

## STRESS RELIEF PROGRAM

### Basic Treatment Guidelines

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*"Rule No. 1 . . . don't sweat the small stuff.*

*Rule No. 2 . . . it's all small stuff.*

*And if you can't fight and you can't flee . . .flow."*



Stress-related problems are epidemic in today's world. A typical family is working 1,000 hours a year more than our parents! We are over-stimulated, over-worked and over-tired. The fast pace of today's world has left us little time for many of life's simple pleasures – a relaxed meal or even a good night's sleep. Medical research shows 60%-90% of doctor office-visits are stress-related. Some common symptoms include: Tension, insomnia, headaches, anxiety, backaches, high blood pressure, adrenal exhaustion, low immunity, high cholesterol, heart disease, stroke, depression, infertility, osteoporosis, over-eating, smoking, drinking alcohol, allergies emotional outbursts.

Our bodies are constantly moving towards a state of natural "balance" yet, we often don't pay attention to our body's signals and we push "past" ourselves. Over a prolonged period of time this behavior can create imbalance in the body and may show up as headaches, muscle stiffness and soreness, irritability, pre-menstrual tension, gastrointestinal problems or other symptoms.

Too much stress can create havoc in biochemical and bio-electromagnetic flows in the body, causing an imbalance in many body systems. Imbalanced systems can contribute to disease. Neuroendocrine and hormonal imbalances, heart disease, hardening of the arteries, autoimmune disorders, arthritis, Lupus, colitis, allergies, and ulcers all implicate stress as a factor. Psychosocial stress factors are now considered determinants for certain cancers. Stress has been indicated in numerous physical and emotional imbalances including problems with infertility and menstrual cycles, sex drive, thyroid problems, diabetes, infection and suppressed immune system, coronary spasms, Type-A behavior, skin problems, stroke, respiratory ailments, urinary tract infections, uterine function problems, motor system distresses, mental and cognitive distress, emotional distress, behavioral disturbances, and mental illness the studies show us what common sense could tell us stress will make us ill.

One of the goals of this program is to help you find your own point of balance and to learn to re-balance when stress has disrupted your natural rhythms. The goal of this program is to own ability to relax. This program encourages you to look at what "balance" means for you, physically, mentally, and emotionally. Maintaining your own balance can particularly help in times of stress so that the "small stuff" doesn't knock you sideways.

A simple test is included to give you approximate feedback on your stress level:



## STRESS QUESTIONNAIRE

**FOR QUESTIONS 1 THROUGH 27, USE THE FOLLOWING SCALE: 0 ALWAYS; 1 OFTEN; 2 SOMETIMES; 3 ONCE IN A WHILE; 4 NEVER**

1. Do you eat 3 meals at regular times each day?
2. Do you eat one hot balanced meal per day?
3. Do you do something to nurture yourself each day?
4. Do you spend quiet, relaxed time daily (meditation, relaxation, yoga, music)?
5. Do you give daily hugs/affection to family, friends or pets?
6. Do you receive daily hugs/affection from family, friends or pets?
7. Do you take a multi-vitamin, anti-oxidant, or supplement daily?
8. Do you feel calm and relaxed most days?
9. Do you get 7 to 8 hours of sleep at least 4 times per week?
10. Do you sleep at the same time 4 times per week?
11. Do you raise your heart rate through exercise 20 minutes 3 to 4 times a week?
12. Are you rejuvenated from work stress by your weekends?
13. Can you meet your basic monthly financial expenses?
14. Do you meet at least once a month in team sports/hobbies/clubs?
15. Have you developed a new acquaintance or friendship this month?
16. Do you create a fun, relaxed space with people you live with at least once a month?
17. Do you have at least one dependable, close friend or relative who lives near you?
18. Are you at the correct body weight?
19. Are you supported by your spiritual beliefs and spiritual community?
20. Do you have friends you share feelings with?
21. Are you in good physical health?
22. Can you express anger, worry or other strong feelings appropriately when upset?
23. Are you happy with your sex life?
24. Do you have a private space in your own home where you can retreat?
25. Are you happy with your job or career?
26. Do you have clear personal and career goals?
27. Do you enjoy where you live?

