

STRESS

Stress can be **highly destructive** on an emotional and physical level.

When we are Under Stress, our **Adrenal Glands Produce Different Hormones like "CORTISOL"**.

When young people experience stress their Cortisol levels return to normal in a few hours. Because Cortisol levels continue to rise with age, the older person's Cortisol levels will remain elevated for long periods of time.

This is why Cortisol earned the dubious distinction of being known as a "Death Hormone" because it has a **muscle-wasting and deteriorating action on the body.**

When under stress our Cortisol levels stimulate the release of Insulin to keep up with our rising blood sugar levels.

This results in increasing the appetite. If we experience chronic stress, this causes chronically high levels of Cortisol. We may end up hungry all the time causing us to over eat.

The bad news is that Cortisol also influences where our body will deposit fat.

There are 2 types of fat- the under our skin and the fat around our organs.

The fat that sits around our waist is called central obesity. You don't have to be very overweight to have it. What's really scary is it sets the stage for a host of health concerns, like heart disease, strokes and diabetes.

HOW TO PREVENT FALLING INTO THIS TRAP

Relax, Slim Down and Shape up your eating habits.

Exercise: Join the gym, take the dog or go with your love one on a brisk walk (unplanned walks on the beach in the middle of the week is lots of fun, destressing and you are getting in some exercise)

Read a good relaxing book.

Go to a movie (non violent you want to get rid of stress remember)

Stay away from negative people and negative TV. Programs.

Get a pet or spend time with your pet.

Get enough sleep.

Drink your 2 liters of water to counter the cellular inflammation that stress causes in the body.

Be spontaneous.

Laugh more.

Make a list of neg. things that's bugging you and right next to it a positive solution or how it can benefit you positively.

Make a shortlist of motivational positives for yourself and put it on a sealed name tag that you can put on your keys, so that it can be close by when you are feeling negativity creeping up.

e.g. I am beautiful, strong, sexy, successful, cute.

Even if you don't believe in it now, you will soon feel the power positive thinking generates, this can give you power and lower your stress levels.