

The stress equation – tip the balance in
your favor with adaptogens
(and your own efforts).

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‘One of the symptoms of an approaching nervous breakdown is the belief that one’s work is terribly important’

Bertrand Russell



‘Stress is an ignorant state...
It believes that everything is an emergency.’

Natalie Goldberg. *Wild Mind*

‘I try to take one day at a time, but sometimes several days attack me at once.’

Jennifer Yane

Adaptogens

- **Have anti-stress qualities** that help provide stabilizing effects on neuro-endocrine system, especially HPA axis
- Help to modulate and/or enhance the immune system
- Have antioxidant properties

A close-up photograph of a green leaf with several clear dew drops resting on its surface. The background is a soft, out-of-focus green.





Adaptogens proven to:

- Reverse immuno-suppression caused by stress
- Reverse the decline of immune system function that accompanies aging
- Reduce the risk of chronic degenerative disease
- Increase the body's resistance to a wide range of stressors

Adaptogens create hormonal balance

- Pituitary
- Thyroid
- Parathyroid
- Adrenals
- Thymus
- Pineal
- Pancreas
- Ovaries
- Testes
- Brain
- Nerves

Four distinct categories of lifestyle stress

Nutritional/Chemical	Electromagnetic	Emotional, Mental, Spiritual	Physical & Structural
			

Address all stressors for true “wellness”



U.S. National Institute on Ageing says...

80% of health problems experienced in old age are not due to age at all, but due to improper care of the body over a lifetime.



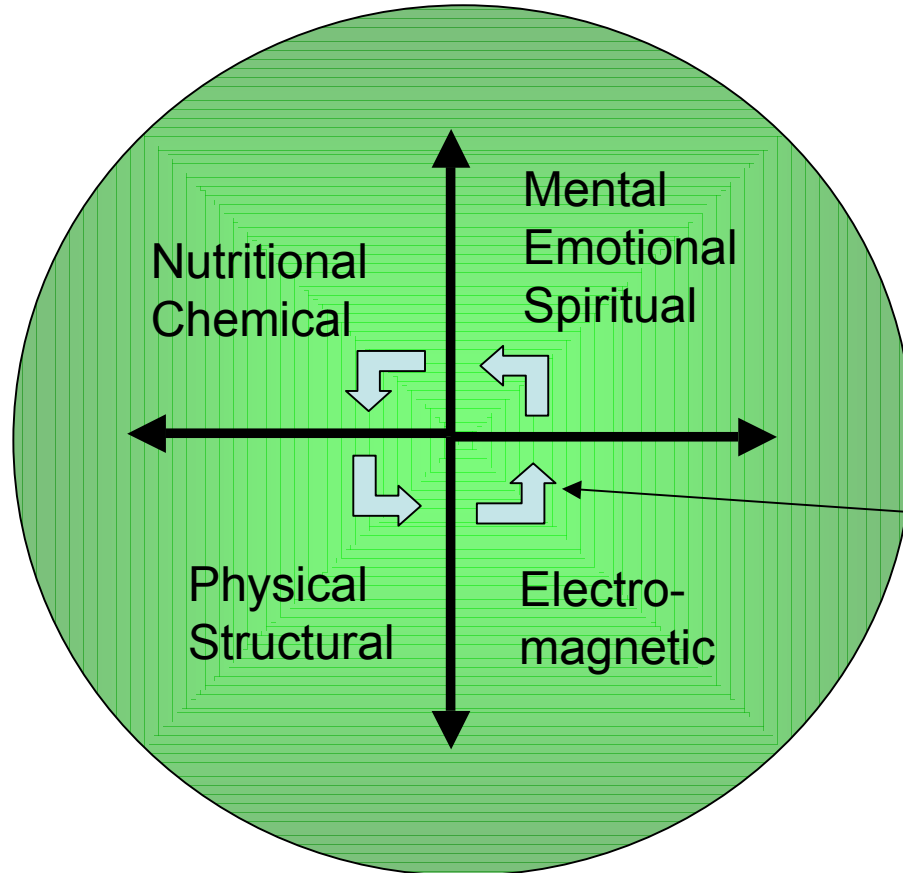
Address all stressors...

- Achieve optimal physical, mental and emotional health
- Enjoy full health potential for a lifetime
- Avoid typical decline in health
- Avoid “sick old age”
- Make health span and lifespan equivalent

Balancing the effects of nutritional stress

Whole foods
Organic
Protein
Nutrients

Out of balance



Balance



Are you zinc deficient?

Researchers now believe that
zinc deficiency is the most
widespread deficiency in the
developed world!



Are you zinc deficient?

Zinc is the most important trace element

“If a new drug had been discovered with this broad range of properties, it would have been hailed as the discovery of the century.”

Professor Derek Bryce-Smith
Dept. Organic Chemistry, Reading University UK

Are you zinc deficient?

CSIRO study

- 67% Australian men - below RDA
- 85% Australian women - below RDA

Zinc is lost and destroyed

- Non-organic farming
- Refined grains (white flour, sugar)
- Alcohol
- Diuretics (e.g. caffeine)
- Smoking
- Detoxification – (e.g. heavy metals- mercury, lead)
- Growth, pregnancy, breastfeeding
- Stress, illness,
- Oral contraceptives, iron supplements



You need zinc!

Zinc involved in 200 enzyme systems...

