



# *How Stress Affects Your Life And What You Need To Do About It.*





- 70-80% of all visits to the doctor are for stress-related illnesses
- People who experience heightened levels of anxiety are 4 to 5 times more likely to have a fatal heart attack or stroke
- 50% of all illnesses are caused by stress



## Definition of Stress

A specific response by the body  
to a stimulus that disturbs or  
interferes with the normal  
physiological equilibrium

- *Webster's Dictionary*





# The Primary Symptoms of Stress

- Headaches
- Fatigue
- Irritability
- Sleep Problems
- Digestive Trouble
- Allergies and Sinus Problems
- Pain and Tension in the Neck, Shoulders, or Low Back





# Ways to Avoid Stress





# Solutions to Reducing Stress and the effects of Stress



Maximized  
Mind



Maximized  
Nerve Supply



Maximized  
Nutrition



Maximized  
Oxygen &  
Lean Muscle



Minimized  
Toxins

[www.HealthFromWithinSTL.com](http://www.HealthFromWithinSTL.com)



**During periods of high stress hormones are released into your body.**

### **Nervous system detects**

- Stimulus or a threat emotionally, physically or chemically (toxicity)
- A deficiency of eating, moving or positive thinking

### **Right Brain – Initiate the stress response**

- Adrenaline Is Released For Survival
- ↑ HR, BP and Blood Sugar for rapid delivery of stress hormones and energy for survival
- ↓ digestion, growth (hormone), immunity, sex drive (not necessary for survival)



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# Adrenalin = Increased Sensitivity of Nervous System (5 Senses)

- Concentration
  - easily distracted ie. ADHD and Adult Burnout
  - Brain to SHRINK by up to 25%
- ↑ Physical and emotional pain



**Movement and exercise will  
cause the brain to increase in size**





# Anxiety

× ↑ Adrenalin → ↓ serotonin → ↑ anxiety

× With chronic stress can't keep up



- Depression, irritable, tired, listless, sleeping problems, tension, headache,
- Decreased sex and growth (hormone), increased insulin (CFS & rapid aging),
- Change in appetite (crave sugar, fat for energy & more stress hormones)
- Emotional/anxiety memories dominate
  - Inhibit – logical behavior
  - Stimulate – instinctual behavior



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# Stress = Depression



**CDC: Antidepressant use has skyrocketed 400% in the past 20 years.**

- Medication most frequently used by people ages 18-44
- Nearly one in four women ages 40 to 59 are taking antidepressants
- 11% of Americans ages 12 years and older on antidepressants

*"Unfortunately, some families are looking for a quick fix, but a pill is never going to get to the root of the problem."*

-David Palmiter, psychologist and author



# Our Brain Becomes Trained By Our Dominant Thoughts

## **Left Brain** – Inhibit stress response with positive thoughts

- × Our thoughts and attitudes will change our physiology
- × We can react differently and thus control our stress
- × Hard to focus on positive thoughts during times of stress





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# Remember: Stress Is Self-Inflicted

Stress is not a person,  
condition, or event.



Stress is a reaction to a person  
or circumstance

**you choose the response!**





# Lack of Sleep = Stress

**1960 slept 8.5 hours**

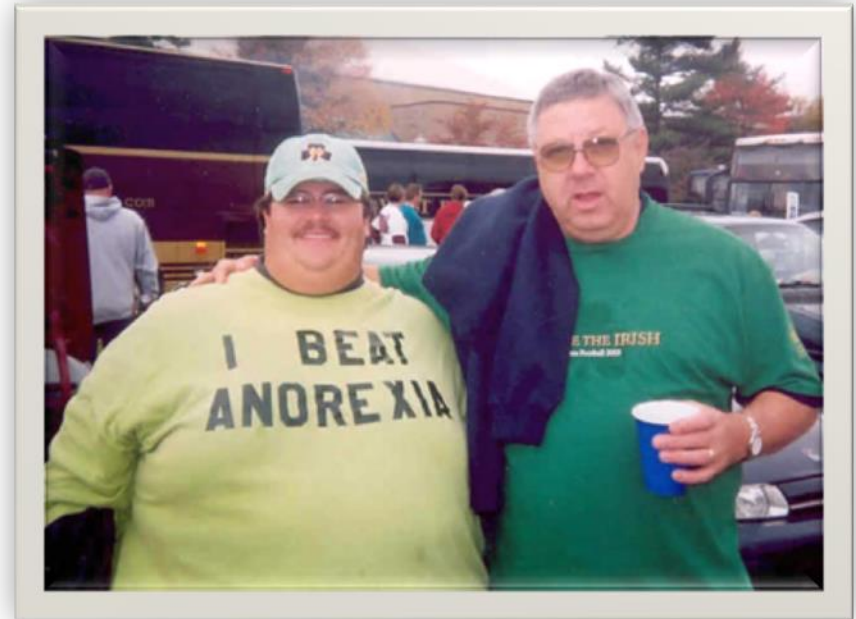
**2002 slept less than 7 hours nightly**

