

Reduce stress and optimize health

7 STRESSORS ON YOUR BODY

1

TOXIC ENVIRONMENT

Heavy metals, industrial pollutants and toxins hiding in your plastics, cleaners, furniture, cookware and cosmetics all stress your liver and body.

2

TOXIC FOODS

Artificial ingredients, refined flours, sugars, processed foods, pesticides on conventional produce, and conventionally raised meats tax your liver, digestive system, and many other body systems.

3

TOXIC THOUGHTS

Feeling you are not smart enough, thin enough, or good enough as well as trying to deprive yourself of pleasure (starving yourself, never eating for joy, obsessing about workouts in lieu of spending time with loved ones) create psychological and, in turn, physical stress on your body.

4

FAST EATING

Wolfing down your food skips the cephalic phase of digestion which stresses your stomach, pancreas, liver, gallbladder and intestines as well as leads to nutrient deficiencies and damage to the gut lining.

5

FAST LIVING

Staying on-the-go 24/7, never saying "no," avoiding adequate rest and recovery, being a workaholic and not getting quality sleep are all major stresses on your body.

6

UNCONTROLLED BLOOD SUGAR

A high sugar and/or refined flour diet stresses your pancreas and cells, leading to insulin resistance, systemic inflammation and brain dysfunction.

7

UNKNOWN FOOD ALLERGIES

Foods that create an immediate or delayed-onset immune reaction stress your immune and digestive systems eventually leading to damage of the gut lining, autoimmune disease, arthritis, fibromyalgia, depression and bowel diseases.



THE HOLISTIC
HEALTH APPROACH

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6 CHANGES TO YOUR DIET

CHANGE
1

LIVE UNREFINED

Reduce and eliminate artificial ingredients, refined flours, sugars and processed foods to enhance nutrient intake and reduce stress on the body.

CHANGE
2

BREAK THE ADDICTION

Greatly reduce or eliminate sugars, gluten and dairy – all of which artificially stimulate the reward center in your brain leading to addictive behaviors.

CHANGE
3

UNCOVER YOUR ALLERGIES

Consider doing an elimination diet of the 6 common food allergens – gluten, dairy, corn, soy, eggs and peanuts – to see if any are compromising your health.

CHANGE
4

BE MINDFUL

Eating slowly and mindfully enhances digestion, absorption and assimilation of the nutrients and energy from your food.

CHANGE
5

FIND THE BALANCE

Consume healthy fats, fiber and protein throughout the day to balance your blood sugar and reduce stress on your body.

CHANGE
6

LOOK AT THE WHOLE PICTURE

Choose whole foods – organic produce, free range meats, raw nuts and seeds, whole unrefined grains, beans, legumes and cold-pressed and unrefined oils.

5 SUPPLEMENTS FOR STRESS*

1

OMEGA 3 FATTY ACIDS

These essential fatty acids reduce inflammation in the body as well as enhance brain activity and nervous system health.

2

B COMPLEX

The complex of B vitamins – especially B6, B12 and folic acid – are important for energy, neurotransmitter production and adrenal support.

3

MAGNESIUM

Magnesium has a calming effect on the nervous system to help relax your muscles and nerves as well as support the adrenal glands.

4

VITAMIN C

Vitamin C is a powerful antioxidant that gets depleted by stress. It works in concert with magnesium to support the adrenal glands.

5

ASHWAGANDHA

Ashwagandha is an adaptogen herb that supports your adrenal glands, reduces inflammation, normalizes cortisol levels and may support strength and stamina.

*Speak with your doctor before adding any new supplements to your current regimen.



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