- Fertility
- Adequate sexual function
- Taste perception
- **Immune function**
- Brain function
- Mood
- **Coping with stress**
- Collagen formation
- Muscle building
- Wound healing

Zinc found in

- Whole grains
- Brewer's yeast
- Wheat germ
- Fruit
- Vegetables
- Meat
- Nuts
- Oysters
- Fish/shellfish
- Poultry

The Zinc Taste Test

- Strong, unpleasant taste – promptly =
adequate status
- Dry mineral, sweet or furry taste – delayed =
marginal status
- No taste (like water) =
zinc deficient

Don't forget other nutrients

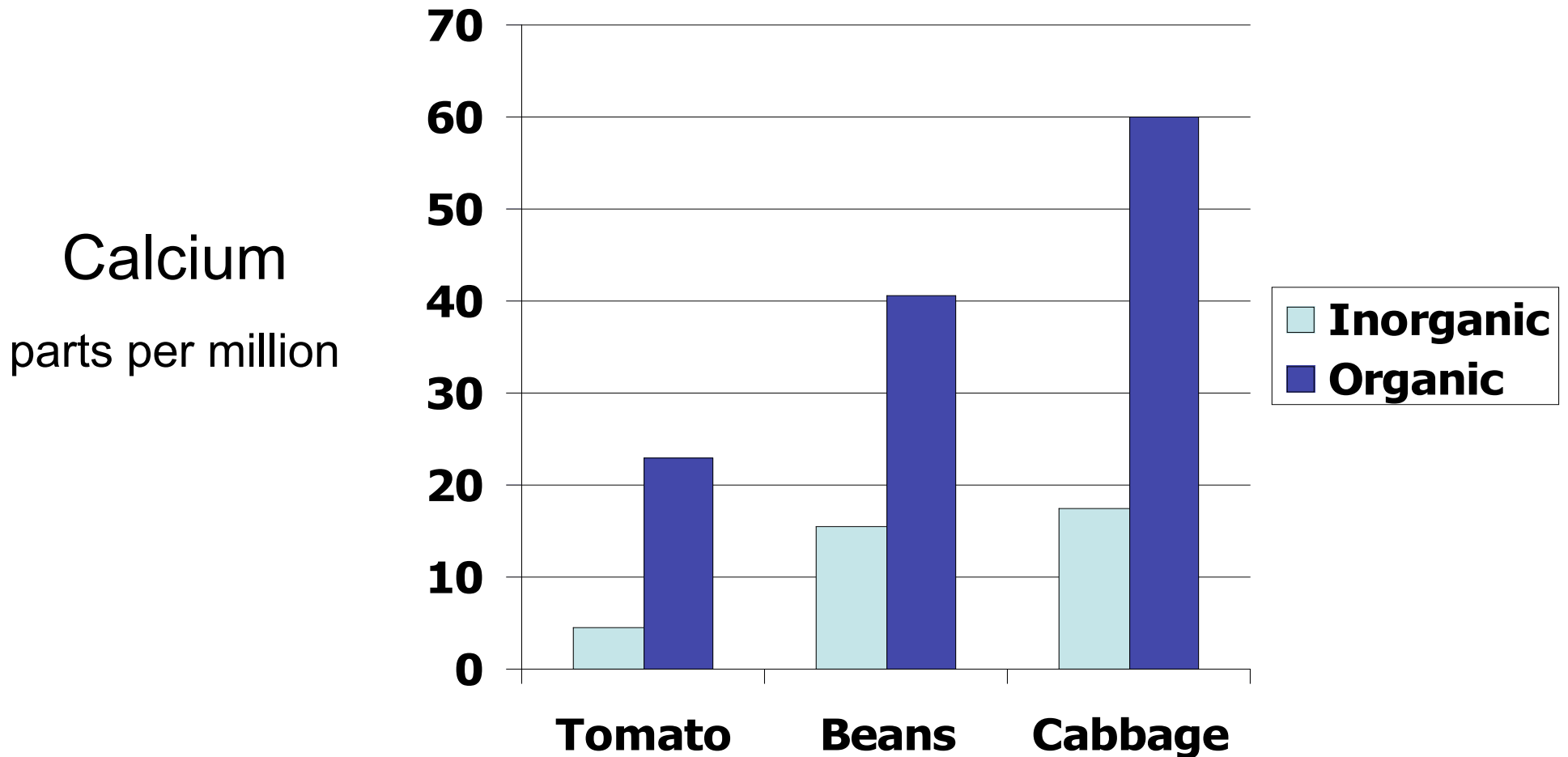
- Zinc is just one of 40+ essential nutrients
- Zinc deficiency never occurs in isolation
- The factors contributing to zinc deficiency can be attributed to modern living
 - Diet
 - Lifestyle
 - Environment
 - Attitude

Modern diets...the problem

- Non-organic food creating nutritional deficiencies
- Refined food/processed food
- Fast food
- Overeating
- Missed meals
- Fad diets
- Inappropriate balance – Protein : Carbohydrate : Fat