Age and condition	Average amount of sleep per day
Newborn	up to 18 hours
1–12 months	14–18 hours
1–3 years	12–15 hours
3–5 years	11–13 hours
5–12 years	9–11 hours
Adolescents	9–10 hours
Adults, including elderly	7–8(+) hours
Pregnant women	8(+) hours



# Loss Of Sleep Increased Weight

- ↓ sleep alters the hormones that regulate hunger.
  - ↓ Leptin (appetite suppressor)
  - ↑ Grehlin (appetite stimulant)
- ↑ craving of calorie dense foods such as high-carbohydrate foods that cause weight gain.
- <7 hours of sleep
  - 24 percent increase in appetite as well as a surge in sweets, salty foods and starchy foods.





# Decreased Sleep

## Decreased Growth Hormone

- Critical for up regulating your entire immune system
- Only produced during deep sleep & intense exercise and when the hormone insulin is low.
- Insulin is released by the pancreas when you eat carbs to push the sugar into your body



# Do I Really Need Sleep

- Dramatically weaken your **immune system**
- Accelerate tumor growth—tumors grow two to three times faster in laboratory animals with severe sleep dysfunctions
- Cause a pre-diabetic state, making you feel hungry even if you've already eaten, which can **wreak havoc on your weight**
- **Seriously impair your memory**; even a single night of poor sleep—meaning sleeping only 4 to 6 hours—can impact your ability to think clearly the next day
- **Impair your performance** on physical or mental tasks, and decrease your problem solving ability





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# Keys To A Good Night Sleep

- Don't eat 2-3 hours before bed
- Keep the temperature in your bedroom no higher than 70 degrees F
- Cave like darkness
- Research shows that 8 hrs a night with a regular sleep/wake time is what is needed



Maximized Mind



## Reducing Stress

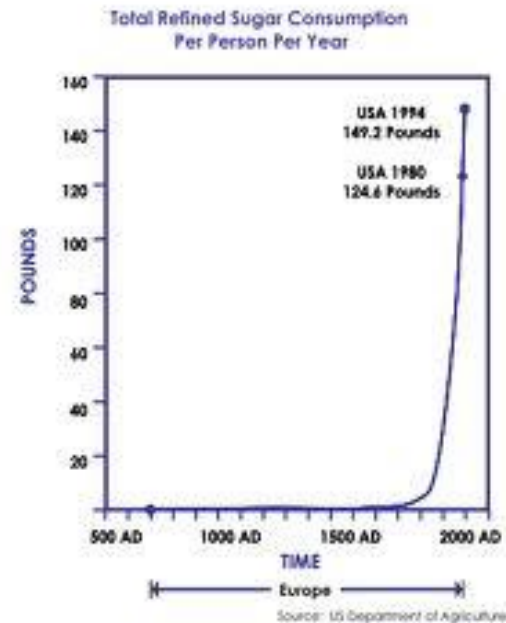
1. First, you can prevent your adrenal glands from becoming exhausted.
2. These are your stress glands, and when they are constantly stimulated they can easily overreact.
3. Besides environmental factors, the adrenal glands are stimulated by **caffeine, tobacco, and sugar**.
4. Reducing these substances will reduce adrenal gland exhaustion.



