

Chronic Disease, Stress Reduction and Nutrition

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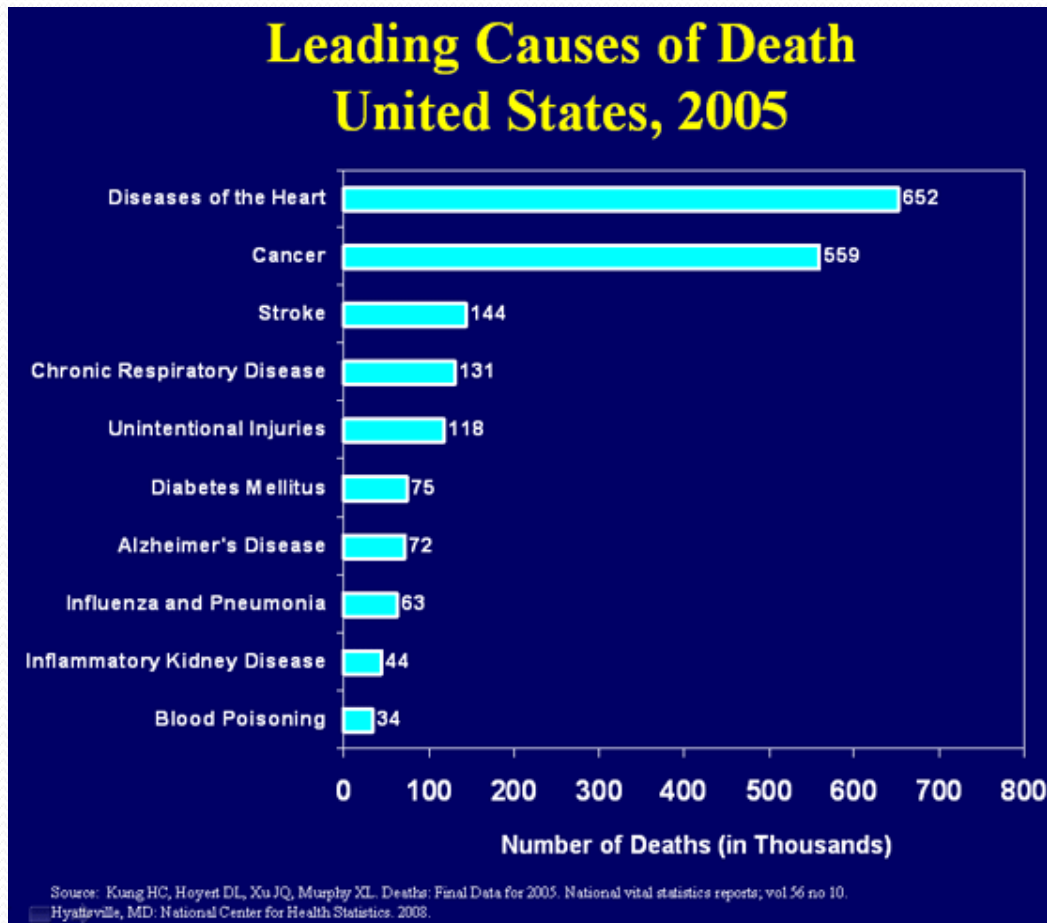
Agenda

- Effect of Stress and Poor Nutrition on Health
- Chronic Disease Overview
- The 3 Part Brain and Health
- Autonomic Nervous System and Health
- The Power of the Literal Heart and Positive Coherence
- Stress Reduction Techniques for Emotional Wellbeing
- Managing Your Health and Wellbeing
- Questions

Chronic Illness

- No magic pills for disease
- “Solving vs. Resolving” Karl Jung said “Major problems are never solved they are transcended!”
- Chronic disease are among the most prevalent, costly and preventable of all health problems
- 7 of every 10 Americans who die each year, or more than 1.7 million people die of a chronic disease
- Chronic disease causes extended pain and suffering and decrease in quality of life for millions of Americans.

Leading Causes of Death in US



Costs of Chronic Disease

- In 2005, 133 million people lived with at least one chronic disease (c.d.)
- C.D. counts for 70% of all death in U.S.
- C.D. accounts for more than 75% of the nation's \$2 trillion medical care costs
- C.D. account for one-third of the years of potential life lost before age 65.