Organic / inorganic food comparison

Firman E. Baer report, Rutgers University



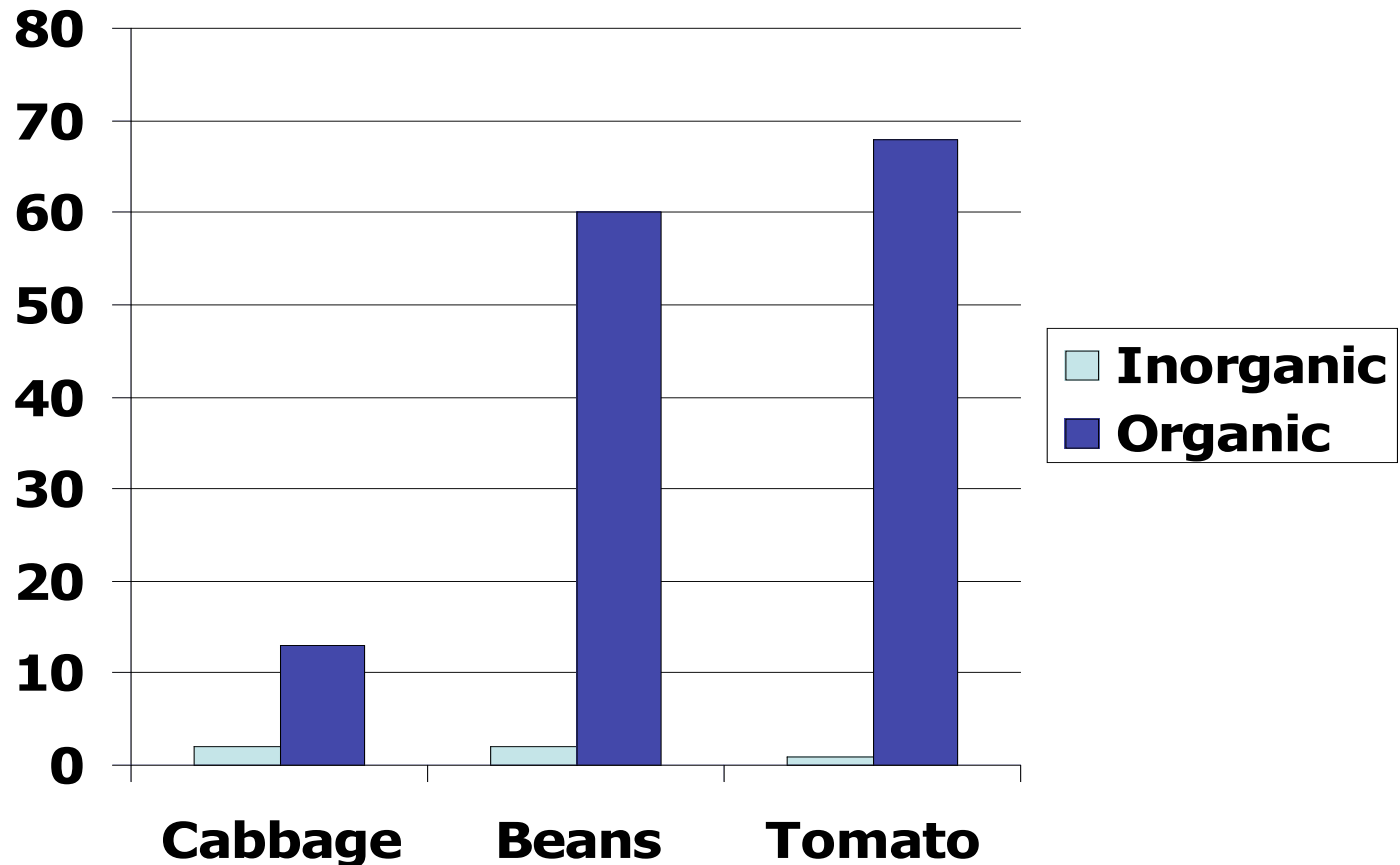
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Organic / inorganic food comparison

Firman E. Baer report, Rutgers University

Manganese
parts per million

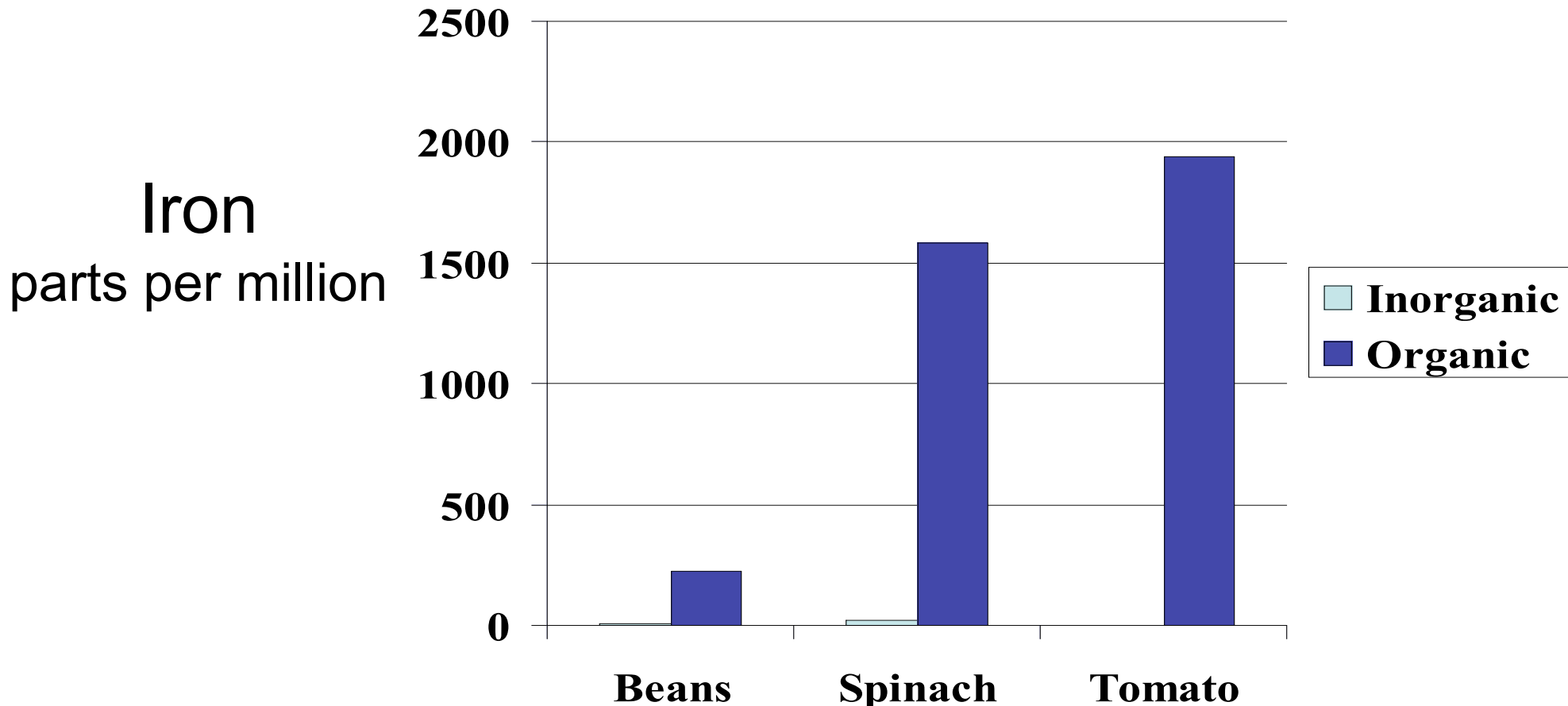


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Organic / inorganic food comparison

