing time to rejuvenate after stress has passed

Other coping mechanisms:

It is important for you to let your Practitioner know which mechanisms you use to cope with stress. They may be able to make recommendations or provide you with supplements that allow you to rely less on poor coping mechanisms and develop more positive coping skills.

STRESS MANAGEMENT

Management of your stress will vary depending on how long you have been stressed for, how severe the stress is and how the stress has or is affecting you physically and emotionally. When your Practitioner has gathered all of this information they will recommend a treatment plan for you. Your treatment plan will involve learning and practicing stress management techniques in combination with the use of nutritional or herbal supplements that are appropriate to you as an individual.

Your Practitioner may recommend some of the following stress management techniques for you:

Exercise

Getting enough exercise is important for staying healthy and reducing stress. Exercising can help to reduce the feeling of stress and improve your sense of wellbeing. What's more...regular, moderate exercise helps to improve your energy, boost your self-esteem and lift your mood! Your Practitioner may recommend a booklet "Your Guide to Exercise" which will help you to plan your exercise program and monitor your progress.



Yoga

Yoga is an excellent form of exercise for stress management. Yoga balances and strengthens your muscles, posture and breathing and can be calming to your mind and spirit.

Meditation

Meditation uses a wide variety of techniques to clear the mind of stressful outside interferences to create a state of physical and mental relaxation. Practicing meditation can have immediate benefits by allowing you time and space away from stressful situations. Practiced over longer periods of time, meditation can help you to feel calmer and to bring balance to your life physically, emotionally and spiritually.

Time Management

Feeling like you do not have enough time is one of the most common causes of stress. Actively managing your time can make a world of difference to your level of stress and reduces the impact that urgent tasks can have on your life. By setting priorities and planning your time you will feel more settled. Your Practitioner may be able to help you with advice on time management or you could make use of one of the many books or courses available on time management.

Improve Communication Skills

Problems with relationships are another common cause of stress, be they work or personal relationships. Often these problems are really the result of poor communication. Developing active listening skills,

empathy and an assertive speaking manner improves your ability to communicate with others and reduces the risk of stressful misunderstandings. There are many books and courses available for improving communication skills, or you may prefer to seek one on one advice with a counsellor to develop these skills.

*“The way we communicate with others
and with ourselves ultimately determines
the quality of our lives.”*

Anthony Robbins

*“When you are arguing with a fool, make sure he
isn’t doing the same thing.”*

Unknown author

Favourite Pastime

Make sure that you create some time for yourself to do some of the things that you really love and are passionate about. It can be anything from fishing to seeing a movie, just as long as you make some time to do it and enjoy it. If you don’t have a favourite pastime, then make some regular time to start trying things you have never done before. You may find something you really enjoy.

*“We don’t stop playing because we grow old;
we grow old because we stop playing.”*

George Bernard Shaw

— NUTRITIONAL AND HERBAL SUPPLEMENTS

Your Practitioner may recommend some of the following supplements to help you to cope with or recover from stress. These can help to support your nervous system, improve your ability to cope with stress and enhance energy levels. Supplements may enable you to cope more effectively with stress, while you are addressing the underlying causes.

AdrenoTone

AdrenoTone is a herbal and nutritional formula that is designed to support the production of stress hormones by the adrenal glands. AdrenoTone can help to reduce the **fatigue** that you may experience after being **stressed for a long time**.



NeuroCalm

NeuroCalm is a supplement that promotes a healthy stress response and may improve your tolerance to stress and reduce the effect that stress has on you. It is particularly helpful with **insomnia and mild anxiety**.



Brahmi Tone

Brahmi Tone is a powerful combination of herbs designed to help relieve stress, nervous tension, mild anxiety and fatigue. It works by improving stress adaptation and is **particularly useful** for stress associated with **work, study or learning a new task**.



CardioX

CardioX contains high potency magnesium and taurine in combination with other nutrients necessary for nutritional support of the neuromuscular system. This formula may **reduce nervous overactivity** and help to **maintain healthy blood pressure**.



Meta B Complex

Meta B Complex provides a balanced combination of B vitamins that ensures optimal nutritional support for the stressed body. This is important for maintaining a **healthy mood** and **good energy production**.



