



## STRESS MANAGEMENT

**S**tress and fatigue are two sides of the same coin. Research shows that our bodies respond to stress by releasing a cascade of hormones to prepare us to face the perceived threat. Fatigue is a sign that your mind and body can no longer keep up the pace. Chronic stress can create a dangerous cycle impacting on our health and ability to function and relate to others in a constructive way<sup>(1)</sup>.

**H**ormones such as cortisol and adrenalin are responsible for our physiological response to stress; also called the 'fight or flight' response. Cortisol heightens awareness, speeds up heart rate and shuts down digestion<sup>(2)</sup>, while adrenalin elevates blood sugar levels ready to stand and fight or run away<sup>(3)</sup>. That is fine when you are faced with a carnivorous beast or have to avoid a speeding vehicle, but chronic stress will set you up for serious health issues by taxing your body and damaging your immune system. It will create emotional disturbances and interfere with sleep. It may even lead to diabetes, heart disease and cancer.

**F**atigue is more than just feeling tired at the end of a busy day; it is the result of chronic stress. Sometimes called adrenal fatigue, it means that the adrenal gland, which regulates hormone production, is over-worked. It would seem that the body has forgotten how to stand down from the perceived threat.

**C**learly avoiding or managing the causes of stress is advisable. Sleep is a good way to allow your body to recover and find creative ways to reduce stress. Fresh air and exercise are also effective in dealing with the tension and worries of the day. A good diet will support the glands and organs we rely on, to function, and for lapses in nutrition, natural supplements are effective way to support emotional and physical stress and allow the body to relax and recover once the stress has passed.

**B**-complex vitamins quickly become depleted during stressful events probably because they are required for energy production, nerve function and brain health. Natural herbs such as Ginkgo biloba stimulate brain

function and blood circulation. Essential fatty acids (Omega 3 and 6) are effective in a myriad of ways and have been shown to reduce aggression, depression, nervousness, anxiety and sleep disorders<sup>(4)</sup> all of which are associated with long term stress. Deer velvet is an effective treatment for a wide range of conditions, which is why it is most commonly referred to as a general health tonic.

**Deep Blue Health products which can contribute to stress relief are;**

**Deer Velvet** - restores well-being; supporting and protecting optimum organ health to revitalise and reduce the stress experienced by the body in everyday life.

**Deer Velvet Executive** - with added B-complex vitamins, formulated to promote energy.

**Evening Primrose Oil** - rich in Omega 6 (GLA) to support optimal health, improves focus and memory.

**Flaxseed Oil** - contains Omega 3 and Omega 6 essential fatty acids which nourish the brain.

**Ginkgo Biloba** - used as an anti-oxidant, to enhance brain activity and improve blood circulation.

**Olive Leaf** - can provide protection against illness and increase energy and general wellbeing.

**Omega 3** - helps to keep blood vessels healthy, reduces inflammation, and improves mood control.

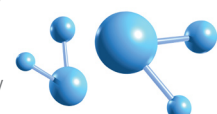
**Spirulina** - a super-food which contains phytonutrients, vitamins, minerals and essential fatty acid and anti-oxidants to super-charge the body.

**Wheatgrass** - supports normal body function and energy



References:

1. <http://stress.about.com/od/stressmanagementglossary/g/Chronicstress.htm> Chronic stress
2. <http://stress.about.com/od/stresshealth/a/cortisol.htm> Cortisol
3. <http://stress.about.com/od/stressmanagementglossary/g/Adrenalin.htm> - Adrenalin
4. <http://www.psychosomaticmedicine.org/cgi/content/full/61/5/712?ijkey=IdHaeC7KGiCKs> Abstract Adriane Fugh-Berman, MD and Jerry M. Cott, PhD 1999



**DEEP BLUE HEALTH™**  
[www.dbh.co.nz](http://www.dbh.co.nz)