Firman E. Baer report, Rutgers University



Modern diets...the Solution

- Whole/unrefined/ wholefoods
- Organically grown/produced
- Avoid products containing unfermented soy/pasteurised milk
- Avoid products containing sugar/white flour
- Avoid products containing chemicals
- Avoid genetically-modified products
- Take comprehensive nutritional support

Modern diets...the solution

- Balance Protein: Carbohydrate: Fat
40:30:30
- Staying in '*The Zone*'
- Balances 2 key hormones
 - Insulin
 - Glucagon



Insulin

This anabolic 'saving' hormone tells body to...

- Use glucose for fuel
- Store fat

Glucagon

This catabolic 'spending' hormone tells the body to...

- Burn fat

Insulin and Glucagon in balance...

- Body/mind at peak efficiency
- Mental clarity
- Emotional stability
- Normal appetite
- Fat burning
- Protection against disease
- Better performance/endurance
- Improved healing

Achieving the balance

- Work out protein requirements
- Balance protein with carbohydrates
- Add healthy fats/oils
- Drink 8 x 8oz glasses of purified water (2 quarts = ½ gallon) daily

Select your protein

- **At each meal** - portion **the same size and thickness** as the palm of your hand
- **At each snack** - portion **1/3 the size and thickness** of the palm of your hand



Types of protein – always organic

- Lean meat
- Poultry
- Wild game
- Eggs
- Nuts/seeds/legumes/grains (combine for vegetarian)
- Fish (cold water)
- Dairy (raw milk)
- Protein required for formation of peptide hormones (e.g. oxytocin)

Balance protein with carbohydrates

- Asparagus
- Cabbage family
- Capsicum
- Chick peas
- Eggplant
- Lentils
- Lettuce
- Mushrooms
- Onions
- Apples
- Apricots
- Cherries
- Grapes
- Melons
- Oranges
- Peaches
- Pears
- Strawberries

Eat most –
Low Glycemic Foods

Balance protein with carbohydrates

- Baked beans
- Carrots
- Corn
- Peas
- Potato
- Sweet potato
- Banana
- Dates
- Figs
- Fruit juices
- Biscuits
- Bread
- Doughnut
- Muffin
- Pasta
- Rice
- Tacos/tortillas
- Relishes

Eat Reduced Amounts –
High Glycemic Foods

Meal examples

- Animal protein = $\frac{1}{3}$ of your plate, then select low-GI carbohydrates = $\frac{2}{3}$ of your plate
e.g. beef and vegetables (1:2 ratio)
- Animal protein = $\frac{1}{3}$ of your plate, then select high-GI carbohydrates = $\frac{1}{3}$ of the plate
e.g. chicken breast and pasta (1:1 ratio)
- Vegetable protein = $\frac{1}{2}$ of your plate, then select low-GI carbohydrates = $\frac{1}{2}$ of your plate
e.g. tofu/vegetables and lentils (1:1 ratio)
- Vegetable protein = $\frac{1}{2}$ of your plate, then select high-GI carbohydrates = $\frac{1}{3}$ of the plate
e.g. tofu and rice

Add healthy fats and/or oils

- Cooking - olive, sesame oil
- Seeds - flax, pumpkin, sesame
- Nuts - almonds, hazelnuts, walnuts
- Avocado
- Organic/soya mayonnaise
- Dressings - flax, pumpkin, walnut, olive oil
- Coconut oil

A close-up photograph of a green leaf with several clear water droplets resting on its surface. The background is a soft, out-of-focus green.

Avoid these oils/fats

- Fatty red meat
- Fried food
- Organ meats
- Delicatessen meats
- Saturated fats
- Polyunsaturated oils/trans fats

Why are oils and fats necessary?

