

STRESS AND GUT HEALTH PART II



Systems Connected to Adrenals

- Intestines (gut bacteria)
- Thyroid
- Liver
- Blood Sugar (pancreas and liver)
- Stomach
- Heart
- Nervous System
- Brain (neurotransmitters)
- Skeletal and muscular
- Immune system



Stress management

- Make good decisions about supporting the gut
- Regular aerobic exercise that helps to condition your cortisol system to be more adaptive and can help lower or rid the body of
- Stress management skills such as deep breathing techniques are essential
- Nutrition for the adrenals
- Adrenal glandulars, B vitamins, Vitamin C and potassium all support adrenal health
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Adaptagens

- Holy basil help with fighting fatigue and stress; boosts the immune system; and regulates blood sugar, blood pressure and hormone levels.
- Ashwaganda regulates the immune system, eases anxiety and aids the body in lowering cortisol levels.
- Astragalus boosts immunity and balances the effects of stress by increasing anti-stress compounds that our bodies can use to repair and prevent stress-related damage to the body. It may also be able to reduce the ability of stress hormones like cortisol to bind to cell-receptors.



Adaptagens



- Licorice root can increase energy and endurance, boost the immune system, and protect the thymus from being damaged by cortisol, keeps cortisol from being taken out of action and helps prevent progesterone from being converted to cortisol
- Rhodiola a balance to stress-related mental and physical fatigue, combat anxiety, aging. Rhodiola suppresses the production of cortisol and increases levels of stress-resistant proteins. It can normalize patterns of eating and sleeping after stress and protects against oxidative stress, heat stress, radiation and exposure to toxic chemicals. It protects the heart and liver, increases use of oxygen, improves memory, and aid weight loss

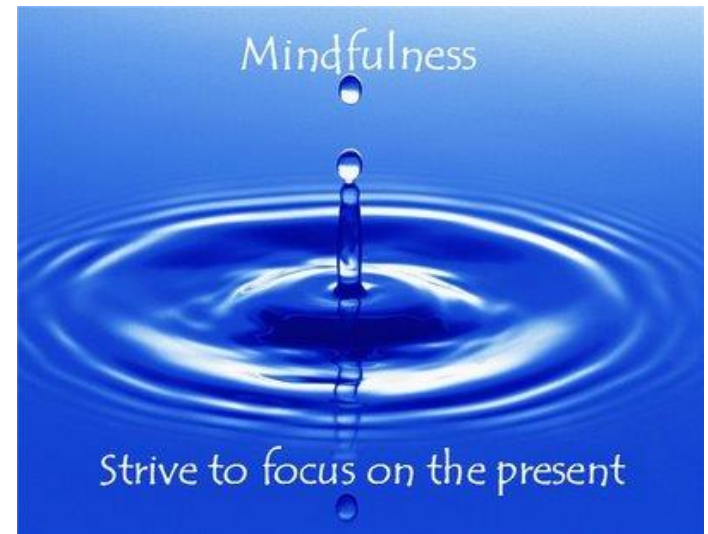
Adaptagens



- Cordyceps is a fungus found in a caterpillar – helps support recovery from adrenal depletion, aids immune function, improves respiratory capacity and help with physical endurance
- Schizandra stabilizes blood sugar, supports the liver, kidney and the nervous system. Helpful for depression, insomnia, anxiety and support low energy due to adrenal fatigue
- Relora aids sleep and weight loss by lowering cortisol levels and upping DHEA
- All these adaptagens also help digestive and intestinal health

Lifestyle Suggestions

- Set a regular sleep schedule and make good quality sleep a priority
- Accept you cannot always get everything done that you plan in a day - take the pressure off
- Practice deep breathing especially during times of stress
- Practice mindfulness and meditation
- Mindfulness: Mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.



GI Steps to Combat Steps

- Steps to Good Digestion – chewing and taking time to eat and being conscious of your food while eating counters stress
- Probiotics and fermented foods
- Prebiotics in either supplement or foods form
- Glutamine not only helps improve the quality of the gut lining but it also helps with stress and calming anxiety



Combating Stress

- It is important to develop a strategy that you can maintain
- It should include “me time” activities
- Direct techniques to lower stress as you are experiencing it
- Other techniques that you can do when you are at home or in a quiet place
- Nutrients to support the adrenals and the GI Tract
- Most importantly, cut yourself some slack

