

We all have some level of stress, right?

It may be temporary (acute), or long-term (chronic).

Acute stress usually won't mess with your health too much. It is your body's natural reaction to circumstances, and can even be life-saving.

Then, when the "threat" (a.k.a. "stressor") is gone, the reaction subsides, and all is well.

It's the chronic stress that's a problem. You see, your body has specific stress reactions. If these stress reactions are triggered every day or many times a day that can mess with your health.

Stress (and stress hormones) can have a huge impact on your health.

Let's dive into the "stress mess."

Mess #1 - Increased risk of heart disease and diabetes

Why save the best for last? Anything that increases the risk for heart disease and diabetes (both serious, chronic conditions) needs to be discussed.

Stress increased the risk for heart disease and diabetes by promoting chronic inflammation, affecting your blood "thickness," as well as how well your cells respond to insulin.

Mess #2 - Immunity

Did you notice that you get sick more often when you're stressed? Maybe you get colds, cold sores, or even the flu more frequently when you are stressed?

Well, that's because stress hormones affect the chemical messengers (cytokines) secreted by immune cells consequently, they are less able to do their jobs effectively.

Mess #3 - "Leaky Gut."

Stress can contribute to leaky gut, otherwise known as "intestinal permeability." These "leaks" can then allow partially digested food, bacteria or other things to be absorbed into your body.

The stress hormone cortisol can open up tiny holes by loosening the grip your digestive cells have to each other.

Picture this: Have you ever played "red rover?" It's where a row of children hold hands while one runs at them to try to break through. Think of those hands as the junctions between cells. When they get loose, they allow things to get in that should be passing right through. Cortisol (produced in excess in chronic stress) is a strong player in red rover!

Mess #4 - Sleep Disruption

Stress and sleep go hand-in-hand, wouldn't you agree? It's often difficult to sleep when you have very important (and stressful) things on your mind.

And when you don't get enough sleep, it affects your energy level, memory, ability to think, and mood.

More and more research is showing just how important sleep is for your health. Not enough sleep (and too much stress) aren't doing you any favours.

Stress-busting tips

Reducing stressors in your life is an obvious first step.

Can you:

- Put less pressure on yourself?
- Ask for help?
- Say "no"?
- Delegate to someone else?
- Finally, make that decision?

No matter how hard you try, you won't eliminate stress altogether. So, here are a few things you can try to help reduce its effect on you:

- Deep breathing
- Meditation
- Walk in nature
- Unplug (read a book, take a bath)
- Exercise (yoga, tai chi, etc.)
- Connect with loved ones

Conclusion

Stress is a huge and often underappreciated factor in our health. It can impact your physical body much more than you might realize.

Stress has been shown to increase the risk for heart disease and diabetes, affect your immune system, digestion and sleep.

There are things you can do to both reduce stressors and also to improve your response to it.

You can ditch that stress mess!

⇒UPCOMING EVENT: STRESS 101⇐

Sleepless nights, mood swings, frequent colds, family troubles, acute or chronic pain...does any of this sound familiar? If so, you're in the right place. In this workshop we'll spend some time learning about how common environmental and nutritional stressors can manifest into various symptoms. From there we'll learn how to counteract stress by utilizing specific nutritional and lifestyle strategies. Prepare to go from feeling uninspired to on top of the world (or close to it anyway!).

When: Wednesday November 21, 2018

Where: Greenglade Community Centre, Sidney BC

Time: 7:00pm – 8:30pm

Investment: \$30 p/p + tax

Registration: Please call Panorama Recreation at 250.656.7271 or Greenglade Community Centre at 250.656.7055 to register and quote workshop code **22060**. Register online [here](#). In person registrations at either location also accepted.



Recipe: Chicken, Spinach & Mushroom Pasta

Serves 4

1/4 cup Extra Virgin Olive Oil (divided)
1 1/2 tsps Tamari
2 cups Portobello Mushroom (diced)
2 cups Baby Spinach
4 Garlic (cloves, minced)
1/2 tsp Red Pepper Flakes
1 1/2 cups Brown Rice Penne (uncooked)
Sea Salt & Black Pepper (to taste)
8 ozs Chicken Breast (baked and sliced)
1 Lemon (cut into wedges)

Directions

1. In a frying pan, add one quarter of your olive oil and all the tamari. Place over medium heat. Add mushrooms and saute for 5 minutes. Then add spinach and stir just until spinach is wilted. Remove from heat and set aside.
2. Heat remaining olive oil, garlic, red pepper flakes and salt in a separate skillet over medium-low heat. Stir frequently for about 5 minutes or until garlic is golden. Remove pan from heat.
3. Fill a large pot with water and bring to a boil. Add penne. Cook for 7 - 10 minutes. Remove from heat and dump pasta into a strainer. Immediately run cold water over the pasta to prevent it from cooking any further.
4. Add pasta to a large bowl. Pour in desired amount of oil and garlic mixture, then toss in mushrooms and spinach. Sprinkle with salt and pepper to taste. Mix well.
5. Plate pasta and top with strips of baked chicken (optional). Squeeze a lemon wedge on top of the pasta. Enjoy!

References:

<https://nccih.nih.gov/health/stress>

<https://www.thepaleomom.com/stress-undermines-health/>

<http://www.precisionnutrition.com/good-stress-bad-stress>

<https://www.thepaleomom.com/managing-stress/>



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