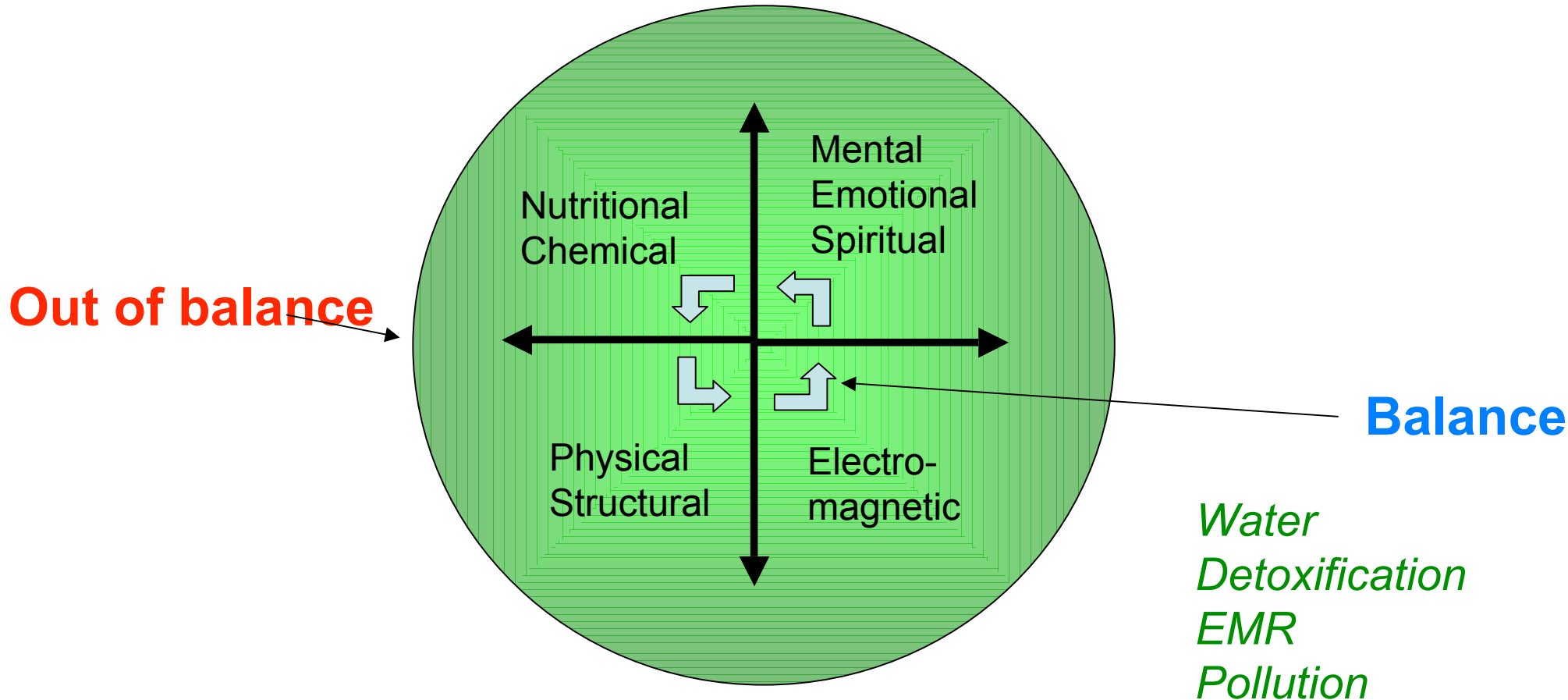
- Reduce insulin response
- Turn on 'I've eaten enough' switch
- Component of all cell walls
- Absorption of fat soluble vitamins
- **Precursor of hormones & other highly biologically active substances**

A close-up photograph of green leaves with several dew drops resting on their surfaces. The background is a soft, out-of-focus green.

Adaptogens support dietary changes

- Balance hormones
- Enhance gastro-intestinal absorption
- Balance blood glucose levels
- Provide anti-oxidants

Balancing the effects of lifestyle & environment



Chemical stress – the problem

- Alcohol
- Cigarettes
- Caffeine
- Drugs (prescribed, OTC, recreational)
- Home (kitchen, laundry, bathroom)
- Workplace (photocopying, air conditioning, fluorescent lighting, industry, agriculture)
- Heavy metals (lead, mercury, aluminium, cadmium)

The solution - reduce exposure...

Personal care (175 chemicals daily)

- Parabens Methyl, propyl, butyl and ethyl paraben
- Propylene glycol
- Sodium lauryl sulphate
- Isopropyl alcohol
- Phthalates
- DEA (diethanolamine)
- TEA (Triethanolamine)
- Formaldehyde
- Imidazolidinyl urea
- DMDM hydantoin
- Petrolatum/Mineral oil
- Lanoline
- PABA
- Fragrances
- Colouring agents

Electromagnetic stress –the problem

- Computers
- Mobile and cordless phones
- Video games
- Electric blankets
- Water beds
- Fuse boxes
- High voltage power lines
- Cosmic radiation (flying)

The solution - reduce exposure...

EMR – reduce exposure

- Turn off monitor/move away
- Laptop or LCD (**Avoid laptop in lap**)
- No EMR in bedroom
- Shield for mobile phone (**No mobile phone on hip or in pocket**)
- Protective devices for PCs and electrical goods
- Personal protective devices
- Nutrients/herbs/homoeopathic remedies

Lifestyle stressors - detoxification

- Purified water – 2 quarts daily (e.g. Wellness Filter)
- Anti-oxidant nutrients
- Onions and garlic
- Specific foods (eggs, legumes, asparagus, yoghurt, citrus fruits)
- Dandelion root coffee
- Aerobic exercise
- **Practitioner-guided detoxification**

Why TWO quarts of water daily?