# Reducing Stress by Reducing Sugar

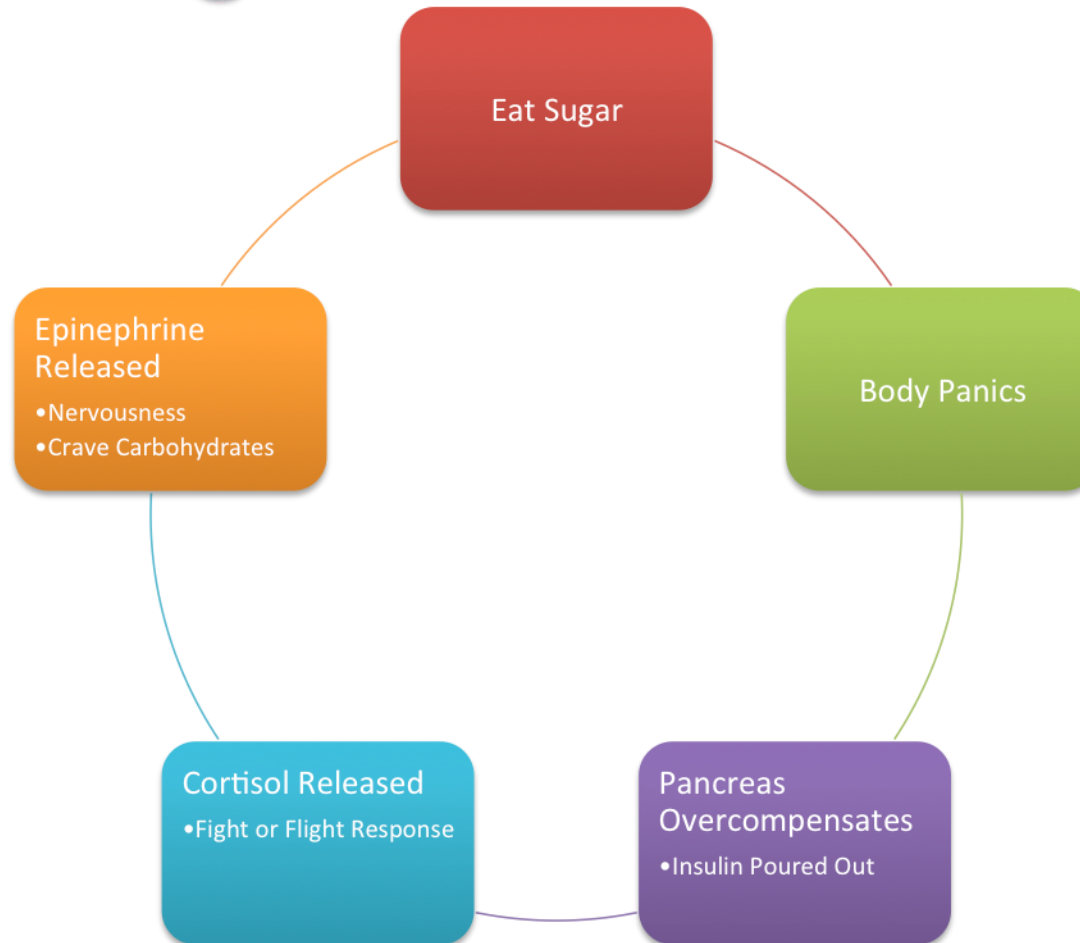
Our early ancestors consumed less sugar in a year than we consume in a day

This is why Type II Diabetes is an epidemic in America





# Sugar Causes Stress







# Choose Better Carbs

- **Eliminate all Grains** (rye, wheat breads & cereals, oats/ oatmeal, barley, corn!, etc...)
- **Avoid:** anything that is white, bleached, flour enriched, refined, or has added sugar. (Spinach pasta and tortillas instead)
- **Absolutely No** Pasta, Rice, Potatoes, Breads OF ANY KIND!
- **Eliminate all Sugars:** Including fruits, until blood sugar is under control.
- Broccoli, cauliflower, asparagus, squash, quinoa, etc....
- See Maximized Living Nutrition Plans



# Sugar & The Immune System

- Sugar =  $\uparrow$  insulin = inhibited growth hormones = depressed immune system
- Eating or drinking 100 grams (8 tbsp or one soda) can reduce the ability of white blood cells to kill germs by 40%
- Immune suppression begins **<30 minutes** after ingestion and most noticeable two hours post-ingestion
- Sugar decreases the function of your immune system almost **up to 8 hours**



