



Stress Problems

September 01, 2007
Health Update #5

It continues to bless us that we are receiving more positive testimonies from many who are having great results by changing their diet and adding recommended nutritional supplements on a consistent basis. This encourages us to continue in our efforts to help educate others about aspects of nutrition in order to better help improve their health status. Here are a few things that people are reporting back to us: **high cholesterol counts going down, high blood pressure going down, digestive problems being greatly helped, regularity issues vastly improved, sleep problems greatly improved, greater energy and stamina, and weight loss! Hallelujah!**

This month in our efforts to keep you informed about various health and nutritional issues, we are going to take a look at some of the problems associated with stress and how it can negatively affect your health. Regrettably whether you want to admit it or not, the stress of modern lifestyles and how the body handles stress can be indicated by different things that start breaking down in our bodies. According to glycostory.com, the combination of nutrient depleting stress, unavoidable toxins in the environment and malnutrition are responsible for needless illness and premature deaths:

“Did you know that 95% of Americans are dying prematurely and needlessly of heart disease, cancer and diabetes and a host of other degenerative and autoimmune diseases? **Most of this is due to stress (which depletes nutrients at an accelerated rate), unavoidable toxins in the environment, and malnutrition from processed and nutrient deficient (junk) food.** Did you know that cancer takes 5-30 years to develop? During most of that time you feel fine. Then when you find out you have a disease, it is often too late. If you do what most people do, you will get what most people get: a disease that leads to an unpleasant and untimely death. So what are you doing to make sure that you are not part of the 95%?” (<http://www.glycostory.com/feeling-healthy.asp>)

Nevertheless, since we are not going to totally avoid stress in the modern world, we are going to have to be wise about how we manage it. Certainly, we are encouraged in Philippians 4:6 to “be anxious for nothing,” and that through prayer and supplication we can deal with a lot of stressful and anxious moments. But in addition to prayer, it is also critical that we each have a proper diet and the nutritional supplements that give our body the nutrients it needs to fight disease.

While understanding more and more about stress and its affects on health, we obtained a series of DVD presentations produced by Cheryl Townsley N.D. entitled, “The Power of Being Healthy.” Cheryl is a Doctor of Nutrition based in Colorado with a very pragmatic approach to addressing illness with proper diet and nutritional supplements. The following is a “stress level assessment” that Dr. Townsley authored that everyone should **honestly** take in order to ascertain just where you are on the stages of stress.

Stress Level Assessment

Determine Your Stage of Stress

Stress Stage 1 Symptoms: Alarm Stage (check all that apply)
Takes 6 months to recover

<input type="checkbox"/> healthy most of the time	<input type="checkbox"/> occasional digestive upset	<input type="checkbox"/> high energy
<input type="checkbox"/> increased sense of “alertness”	<input type="checkbox"/> occasional colds	<input type="checkbox"/> loss of hair
<input type="checkbox"/> good sleep all of the time	<input type="checkbox"/> some use of over-counter-drugs	<input type="checkbox"/> regular bowels
<input type="checkbox"/> clear mucous discharge (nasal, eyes, throat—no color)		

Early Stress Stage 2 Symptoms—Resistance Stage (check all that apply)
Takes 1-3 years to recover

sick more often beginning osteoporosis mood swings
 may experience fevers constipation and/or diarrhea inflammation
 increase in headaches irritability

**Advanced Stress Stage 2 Symptoms—Resistance Stage (check all that apply)
Takes 3-5 years to recover**

poor memory, brain fog decreased energy tight/flabby muscles
 poor sleep on a regular basis headaches increased mood swing
 irritability when under stress hormone imbalances chronic inflammation
 increased use stimulants/coffee weight gain in middle constipation/diarrhea
 chronic heartburn chronic allergies osteo-arthritis
 premature aging

**Stress Stage 3 Symptoms—Exhaustion Stage (check all that apply)
Takes 5+ years to recover**

burnout diagnosed with cancer pale skin
 diagnosed with heart disease diagnosed with diabetes "lifeless"
 increased use prescription drugs accelerated aging rigid body
 severe depression less responsive to therapies

Stage 4—Deceased

If you **honestly** take this stress level assessment, you just might be surprised where you end up in the various stages. What is more sobering is when you understand the amount of time required to get back to a healthy Stage 1. When we realized that we were definitely in the early to middle of Stage 2 and heading toward advanced Stage 2, our decision to do something different was birthed and acted upon. **After a number of months taking a variety of supplements and changing our eating habits, the improvement in many of these categories is already noticeable.**

Finally, in Dr. Townsley's DVD's, we came across another statistic from her years of experience with thousands of patients that summarizes why she is such an advocate of alternative health care (no prescription drugs) found in consistently taking nutritional supplements.

Top 10 reasons the public seeks alternative health care:

1. Back pain
2. Sprains and strains
3. Headaches
4. Digestive issues
5. Allergies
6. Immune problems
7. High blood pressure
8. Arthritis
9. Insomnia
10. Depression

What are the typical cures tried by most?

Issue #1 Back pain---See your local chiropractor

Issues #2-10 can be improved with diet, digestion and immune system support!

We hope this update has been helpful in your search for better health and nutrition. If you have any questions about the "stress assessment" or other things related to improving your health, please do not hesitate to call us at 407-933-2002 or email us at your convenience.

Blessings,

Mark and Margaret

For more information about glyconutrients:

www.mannapages.com/huey

Or call us at the OIM office: (407) 933-2002, or e-mail us at info@outreachisrael.net