Cost Effectiveness of Prevention

- Implementing Arthritis Self-Help Course among 10,000 individuals with arthritis will yield a net savings of more than \$2.5 million while simultaneously reducing pain by 18 percent among participants.
- A mammogram every 2 years for women aged 50-69 costs only about \$9,000 per year of life saved. This cost compares favorably with other widely used clinical preventative services.

Myositis

- Swelling of the muscles. Injury, infection, certain medicines and even exercise can cause muscle swelling. There are a number of inflammatory myositis myopathies. Some of the signs and symptoms are:
- Muscle weakness and pain
- Tiredness and Fatigue
- Trouble climbing stairs, standing from a seated position or reaching up
- Difficulty swallowing

What Are They?

They are very fast, even faster than thought. They're invisible, we can't see them and often don't even know they exist. At other times they're as loud as a thunder storm booming inside us, visible on our faces and in the way we move.

Without them we can't enjoy food, have fun with friends, or feel the stir of music. With them we can feel miserable and confused or joyful and happy....

What Are "They"?

Feelings and Emotions

- “Energy In Motion”
- Joy, Sorrow, Anger
- The “Experience” of emotion
- Emotions and feelings affect your body, energy, thoughts and relationships
- Scientists observe the affect of feelings on our heart rhythms

The Brain Heart

The Three Part Brain

1st Brain: Reflect and Instinct

- Approach/Avoidance
- Hormonal Control
- Temperature Control/Hunger, Thirst
- Reproductive Drive
- Respiration and heart rate

The Brain Heart

2nd Brain: Hindsight

- Territoriality
- Fear
- Anger
- Maternal love

The Brain Heart

3rd Brain: Foresight

- Self awareness
- Ability to choose
- Self-reflection
- Problem-Solving
- Goal satisfaction
- Advantage over 2nd brain – more control of actions

Three Brains Working Together

- They interact all the time
- They should be in harmony for you to fully benefit
- Should not rely on only one brain level
- Unmanaged emotions can play too strong a role (2nd brain).
- If 2nd and 3rd are not working well together we may be out of awareness
- If the brains are not in sync a disconnection can occur

Emotions and the Nervous System

- Nerves in your body are like wires
- Nerves carry information from one part of the body to another
- Nerves carrying information from eyes, ears, nose and other parts of the body to the brain so we can perceive the world are done so by nerves of the sensory portion of the nervous system.

Autonomic Nervous System

- Unconscious operation
- Controls functions of internal organs and glands
- Involved in ability to feel and experience

Autonomic Nervous System

Two Branches

- Sympathetic Branch

Prepares body for action by speeding up heart rate

Parasympathetic Branch

Is compared to the brake pedal because it slows the heart rate

Emotions

- Emotions are produced by brain and body action together
- The autonomic nervous system connects the brain, heart, and the body
- Unhealthy Emotions can:
 - lessen ability to think clearly, poor decision making,
 - lessen ability to communicate clearly, reduced physical coordination, higher risk for heart disease, higher risks of dis-ease

Healthy Positive Emotions

Research shows that healthy emotions have the following consequences:

- Improved performance and achievement
- More creativity and innovative problem solving
- Better decision making
- More flexibility in the way you think
- Improved memory
- Improved immunity to disease
- Improved hormonal balance
- Longer life span

Managing Emotions

- Learn to ride the waves of emotion to become healthier
- It is a skill but not hard to do
- There is a nervous system pathway which carries signals from the heart to the brain and vice versa
- Heart and brain communicate and they talk to the body.
- The signals they send (for good or ill) can make a significant difference in how we feel

Heart Brain Connection

- Nerve impulses from heart received at the 1st brain level and then move to 2nd and 3rd levels affecting our feelings, thinking, perception and performance
- Irregular heart rhythms indicates we are upset
- Smooth heart rhythms indicates we are okay
- Disordered heart rhythms indicate stress
- Ordered heart rhythms indicate we are feeling calm and positive (Coherence)
- 1st brain and medulla regulate blood pressure and the autonomic nervous system
- 2nd brain which includes amygdala monitors heart rhythm patterns and other responses to sense how the body is feeling

