

Ask
the Coach
STRENGTHENING TALENT
BY ADVANCING WELLNESS

The Low Stress Diet

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Our Goal Today

- Understanding the aspects of nutrition and how stress impacts all aspects
- Covering options for immune-system health and discussing a vitamins and herbal supplement strategy

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The Stress of the Standard American Diet

- The American Diet is heavy on eggs, meat, dairy, coffee, beer and soft drinks (acid-producing).
- Changes can be discussed to move away from high fat, high calorie, high sugar stress promoting foods to healthier, stress reducing ones.
- Consider adding more fresh vegetables, almonds, olive and flax seed oils and herb teas, for example.

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Fight the Stress of Inflammation

- Choose anti-inflammatory foods including:
 - whole fruits and green leafy vegetables
 - whole grains
 - garlic
 - ginger
 - green tea
 - fatty fish such as salmon, mackerel and tuna

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Fight the Stress of a Low Protein Diet

- Protein is critical to build and repair muscle
 - Whole eggs- 6 grams or Egg whites- 4 grams
 - Greek yogurt - 23 grams protein in a serving
 - Peanut or Almond butter – 7 grams and whole wheat toast- 3 grams
 - Tuna- 22 grams
 - Chicken breast- 17 grams
 - Beans- 17 grams

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Fight the Stress of High Blood Sugar

- Eat like a diabetic should be eating
- Choose complex carbohydrates
- Avoid simple sugars
- Use stevia or natural sweeteners with a lower glycemic index like brown rice syrup
- Include protein at each meal

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Fight the Stress of Alcohol

- Although drinking may be perceived as a stress-reducer, in actuality, more than two ounces of alcohol daily has been shown to raise blood pressure, damage brain cells and over time increase stress level.

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Fight the Stress of Nutrient Depletion

Medications (including anti-inflammatories*, statins*, sleep aids*, and more) and stress may deplete certain ingredients including:

- **Iron
- ***Calcium
- ***Folic Acid
- *Potassium
- *Vitamin C
- *Magnesium
- **B-Vitamins

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Fight the Stress of Nutrient Depletion

Other common medication depletions:

- Vitamins A, D, E, K
- Zinc
- CoQ10
- Sodium
- Tryptophan

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DHEA and Stress

Proponents of DHEA "the mother of all hormones" claim that it may be able to enhance immune resistance against infection; age related disease; facilitate weight loss; and assist with memory problems.

Daily dosages range from 5 to 10 mg to as much as 2,000 mg. Reducing stress, some scientists say, may help restore depleted levels of DHEA.

Emotional stress management techniques may raise the levels. In an Institute of HeartMath in Boulder Creek, CA, study, participants showed a 100% increase in DHEA levels and 23% decrease in cortisol after practicing stress reducing activities for one month.

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Additional Supplements

- Although it is always recommended to talk with an R.D. or your Physician about supplementing, remember to look at diet first and foremost.
- Check nutrition labels - anything 20% or > is considered high nutrient-dense

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Additional Supplements

- Stress reducing supplements may include Ashwaganda, Asian ginseng, gotu kola, schisandra, Siberian ginseng.
- Additionally, lemon balm, chamomile and other teas may be helpful.

Search on NIH website (National Center for Complementary and Integrative Health):
<https://nccih.nih.gov/health/herbsataglance.htm>

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Fight Stress by Keeping Active

- Decrease sedentary time – even standing versus sitting burns extra calories per hour
- Practice functional training by focusing on muscles needed for daily tasks (lifting/pushing/pulling/stretching)
- Make small changes like taking the stairs instead of the elevator or getting up and moving around during frequent breaks
- Practice relaxation techniques such as deep breathing (you breathe about 20,000 x per day!)



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Sources

- Dr. Ronald Klatz, MD, DO
- Dr. Roberg Goldman, MD, PhD, DO, FAASP, and President Emeritus of the National Academy of Sports Medicine
Authors of The Official Anti-Aging Revolution
- Linda B. White, MD
- Steven Foster
Authors of The Herbal Drug Store
- Dr. Andrew Weil
Author of 8 Weeks to Optimal Health
- *ease@work*



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