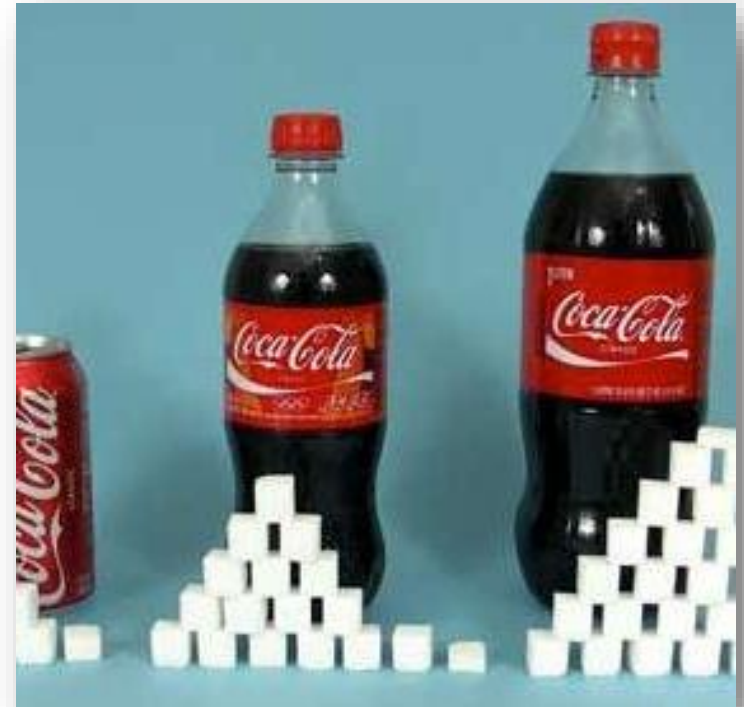
# The Problems With Sugar

## ANTI-NUTRIENT

- (Refining and processing of the 'whites' does this)
  - These cost your body more vitamins and minerals than they are putting in.

## CAUSES DYSFUNCTION

- Creates Inflammation
- Food & Fuel for Cancer
- **Mood Alterations**
- Creates an Acidic Environment



Psychology Today, July, 23, 2009 & The British Journal of Psychiatry, May, 2004, 184: 404-8



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*Kellogg's*<sup>®</sup>

# Nutri-Grain<sup>®</sup>

**CEREAL BARS**

*Raspberry*



\*Awarded by  
professional chefs  
of the American  
Culinary Institute

## Nutrition Facts

Serving Size 1 Bar (37g)  
Servings Per Package 8

Amount/Serving	
<b>Calories</b>	
Fat Calories	140
	25

	% Daily Value*
<b>Total Fat</b> 3g	
Saturated Fat 0.5g	5%
<b>Cholesterol</b> 0mg	3%
<b>Sodium</b> 110mg	0%
<b>Total Carbohydrate</b> 27g	5%
Dietary Fiber 1g	9%
Sugars 13g	4%

<b>Protein</b> 2g	
Vitamin A	15%
Calcium	20%
Thiamin	25%
Niacin	25%
Folic Acid	10%
Magnesium	2%
Vitamin C	0%
Iron	10%
Riboflavin	25%
Vitamin B <sub>6</sub>	25%
Phosphorus	4%
Zinc	10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g
Calories per gram:	Fat 9 • Carbohydrate 4 • Protein 4		

**Ingredients:** Filling (raspberry pre-





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**Ingredients:** Filling (raspberry preserves [high fructose corn syrup, raspberries], corn syrup, high fructose corn syrup, glycerin, fructose, sugar, maltodextrin, water, natural and artificial raspberry flavor, modified corn starch, sodium alginate, citric acid, calcium phosphate, soy lecithin, xanthan gum, modified cellulose, caramel color, malic acid, red #40, blue #1), enriched wheat flour, whole oats, sugar, partially hydrogenated soybean and/or cottonseed oil, high fructose corn syrup, honey, calcium carbonate, dextrose, nonfat dry milk, wheat bran, salt, cellulose gum, leavening (potassium bicarbonate), natural and artificial vanilla flavor, soy lecithin, wheat gluten, corn starch, niacinamide, carrageenan, guar gum, zinc oxide, reduced iron, pyridoxine hydrochloride (vitamin B<sub>6</sub>), riboflavin (vitamin B<sub>2</sub>), vitamin A palmitate, thiamin hydrochloride (vitamin B<sub>1</sub>) and folic acid.

**CONTAINS WHEAT AND MILK INGREDIENTS.**





## Good Fats and Depression

"There is a huge amount of evidence now linking omega-3 deficiency and depression. Around a quarter of the dry weight of our brain is made up of omega-3s and if you are deficient in them, the cells in your brain malfunction and you are much more likely to become depressed."

