



# Stress

## Is it doing you in?

During any given time our bodies are experiencing stress. Some stress is necessary to function, but of the stress that we feel is more that our bodies can handle.

Our jobs, our family situations, our own mental chatter and worry can cause our bodies to be stressed and can have unwanted repercussions.

Chronic stress causes cortisol to increase in your blood, which can increase blood sugar, increase hunger, and promote more fat storage.

The body stores "stress fat" in the belly to prepare for a crisis which was OK when the tiger was chasing us. This stress increases the adrenaline and cortisol to be excreted into our bloodstream and our body responds to it by holding on to the calories. Then we ran and distributed the adrenaline and cortisol and it didn't hang around, now it stays in our bodies and causes us to store extra fat in our abdomens.

This mechanism is in action whether the stress is real or perceived so we remain in this alerted stress state constantly.

All this leads to adrenal imbalance and exhaustion. Some of the symptoms of adrenal exhaustions are:

- Feeling bone tired during the day, only to perk up at night.
- Nodding off at the movies, at meetings, or while reading during the daytime.
- Snacking in the evening and frequently stay up late into the night.
- Feeling hungry, confused, or shaky when under pressure during the day.
- Habitually relying on caffeine and high-carb snacks to boost your flagging energy.
- Have you noticed a "spare tire" growing larger and larger around your waist each year?
- Eating modestly and exercising, but still not losing weigh.

Supporting your adrenal glands is the answer to recovering your energy level and staying your healthy weight. Believe it or not, the best support is to eat. Eating regularly and healthfully is very important.

Eating your larger meals early in the day when your cortisol levels are highest and lighter meals when your body is trying to shut down for sleeping will help your body maintain it proper level of blood sugar and cortisol.

Eating healthy foods is also important. Foods full of nutrients will maintain your blood sugar much more efficiently than high calorie, low or non-nutrient dense foods such as refined sugars, sodas, and caffeine containing beverages.

The best way that I have found to not eat these kinds of food is not to have them in the house. Fill your cupboards and refrigerator with healthy wholesome foods so that when you want something to eat, it will be good for you to eat it.

Some supplements are known to be helpful in combating stress. These are Vitamin C, Magnesium, and the B vitamins.

Herbs that help to calm the stress include, Licorice, Ashwagandha, Eleuthero / Siberian ginseng, Wild Yam, Sarsaparilla, Rhodiola, Dandelion root, Cinnamon. Oh, by the way, these herbs can be found in my "Adrena Tea", which is available on my Website: [Adrena Tea](#)

Dedicating herself to the total health and well-being of each individual patient, Dr. Travis offers primary health care services through modern Chiropractic healing methods. Techniques include gentle and non-force according to the individual patient's needs. Services include spinal manipulation, physical therapy modalities, Medicupping (including facial cupping), Ultrasound, diet, nutritional, herbal and hormonal counseling.

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