**FOR QUESTIONS 28 THROUGH 42, USE THE FOLLOWING SCALE:**

**0 NEVER; 1 ONCE IN A WHILE; 2 SOMETIMES; 3 OFTEN; 4 ALWAYS**

28. Do you smoke cigarettes?
29. Do you drink more than 2 alcoholic drinks per day (including beer and wine)?
30. Do you watch TV more than one hour per day?
31. Do you regularly (weekly) experience conflict with a boss/spouse/in-law, etc.?
32. Do you often feel lonely?
33. Have you had any hard liquor in the past month?
34. Have you had a separation/loss/break-up recently?
35. Have you recently experienced the loss of a loved-one?
36. Have you had a recent illness/accident/injury?
37. Have you experienced a major change in your lifestyle (new baby, retirement, job change, move)?



38. Have you had a major change in your financial situation?
39. Have you or a close relative or friend recently experienced any legal conflict, (i.e. Being in prison, being sued, suing, etc.)
40. Do you have accumulated vacation time due you?
41. Do you have frequent temper outbursts or arguments in the course of a week?
42. Do you feel overloaded by your daily schedule?

### SCORING:

30 and under: Good body/mind/spirit balance, you've scored well.

30 - 50: Well done, certain aspects still need work, do you know what they are?

50-70: Managing on the edge of balance - one major upset could topple you. Pay attention.

70 - 100: Major aspects of stress in your life which could threaten your body/mind health.

100 and over: Close to burnout conditions, serious crash ahead. Be careful.

### SUPPLEMENT PLAN

#### Essential Herbal Supplement Plan

[Stress Support Formula](#)

[Power Mushrooms](#)

#### Very Important

[Multi Vitamin](#)

[Vitamin E](#)

#### ADD

[Tranquil](#) for Anxiety

[Mood Lift](#) for Depression

[Stress Support Formula](#)

#### Key Ingredients:

- **Asian Ginseng** is the “King” of a class of herbs called adaptogenic, they allow our bodies to better adapt to different environments such as hot and cold climates externally but also stressful internal environments caused by the sympathetic nervous system over triggering the fight or flight response in the body which dumps a lot of very unpleasant chemicals into the blood such as adrenaline, noradrenaline and cortisol, all of which over time can lead to inflammatory conditions and adrenal exhaustion. Ginseng produces a glucoside which the body reads as adrenaline and actually stops the production of even more unwanted depleting, adrenalin.
- **Nettles** help to nourish and calm the liver during stress, creating a smoother energy flow and less



Kidney/Adrenal exhaustion.

- **American Ginseng** counterbalances the Asian and Siberian ginsengs, by nourishing and moistening. Asian ginseng can be drying and too warming by itself. American Ginseng helps to tonify yet is gentler on the sympathetic nervous system than its Asian and Siberian cousins. It helps to moisten and nourish the lungs and promotes immune function.

American Ginseng was used by Native Americans and was considered to be an herb to nourish the weak and elderly. American Ginseng is known in China as “Western Seas herb”; it was exported to China in enormous quantities in the eighteenth century. It filled a gap in Chinese herbology during a tuberculosis epidemic. The resulting trade brought both George Washington and Daniel Boone financial fortune and eventually led to such depletion that wild ginseng is now an endangered species in the American Northeast.

The Chinese still buy 95% of cultivated American ginseng, 2.3 million pounds from Marathon Valley in Wisconsin and 203,000 pounds of wild-crafted herb; total sales were \$72 million in 1989. Chinese experience shows that American ginseng benefits energy, nourishes yin, nurtures the lungs, promotes the production of fluids and disperses heat. Often, Asian ginseng is too harsh and strong for the elderly, whereas American ginseng is a gentle, nourishing yin tonic. It also cools fevers, increases energy, and is used for coughs and wasting disease such as tuberculosis. It helps all coughs related to lung weakness. It has been demonstrated that it has a sedative effect on the brain while exciting the central nervous system, and is a cardio-vascular tonic.