Crotico B₅ B₆

Crotico B₅ B₆ is also beneficial during times of stress. This formula provides higher amounts of vitamins B₅ and B₆ than Meta B Complex and is designed to provide specific **support for the adrenal glands**. This is by providing nutrients that support the production of stress hormones by the adrenal glands.



Stress Ez

Stress Ez is a homeopathic remedy that can help during times of stress. It can be used for **symptomatic relief of stress**, while the herbs and nutrients in other formulas rebalance your system.

Digestive Support

During periods of stress the digestive system is often deprived of nutrients necessary for proper digestive function and repair. As a result your **digestion and absorption of nutrients from food may suffer**. Your Practitioner may recommend that you take Digestone, Metagest and/or AzeoPangen to help support your digestion.



SENSITIVITY TO STRESS

As well as having different ways of coping with stress, some people are simply more sensitive to stress than others. The way that you react to stressful situations is a good indicator of how sensitive you are to stress. There are several factors that can make you more sensitive to stress. Your Practitioner is likely to ask you many questions and may ask you to complete a Health Appraisal Questionnaire to help identify what things may be making you more sensitive to stress so that they can address these issues. Some of the things that can make you more sensitive to stress are discussed below.

DIET

Eating a healthy diet that has plenty of variety is necessary to make sure that you get the nutrients that are essential for helping you to cope with and recover from stress. Your Practitioner can give you advice about your diet and may recommend changes that will improve the range of nutrients that you are getting. They may recommend that you limit or avoid caffeine, alcohol and refined carbohydrates (sugars and white bread/pasta/rice) as these substances can amplify your stress response. It is also important to get enough protein to balance nervous function and reduce cravings for sweets and carbohydrates. Lots of studies show that a

diet high in fish or fish oil is also beneficial for stress, mood and nervous system health.

There are also specific nutrients that are particularly important for maintaining a tolerance to stress. To help you get these nutrients your Practitioner may recommend some of the following supplements:

CardioX

CardioX contains high potency magnesium and taurine in combination with other nutrients necessary for nutritional support of the neuromuscular system. This formula may reduce nervous overactivity and help to maintain healthy blood pressure.

Meta B Complex

Meta B Complex provides a combination of vitamins, minerals and amino acids supporting healthy nervous system function, reduce feelings of stress and enhance energy levels.

Zinc Drink

Zinc is a key mineral necessary for health. Your Practitioner can test your zinc levels with a simple taste test, and if they are low then taking zinc drink will improve them quickly. People under severe stress are often zinc deficient.

BLOOD SUGAR IMBALANCE

Your brain and nervous system need a steady supply of energy to work properly. This energy is provided by sugar in your blood. Having either high or low blood sugar or swinging between the two affects the supply of energy to your brain and nervous system and can make you feel anxious and agitated. Such irregular blood sugar can cause your body to enter a state of stress response and will make you feel stressed more easily. Your Practitioner may recommend some of the following supplements to help support healthy blood sugar:

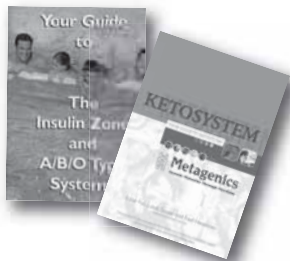
Resist-X

Resist-X contains a combination of specific nutrients and herbs formulated to support healthy blood sugar levels, energy utilisation and stamina. Sugar cravings, tiredness, mood changes and poor concentration may all be associated with blood sugar imbalances.

Insulex

Insulex is a herbal formula that is designed for the support of more severe blood sugar disturbances. This may be associated with changes to blood pressure, blood fats and also inflammation.

Your Practitioner may also recommend dietary changes to help balance your blood sugar. They may recommend that you follow either the KetoSystem or Insulin Zone eating plan to help maintain balanced healthy blood sugar.



HORMONAL PROBLEMS

Many of the functions and actions of your body are controlled by signalling chemicals called hormones. Each hormone has specific effects on your body and your many different hormones work together to maintain balance and health in your body. Your hormones have effects that cause both physical and psychological changes in your body. If one or many of these hormones are out of balance, you are likely to be more sensitive or susceptible to stress. Your Practitioner will ask you questions to assess whether you are likely to have a hormonal imbalance and may request hormonal testing. If you do have a hormonal imbalance your Practitioner may recommend the following supplements:

ThyroCalm

Excessive production of thyroid hormone can create feelings of irritability and nervous unrest. ThyroCalm may help to reduce these feelings by assisting in the maintenance of normal thyroid health.