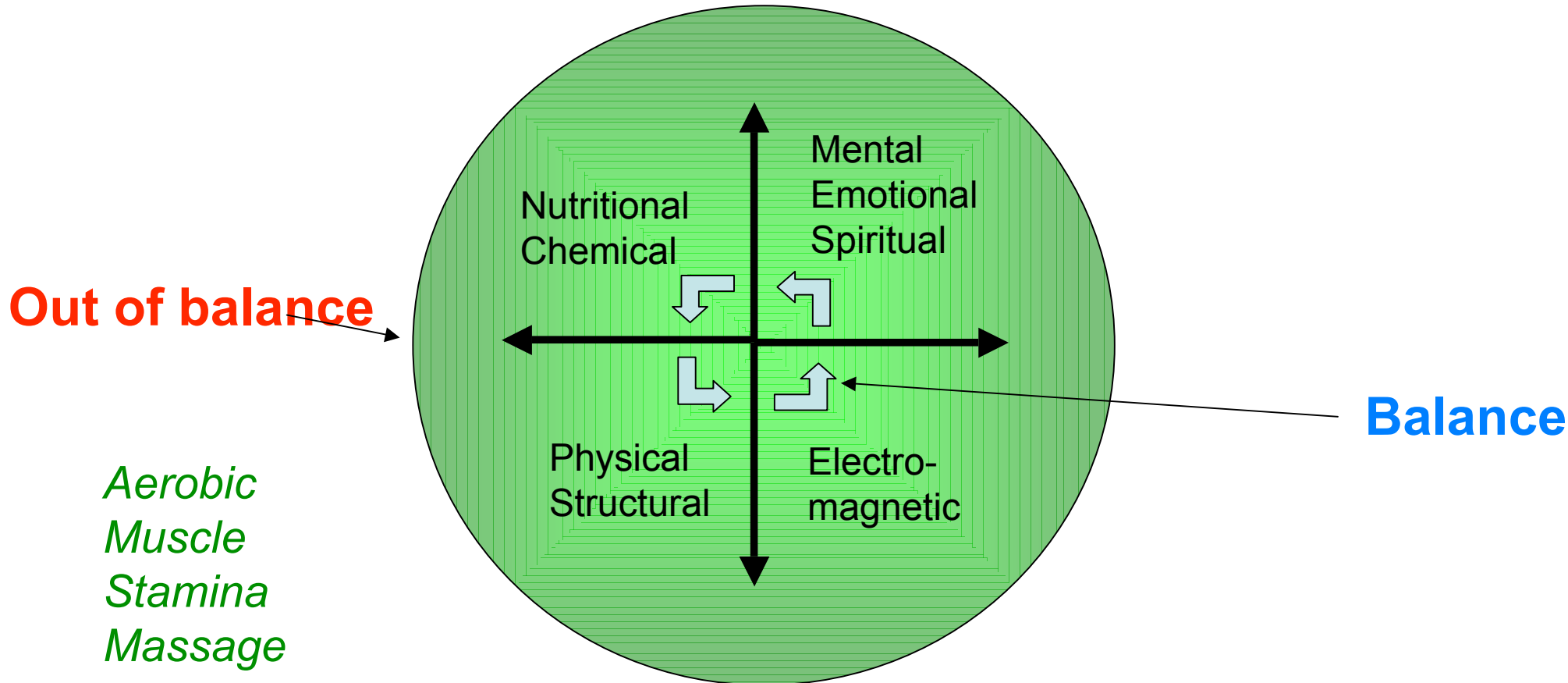
- 75% of the body
- 80% of the brain
- 90% of the blood
- Transports nutrients
- Removes toxins
- Wellness Filter does it better



Adaptogens support lifestyle changes

- Promote nutritional absorption from gut
- Enhance immune function
- Support body's ability to deal with wide range of environmental stressors
- Balance blood glucose (helps deal with cravings/addictions)

Balancing the effects of physical/structural stress



Physical/structural stress – the problem

- Lack of muscle-building exercise
- Lack of aerobic exercise
- Poor spinal health
- Inappropriate work practices (RSI)
- Injuries (e.g. sports)
- **Lack of touch**

Physical/structural stress – the solution

- Resistance (weight) training
- Aerobic conditioning
- Flexibility – stretching
- Chiropractic
- Treat chronic injuries
- **Regular massage/other body work**

Oxytocin

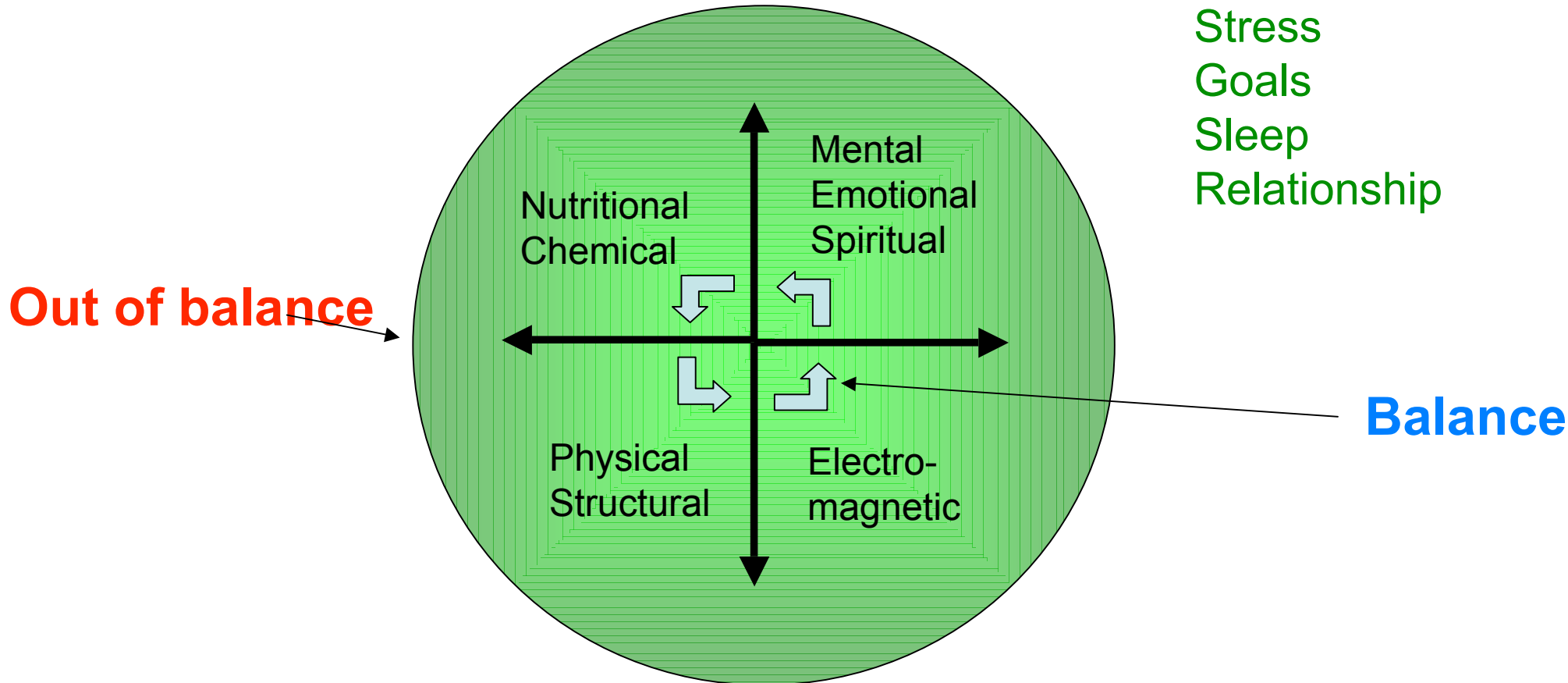
- Secreted into bloodstream (hormone)
- Secreted by nerve endings (signalling substance)
- Uterine contractions, 'let-down' reflex, orgasm
- Stimulated by touch, intimacy
- **Present in both men and women**
- Hormone of calm, love, healing, connection, stress-reduction
- Requires amino acids (protein) for production



