

## STRESS

### The Definition of Stress:

Any condition or circumstance that harms the body-mind; that breaks down or causes the death of a few or many cells. Examples: overwork, lack of sleep, poor nutrition, bacterial/viral attack, anxiety, lack of exercise; situations that are or seem to be unrelenting; exposure to pollutants.

All forms of stress increase the need for protein, Vitamins A, C, and B complex, zinc, and magnesium.

### **Nutrient Dosages for Health (adult)\***

Vitamin C	3000 mg	More if ill
B Comlex	50-300 mg	Higher end if stress increases
B <sub>6</sub>	50-200 mg	Increase for stress, illness, carpal tunnel, PMS, water retention
**Vitamin A (fish)	10,000-50,000 iu	Higher end during stress, illness, infection, to clear up skin
Vitamin E (d-alpha)	400-1200 iu	Higher end for painful breasts, hot flashes
zinc (picolinate)	15-50 mg	Use 100 mg if ill, fighting infection
magnesium	500-1000 mg	Use 1 part mag to one part cal or 2 parts mag to 1 part cal
calcium	500-2000 mg	
chromium and/or	200-600 mcg	Blood sugar control
selenium	100-200 mcg	Repairing cellular damaged caused by out of control blood sugar, protects vision, helps prevent cancer

\*Note: These doses are much higher than government agencies and many dieticians recommend. Government recommendations do not take into account stress, different needs of individuals, illness, or exposure to toxins, not to mention the poor quality of many Americans' diets.

\*\*Pregnant women or women wanting to become pregnant should not take more than 5,000 IU, as high levels of vitamin A can cause birth defects.

## ADRENAL STRESSORS

The following stressors can lead to fatigue and, ultimately, adrenal dysfunction—which may, in turn, make some stressors worse.

- ◆ Bad diet—sugar in its many forms /junk food/fast food/too many refined carbs (vs. a diet of whole “real” foods)
- ◆ Not enough Vitamin C, B Complex, proteins, minerals, and not enough *healthy* fats (ex. of good fats: olive oil, real butter, flax and fish oils)
- ◆ Eating incorrectly for your blood type
- ◆ Chronic or severe allergies
- ◆ Excessive, unremitting worry, anger, guilt, anxiety, or fear
- ◆ Depression
- ◆ Excessive exercise or lack of exercise
- ◆ Chronic exposure to industrial or other toxins, food preservatives, cleaning supplies, cosmetics, chemicals in our water, agricultural chemicals, etc.
- ◆ Overwork, both physically and mentally
- ◆ Chronically late hours or insufficient sleep
- ◆ Light cycle disruption: shift work
- ◆ Unhealed trauma or injury
- ◆ Chronic illness
- ◆ Surgery

Notes: