

Adrenal Fatigue

Different Ways Stress Can Affect You

The body cannot differentiate between good and bad stress. When stress takes over, it can be overwhelming and can literally take years off your life.

The first place changes are noticed is in the nervous system. The brain is made to adapt to new experiences, particularly in childhood. The part of the brain, amygdala, is responsible for fight, flee or freeze reactions. Early trauma in childhood will increase the size of the amygdala. The size does not change throughout life.

Depression and anxiety disorders can increase under stress. Also there is a higher risk of cardiovascular disorders. Blood pressure can be elevated and the heart can be weakened under stress.

Stress affects the gut and can cause Irritable Bowel Syndrome

Stress make one more vulnerable to disease. Research shows stress can make vaccines less effective and wounds take longer to heal.

Stress (cortisol) pathway is shared with sex hormone pathway. Stress can interfere with sex hormone production This means low libido, difficulty maintaining pregnancies and inability to fully utilize hormone therapy.



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Hours of Operation
Tuesday-Friday 9am-4pm
Saturday 9am-12pm



14 High Fiber Foods to Lose Weight

Wheat Bran-1 ounce=13g fiber

Chia Seeds- 1 ounce=10g fiber

Raspberries- 1 c. =8g fiber

Lentils- 1/2c cooked=8g fiber

Blackberries-1c=8g fiber

BlackBeans -1/2c =8g fiber

Bulgur-1c=5-8g fiber

Peas-1c=7g fiber

Flax Seeds-2Tbsp=6g fiber

Artichoke- 1medium=6g fiber

Pear-1 medium 5g fiber

Oats-1c cooked=4g fiber

Broccoli 1c-4g fiber

Sunflower Seeds ¼c 4g fiber

FIBER CAN HELP REDUCE THE RISK OF BREAST CANCER

High Insulin Increases Cancer Risk

Every time you eat sugar, you increase your risk for Breast Cancer

High insulin levels create insulin resistance

Sugar is the driver behind high insulin levels

High insulin promotes inflammation and enables cancer cells to grow

Sugar, especially high-fructose corn syrup and other processed carbohydrates increases insulin which blocks estrogen

Strategies To Minimize Risk of Breast Cancer

Fiber Up- Fiber is important for gut and overall health. Goal should be 35 grams per day.

Have protein at every meal-

Supplement Wisely. Optimal levels of B vitamin Folate (not folic acid) to prevent breast and other cancers

Control stress levels- Chronic stress increases breast cancer risk

Restore Gut Health- Gut microflora influences cancer genes and your immune system.

Reduce toxic load- Household cleaners and cosmetics can increase toxic load. Environmental Working Group (EWG) website is helpful to reduce toxic load.

Exercise Regularly- this helps decrease the risk of cancer

Go clean and green- Filtered water and organic food healthier options. Bottled water is not always filtered.

Watch the alcohol- One glass of wine a day increases the risk by 40%. Increased alcohol load means liver can't metabolize estrogen well.

Get Restorative Sleep- More sleep equals less risk



Exercise Corner

15 Minutes of Rowing

Download 7 Minute App:

Jumping Jacks: 30 seconds
10 second rest

Wall Sit 30 seconds
10 second Rest

Push Ups 30 seconds
10 second rest

Abdominal Crunches 30 seconds
10 second rest

Chair Step Ups 30 seconds
10 second rest

Chair Dips 30 seconds
10 second rest

Plank- 30 seconds
10 second rest

Running in place 30 seconds
10 second rest

Lunges 30 seconds
10 second rest

Push Ups with rotation
30 seconds
10 second rest

Side Plank 15 seconds right side
15 seconds left side

Can repeat this 2-4 times

Unusual Symptoms Could be Sign of.....

Frequent Chills- Thyroid Disease

Pitted Nails- Psoriasis

Lumps Under Your Skin- Nodules may be Rheumatoid Arthritis

Achy Achilles- Psoriatic Arthritis

Chronic Hiccups- Lung or Esophageal Cancer

Craving for Ice- Anemia accompanied by tongue pain and/or swelling

An Urge To Steal- Early signs of dementia

Geographic Tongue- White patches and weird shapes on the tongue-Celiac Disease

Constant Need to Pee- Diabetes

Constant Need to Drink Water- Diabetes

Constant Hunger- Diabetes

BioIdentical Hormone Talks

You are invited to our informal monthly gathering to see if Bioidentical Hormone Replacement is right for you. Our talk this month is scheduled for October 14th, 6-8pm. Light Refreshments will be served.