Energenics

Energenics contains a combination of nutrients that can increase the production of thyroid hormones and regulate the basal metabolic rate. Low thyroid function may be associated with fatigue and mood changes.

REPRODUCTIVE --- HORMONE BALANCE

Femme Premenstrual

Premenstrual syndrome can occur where there is an imbalance between the hormones oestrogen and progesterone. Femme Premenstrual promotes the production of progesterone and can reduce the effect of oestrogen on your body. By balancing female hormones, Femme Premenstrual may help to reduce the symptoms of premenstrual syndrome including irritability, tiredness, headache and fluid retention.

EstroFactors

EstroFactors helps to promote healthy hormone balance in women by supporting oestrogen metabolism and detoxification. EstroFactors is particularly useful at regulating the activity of oestrogen in women of all ages and may be useful in helping to relieve menopausal flushing.

Femme Oestroplex

Femme Oestroplex is a blend of vitamins, minerals and herbs designed to provide relief of menopausal symptoms. Femme Oestroplex may provide relief from hot flushes, night sweats, disturbed sleep, headaches and irritability as well as supporting the body's healthy stress response.

Tribulus Synergy

Tribulus Synergy is a traditional herbal formula that is helpful for balancing hormones in both men and women. In men this formula may help to increase testosterone and in women, oestrogen. This formula also has an adaptogenic property which means that it can help to relieve fatigue and improve vitality and the ability to cope with stress.

Your Practitioner may also make dietary and lifestyle recommendations for you to help correct your hormonal problems.

TOXICITY

Everyday you are exposed to a wide range of toxic substances that you may not even be aware of – in the foods you eat, the air you breathe, the water you drink and from the materials that surround you (i.e. clothing, building materials, household goods). Your body can also produce chemicals inside you that have a toxic effect. Toxins put an extra strain on your nervous system and can interfere with the normal processes that keep you healthy and feeling good. If toxicity is making you susceptible to immune or stress related problems your Practitioner may recommend that you follow a detoxification program. Detoxification is a way of reducing the amount of toxins that you are exposed to and helping your body to improve the way that it processes and eliminates toxins.



STRESS FREE FOREVER

One of the key things to implement in managing your stress long-term is to allow yourself to recover after stressful events. The effect of stress can accumulate over time so it is important to regularly take time to allow your body and mind to recover. Starting an ongoing exercise plan and taking time to practice yoga or meditation regularly is a fantastic way to manage your stress.

Your Practitioner may recommend that you take some of the following supplements to help ensure that you have good levels of nutrients important for a healthy stress response:

CardioX

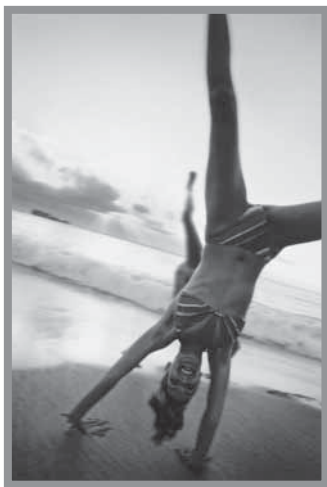
CardioX contains high potency magnesium and taurine in combination with other nutrients necessary for nutritional support of the neuromuscular system. This formula may reduce nervous overactivity and help to maintain healthy blood pressure.

Multigenics Phyto Plus or Femme Essentials

Multigenics Phyto Plus and Femme Essentials provide an extensive combination of nutrients designed to help maintain health and wellbeing. Antioxidants, minerals and vitamins combine to support the body during stressful periods.

The products presented in this booklet may be useful to prevent stress symptoms, and can also be used during stressful periods at higher doses to get the system back into balance.

You've already taken the most important step in reducing the effect stress has on your health. With your Practitioner's help, you can implement the dietary, lifestyle and supplemental solutions mentioned in this book, and start feeling stress-free forever.



CONGRATULATIONS



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Genetics Enhanced Through Nutrition

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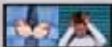
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MET1625 - 04/06 - GSM



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