Johnathan Zeuss "The Wisdom of Depression"



# Stress & The Couch



**Exercise is better than drugs for depression.**

**SOURCE:** British Journal of Sports Medicine

Researchers found that walking for 30 minutes each day quickly improved the patients' symptoms faster than antidepressant drugs typically do.



## Laugh!

Research at Loma Linda University showed that comedy lowers the body's level of stress, thereby *lowering blood pressure and increasing white blood cells and your immunity.*





# Laugh!

By the time a child reached pre-school, he or she will laugh about 300 times a day. Adults laugh an average of 17 times a day.



# **Limiting Beliefs: The Lies that we tell ourselves**

- I am worthless
- I will never measure up
- I am unloveable
- I am not smart enough, pretty enough etc.
- My value is based on my performance and what others think of me
- Success is measured by material things and how much money I have ( I will never measure up)
- My mistakes define who I am. I am unforgiveable.





## **THE TRUTH!**

- Your Worth and Value is determined by alone. And He says you are FULL of worth and value!
- You are secure, significant and accepted IN HIM.
- God uses even your mistakes to push you towards success , for His Glory.
- Success is not measured by material things or specific outcomes. Obeying Christ in any situation is what makes you successful...doing what He tells you to is what matters.

**See yourself the way that God sees you**



# Reducing Stress

Reducing the stress on a person's nervous system





# Stress and Your Spine

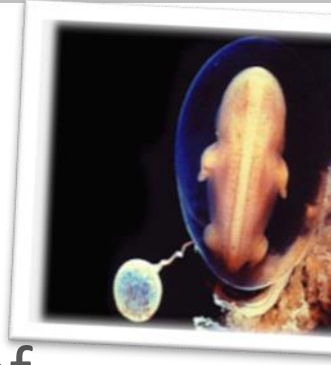
Stress causes tension to build up in the muscles and joints of your body.

This tension causes alterations in the normal structural alignment of the spine.

This tension build-up can actually cause greater irritation and heightened sensitivity of the nervous system.



# The Spine-Brain Connection



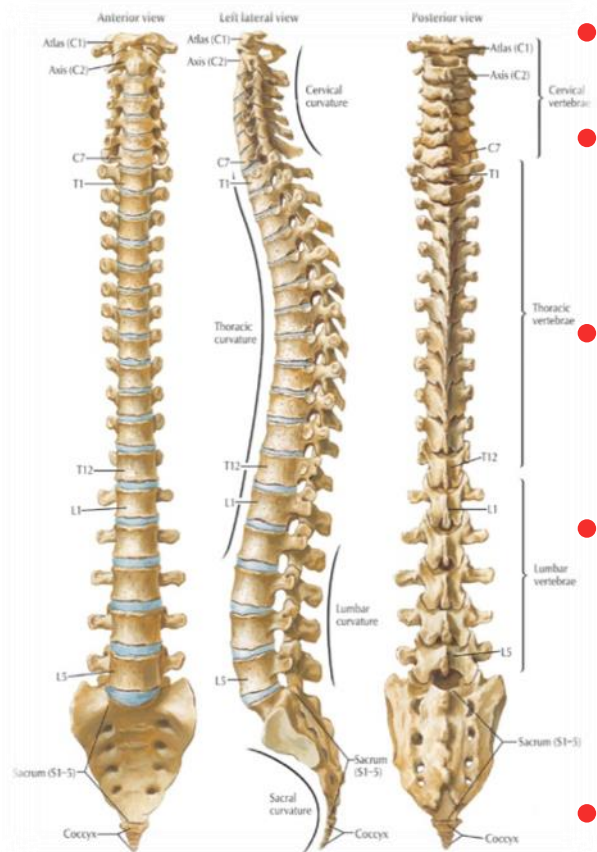
The 1st system to develop.

Controls the development of every system.

Regulates all systems throughout life.