Adaptogens for physical structural stress

- Balance hormones
- Balance blood glucose levels
- Improve stamina

Balancing the effects of mental/emotional stress



Mental/emotional stress – the problem

- Poor stress management skills
- Difficult relationships at home/work
- Job - frustrations/challenges/changes
- Juggling career/family
- Sleep deprivation
- No 'time-out'
- Lack of faith/spiritual beliefs
- Dissatisfaction with sex life (becomes a vicious circle)

Stress depletes these nutrients (and more)

- B-complex vitamins
- Vitamin C
- Vitamin E
- Calcium
- Magnesium
- **Zinc**
- Potassium
- Sodium

Mental/emotional stress – the solution

- Nutrients
- Regular exercise
- Meditation
- Yoga
- Massage
- Reflexology
- Acupressure
- Hypnotherapy
- Herbal medicine
- Time-out
- Restful sleep
- **Regular, satisfying sex**

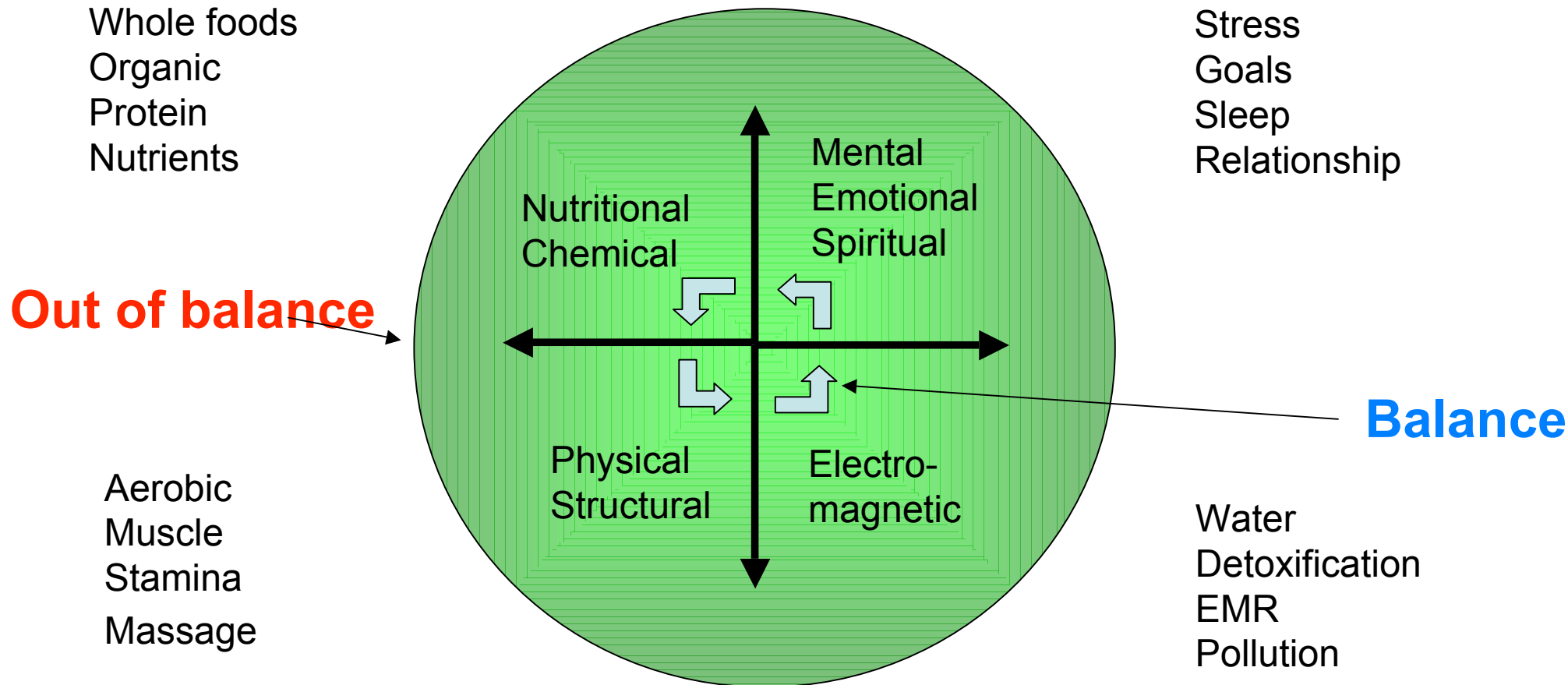
Adaptogens support stress-reduction programs

- Balance hormones
- Improve ability to deal with stress
- Positively affect nervous/mental function
- Enhance gastro-intestinal absorption

Begin with these steps...