Heart Brain Connection

- The 3rd brain monitors the activity in the 2nd brain and “names” the feeling
- The pathway starts in the heart and goes to the 1st brain, then to the amygdala in the 2nd brain.
- Pattern of signal tells the 2nd brain what the heart and body are experiencing
- While the 3rd brain monitors the 2nd brain and categorizes the feelings of fear, anger, joy, appreciation after we are already experiencing it

Heart Brain Connection

- Envision breathing through the area of the heart
- Create general positive feelings (appreciation and love)
- Doing so can actually change the signals the heart sends to the brain
- This will influence how we feel and our overall health

Stress

- Term which describes the wear and tear the body experiences in reaction to challenges, tensions and pressures
- American Institute of Stress indicates that up to 90% of all health problems are related to stress
- Too much stress creates a poor immune system, contributes to heart disease, stroke, increased inflammation, increasing the risk of everything from colds to cancer.

Stress and Cortisol

- Can't eliminate stress from our lives completely
- We can manage it and reverse the damage
- Heartmath can help
- Cortisol “Stress Hormone”
- little amounts of cortisol can give us quick bursts of energy, heightened memory functions, lower sensitivity to pain, burst of increased immunity, helps maintain homeostasis in the body

Stress and Cortisol

- Stress creates high and more prolonged levels of cortisol. Negative affects are as follows:
- Impaired cognitive, performance, suppressed thyroid function, blood sugar imbalances, decreased bone density, high amounts of inflammation (Drs. Kyriakis and Avruch – impact of stress on chronic inflammation....was profound), decrease in muscle tissue, higher blood pressure, slow wound healing, increase in abdominal fat which is associated with a greater amount of health problems

Stress and Cortisol

- To keep cortisol levels healthy and under control, the body's relaxation response should be activated
- It is necessary to get rid of stress and build positive coherence (mind and body harmony) in we want to see improved health
- Emotional states reflected in our heart rhythms
- Heart rhythms affect the brain's ability to process information, make decisions, solve problems and EXPERIENCE and express creativity

Mind and Body Connections

- Heart is strongest biological oscillator
- Entrainment between heart and brain increases clarity and a greater sense of well-being
- Positive feelings increase order and balance in the autonomic nervous system – creating enhanced immunity, improved hormonal balance and brain function
- Intentionally altering our emotion state through heart focused techniques can help facilitate a higher brain function

Nutrition and Stress

- Stress can lead to unhealthy lifestyle which leads to more stress
- When you are stressed might you do the following:
 - Drinking too much coffee
 - Eating the wrong foods
 - Skipping Meals
 - Mindless Munching
 - Forgetting Water
 - Fast Food
 - Crash Diets

Nutrition and Stress

- Unhealthy nutritional habits can affect our bodies in many ways. Here are a few:
- Blood sugar imbalances, caffeine side effects, poor health outcomes

We must commit to taking better care of ourselves during times of stress. Think about what you are putting in your mouth, how it was prepared, how much of it you are eating, etc.

Nutrition and Stress

- Anti-inflammatory diet
 - 40% carbs, 30% proteins, 30% health fats
 - Rotate foods
 - Plan meals ahead of time
 - Find 10 recipes you enjoy
 - Eat organically grown fruits
 - Most people notice a difference in 4 to 6 weeks
 - Diet developed by Jane Oelke, N.D., PhD
- www.naturalChoicesForYou.com 269-429-9554

Building Coherence

- Freeze Frame
- EmWave
- Coherence management in real time
- Visual Exercise

Tips to De-Stressing Yourself

- During this time in our history and economy...higher levels of stress are permeating our every day life. Some tips to managing that stress are as follows:
- Communicate and interact with others
- Re-open heart feelings (offering kindness and compassion)
- Practice appreciation and gratitude
- Decrease drama
- Manage your reactions to the news
- Prayer or meditation

Tips to De-stressing Yourself

- Heart-focused breathing to reduce stress and anxiety
- Sleep
- Exercise
- Reduce comparing now with the way it was
- Reduce the fear in your life which are fanned by the flames of drama