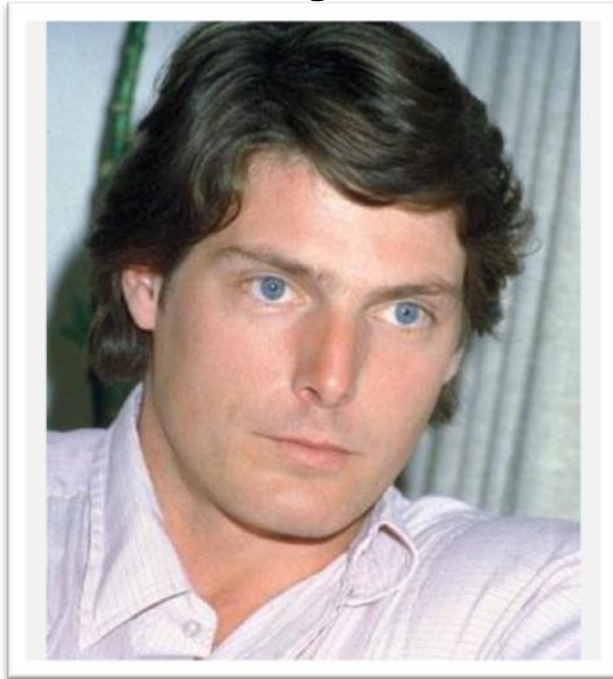
Processes everything we experience — MIND, BODY & SPIRIT.

Controls ALL Function and Healing





# The Spine – Brain Connection



“Spinal cord injuries eventually affect virtually every organ of the body and lead to what is known as “accelerated aging”

-- Spinal Injury Expert, Suzanne Groah, M.D.