- Adaptogens
- Nutritional supplements
- More protein
- Fewer grains, more green vegies
- Good oils
- More water, less caffeine and alcohol
- Regular massage or other bodywork
- Build muscle
- Restful sleep
- Enjoy regular, satisfying SEX
- Be true to yourself
- Love your life
- Laugh every day

Supporting your efforts = Adaptogens



Clinical trials suggest most potent adaptogens

- **Femenessence™** for her (containing Maca-GO™)
 - MacaHarmony (PMS)
 - MacaLife (Peri-menopause)
 - MacaPause (Menopause and beyond)
- **Revolution** for him (containing Maca-OG™)

Femmenessence™- Maca-GO™

- Relieves menopausal symptoms
 - Hot flashes
 - Night sweats
 - Mood swings
 - Sleeplessness
 - Vaginal dryness
- Improves hormone levels
 - Estrogen
 - Progesterone
 - FSH
 - LH
 - Testosterone (libido)

Revolution = Maca-OG™

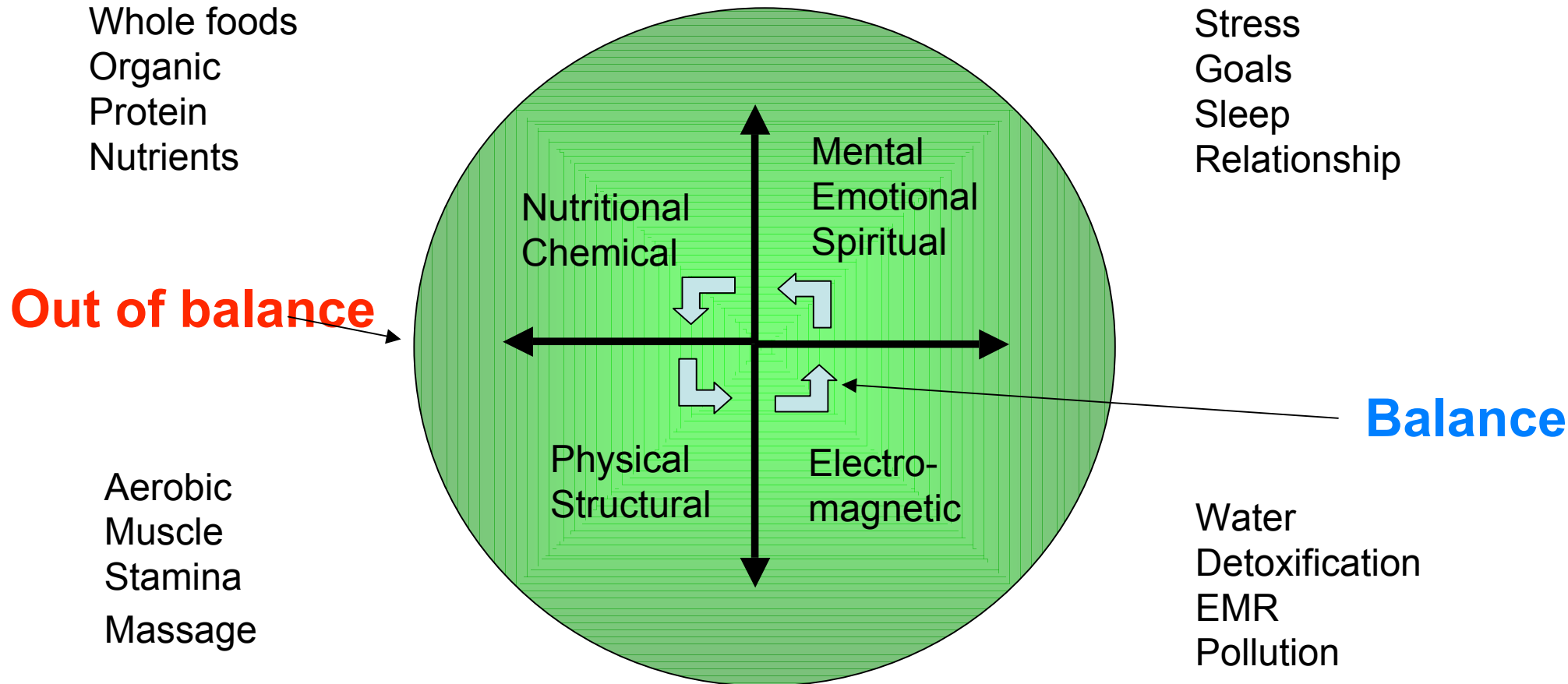
- Promote production GH and testosterone
- Improve sperm production/volume/quality
- Support immune function
- Improve ability to deal with stress
- Enhance gastro-intestinal absorption
- Reduce blood pressure (reduce medication?)
- Increase good cholesterol (reduce medication?)

A close-up photograph of a green leaf with several clear water droplets resting on its surface. The background is a soft, out-of-focus green.

NHI products

- Highly bio-available
- Free from
 - Chemical excipients
 - Solvents
 - Fillers
- Clinically active
- Full spectrum actives

Supporting your efforts = other products



Nutritional support

- No single nutrients (e.g. zinc, iron, calcium)
- Comprehensive
- Balanced
 - Vitamins
 - Minerals
 - Essential fatty acids
 - Amino acids

Support for dietary modification

- Modern diets and lifestyles lead to acid pH in body
- pH for optimal wellbeing = 7.3 (slightly alkaline)
- Appropriate acid/alkali balance created by diet which is high in plant-based products
- pH Quintessence™ (pure 100% organic alfalfa) supports appropriate dietary modification



Purified drinking/bathing water

- Natural purification processes + advanced technology
- Removes harmful contaminants
- Enhances the water via patented process
- Essential minerals/anti-oxidant effects
- Complex microcrystalline structure
- Documented by research scientists
- Shower reduces up to 99% of Chlorine for 24m
- Wellness Wand/Carafe/Shower/Kitchen/Home
- 10% discount – quote Jan Roberts or CODE: 17633

www.wellnessfilter.com

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Himalayan Crystal Salt

- Re-mineralizes the body with 84 minerals and trace elements
- Ionic/colloidal form assists in cellular absorption of minerals (angstrom size)
- Replenishes electrolytes and helps to balance the body's pH
- Significant positive changes in respiratory, circulatory, organ connective tissue and nervous system functions

www.himalayancrystalsalt.com



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