

Mindful



Health

Newsletter

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Everyone experiences stress to some degree, but how we handle it is what is most important. Stress can be defined as emotional, physical or mental imbalances. Some of the highest stressors are:

- Death in the family • Relationship changes
- A move • Changing a job • Physical illness
- Finances

Some common signs of stress include a clenched jaw, headaches, irritability, lack of sleep, and tight shoulders. Chronic stress can lead to hormone imbalances, colds and disease, weight gain, memory loss and depression. A lack of sleep and a lack of adequate nutrients raise a hormone called cortisol, which then may lead to insulin problems and an accumulation of fat around the midsection. This puts a person at a higher risk for heart disease, diabetes and high blood pressure.

MINERALS AND STRESS

When under stress, vitamins and minerals are depleted. B vitamins, C and E, calcium, iron, magnesium, selenium and zinc are especially affected. If these vitamins continue to diminish then cortisol is raised even further. Magnesium is actually flushed out quickly during stressful times, yet it is needed most for restful sleep and for coping with stress.

**Come visit my website at
www.mindfulhealth.biz
for more information.
Check here for upcoming
seminars and
cooking classes.**

FOODS THAT HELP DEAL WITH STRESS

Cut out caffeine • Limit alcohol — wine is ok in small amounts • Eat a lighter dinner • Eat whole grains like brown rice • Complex carbohydrates like sweet potatoes • Lean poultry or fish • Eat several times a day to keep blood sugar regulated • Be careful with garlic, chilies, cayenne and hot spices — they may aggravate digestion and stress • Drink 8 glasses of water per day • Avoid sugar • Eat fiber from flax, whole grains, fruit, veggies • Try 5HTP or Valerian herbs

ACTIVITIES TO DEAL WITH STRESS

Jump on a re-bouncer • Walk with a friend • Laugh — watch a comedic movie • Take a bath with 2 cups of Epsom salt and a 1/2 cup of sea salt — this will cause increased perspiration and deep sleep • Light candles • Get a massage • Take a class at the gym • Try a Yoga or Pilates class • Distract yourself with a movie or dinner with a friend • Keep a journal • Listen to music that makes you feel good

NEW CHALLENGE FOR THE WEEK

Stop what you are doing and take in three long breaths. Inhale and fill your lungs with oxygen and exhale for 10. Do this at least three times several times a day. This will immediately relax your adrenal glands and lower cortisol, a stress hormone that contributes to abdominal fat.

Confused about all of the health theories that are out there? Looking for some answers?

Do you want to have a unique program tailored to your lifestyle and needs? Why not consider a compassionate health and nutrition program made to work for you? Call Nicole Glassman at (212) 452-3491 for a free consultation or e-mail her at Nicole@mindfulhealth.biz