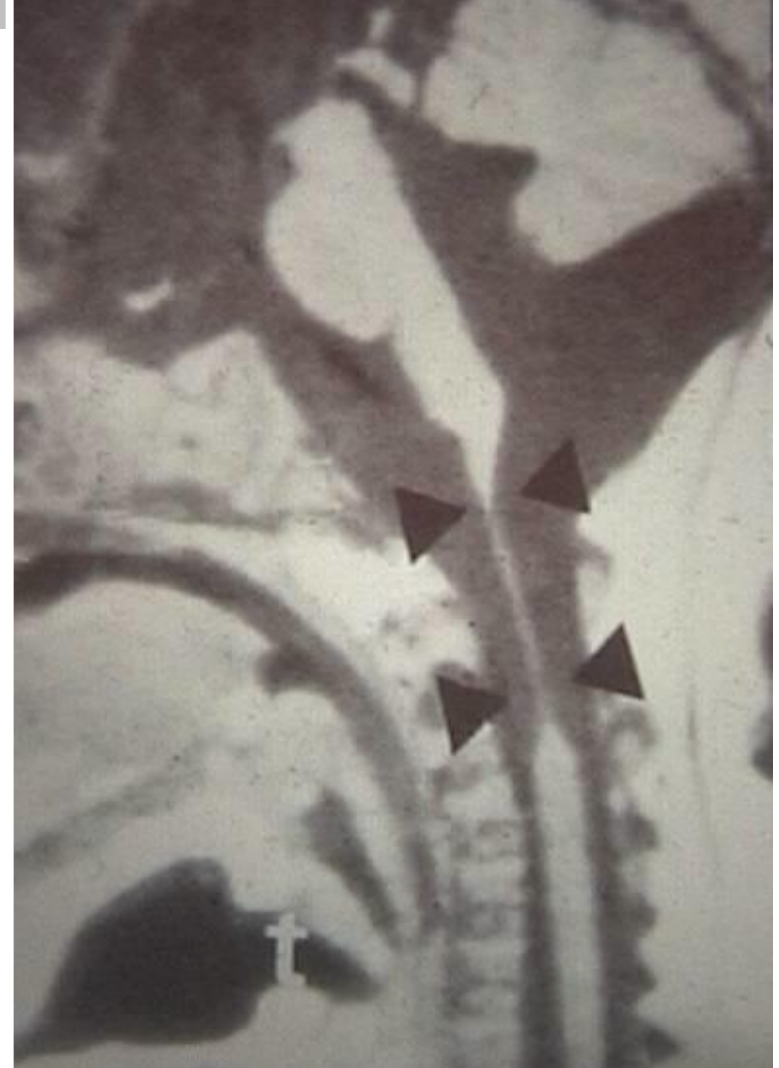


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# Normal Xray





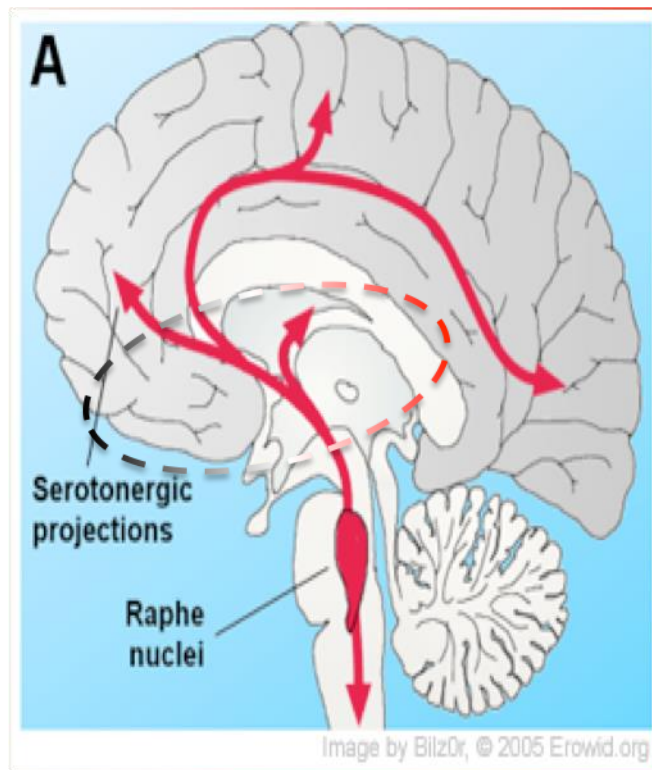
**92% Asymptomatic**





# What Does This Have To Do With Stress?

- Serotonin (feel good hormone) - This neurotransmitter originates in the Raphe nuclei in the pons of the brainstem
- Serotonin Levels are affected by C1 (atlas) being out of place (subluxation) due to venous plexus pooling.
- Also from loss of cervical lordosis due to pathological tension of the spinal cord/brainstem.





# Your Nervous System can be Damaged By:

- Auto Accidents
- Poor Posture
- Birth
- Falls
- Sports Injuries
- Repetitive Motion Injuries





# 21 Year Old- Desiree

## History and Diagnosis:

- *Schizophrenia*
- *Nervousness & anxiety*
- *ADHD*
- *Sleep Problems*

## Medications:

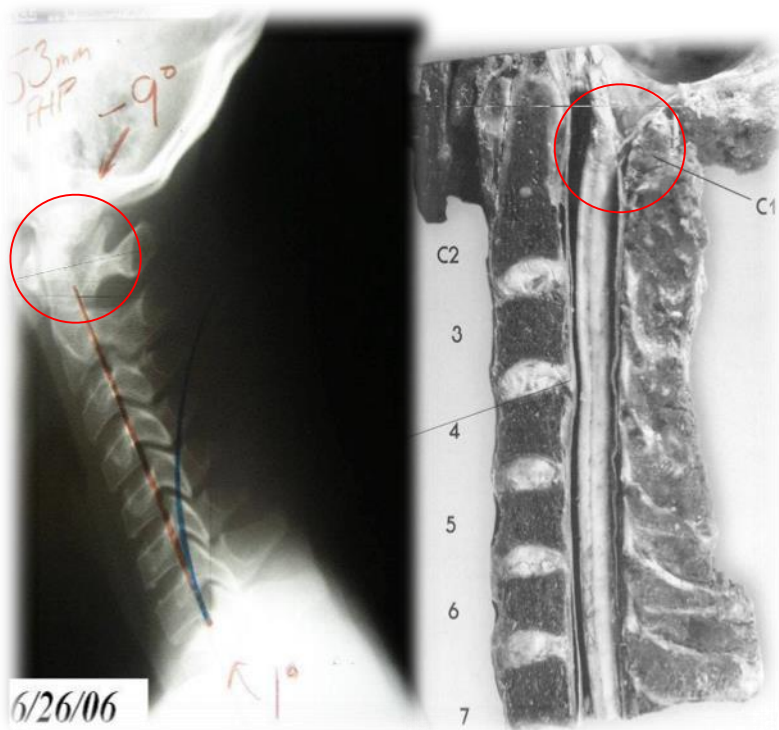
- *Clozaril*
- *Concerta*
- *Paxil*
- *Adderall*



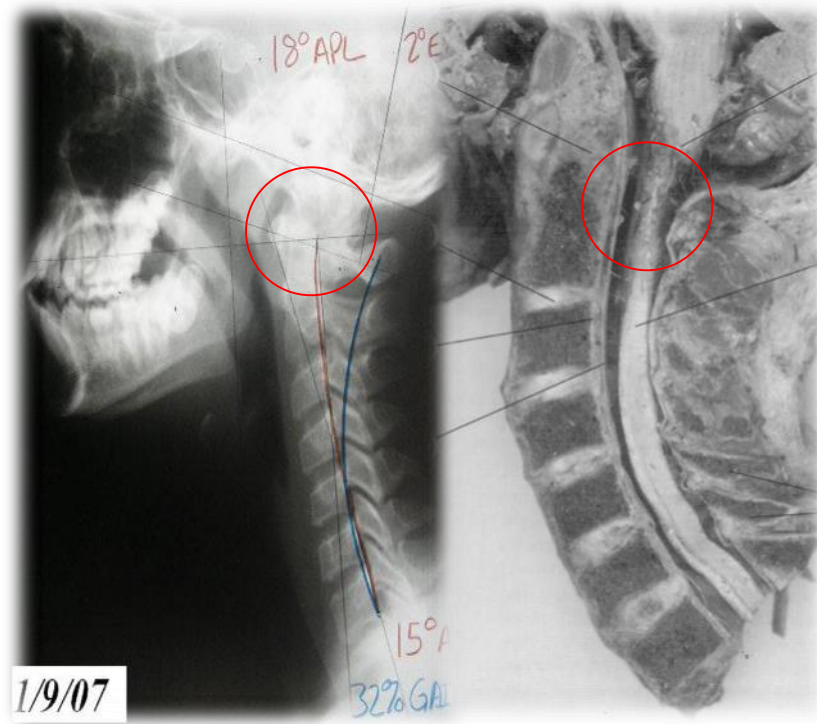


# Desiree

- Initial Xray



- Follow up Xray





# 31 yr old female

## History and Diagnosis:

- *Anxiety and panic attacks*
- *Depression*
- *Sleep Problems*

## Medications:

- *Paxil*
- *Lexapro*
- *Clonazepam (Klonopin)*
- *Concerta*



- Follow up Xray





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# Warning signs...

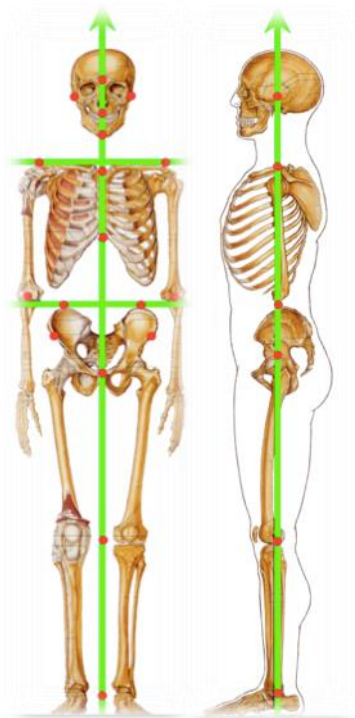
- Constipation/intestinal problems/colicky
- Digestive problems/indigestion/heartburn
- Low Energy/Fatigue
- Depression
- ADD/ADHD
- Allergies/sinus problems
- Ear infections
- Headaches
- Back Pains
- Pain/tingling in extremities
- Insomnia
- Immune system dysfunction
- Symptoms of Autistic Spectrum Disorders



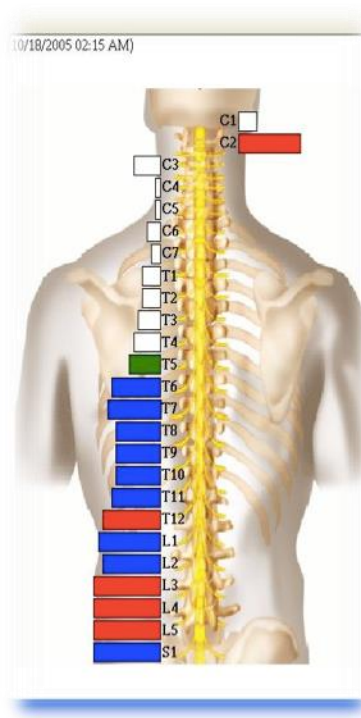


# How Do YOU know if You Have Subluxation?

*The three primary methods for evaluating nerve supply:*



1) Posture



2) Thermal Imaging



3) Structural X-rays





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## What's next?

- Nerve System evaluation for only \$35 out of pocket. (\$235 value)
- Monday-Wednesday of next week
- Schedule today and pay today





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