- **Siberian Ginseng** (Ci Wu Jia) *Eleutherococcus senticosus*  
Helps the body-mind adapt to/endure stress and helps protect against physical and mental stress

Siberian ginseng was used in China for thousands of years, yet it was Russian research on how to perform better under stress that generated awareness of this herb as a tonic. Considered to be milder than Asian ginseng, it was cheaper and more abundant to researchers. A cousin of Panax ginseng, it is distinctly different, yet shares many of the stress-protecting, adaptogenic benefits. Siberian ginseng is also known as eleuthero or eleutherococcus and by its local dialect name, Ci Wu Jia. Many look to this herb for increased stamina and performance while also protecting the body-mind from stress. It has traditionally been used to build energy, help insomnia, decrease lower back pain, boost deficient yang, and increase resistance to disease and stress. It is also used to build strong muscles and bones. Recent research has shown its ability to help withstand stress and extreme temperature changes, helping the adrenal glands during times of physical stress or infection. It is also effective in increasing mental alertness and work output. There are reports of Siberian ginseng being used to withstand toxic chemicals and even the effects of radiation by those close to the Chernobyl disaster. Athletes have experienced as much as a 9% improvement in stamina when taking Siberian ginseng. Please avoid caffeine when taking Siberian ginseng.

- **Chamomile** Some four thousand tons of chamomile are produced every year throughout the world. Chamomile is the common name that applies to a variety of species. *M. chamomilla* grows as an erect annual. *A. nobilis* is a slow-growing perennial. Both produce fragrant flower heads that are dried for use. Chamomile has been used throughout Europe since Roman times as a sedative and antispasmodic. Today most of us know this herb helps calm upset stomachs caused by either emotional or physical stressors. It is believed that this herb is included in the pharmacopoeias of twenty-six countries. Chamomile is a gentle relaxant of tensions, containing spiroether, a strong antispasmodic that eases tense muscles and menstrual pains, calms irritability, and promotes sleep. Bisabolol is another of



chamomile's numerous chemical constituents that produces an antispasmodic and anti-inflammatory effects. Over 120 compounds have been identified in the oil of chamomile. The European Scientific Cooperative for Phytotherapy, the European Union's body charged with harmonizing the laws of member countries, reported that chamomile has received no complaints of adverse reactions; it is a truly safe herb.

## Power Mushrooms

### Key Ingredients

- **Shiitake** mushrooms contain proteins, fats, carbohydrates, soluble fiber, vitamins, and minerals. In addition, shiitake's key ingredient, found in the fruiting body, is a polysaccharide called lentinan. This mushroom is used for hepatitis, cancer and building the immune response. Its effect upon cholesterol may come from its fiber. Fiber is divided into two general categories - water soluble and water insoluble. Soluble fiber lowers cholesterol.
- **Maitake** is a very large mushroom which grows deep in the mountains of Northeastern Japan.<sup>1,2,3</sup>
- **Reishi** is officially listed as a substance for treating cancer by the Japanese Government. It is well established that reishi and other similar mushrooms such as shiitake and maitake, can significantly lower serum cholesterol and thin the blood by reducing platelet stickiness, as aspirin does.

### Foods to Eat

Increase cold-water fish like salmon, herring, mackerel and tuna. Increase fresh vegetables, nuts, fruits, soy products, whole grains & beans. Eat seaweed to help detoxify iron and other heavy metals from the body.

### Foods to Avoid

Avoid all dairy products, animal foods, fried, processed foods, and sugars. Avoid all red meat.

### Dietary Guidelines for Liver and Gall Bladder Detoxification

The diet should include plenty of organic, unrefined, unprocessed foods, as fresh as possible and in their natural state. Fresh vegetables, fruits, whole grains and unrefined carbohydrates should make up the majority of the diet. Red meats, animal fats, sugars and refined foods should be avoided as should caffeine, other stimulants and alcohol.

### No spicy, greasy, fatty, oily, fried foods.

Avoid greasy, spicy, fatty or fried foods as these can cause flaring heat/wind (as per TCM).

Drink plenty of bottled water or diluted juice, at least two liters per day.

A minimum of one daily serving of cruciferous vegetables and at least five servings of fresh fruit should be included in the daily diet.

Protein sources can be obtained from lentils, soy, beans, nuts, seeds and fish and organic chicken.

### Substances to Avoid

Alcohol, prescription and recreational drugs, over-the-counter pharmaceuticals, coffee, chocolate, sugar. Be careful of negative, harmful ways of coping with stress. No colas, caffeine, dairy products, sugar, alcohol, smoking, or overeating.



**Recommended Exercise**

	Exercise	Time	Pitch	
①	Relaxation technique	20 minutes a day.		Stress plays a large role in how the liver functions, 20 minutes a day of relaxation techniques allow a better functioning of the liver. 20 minutes a day is one of the most protective things we can do to protect ourselves from the negative aspects of stress. Learning how to turn off the “fight or flight” (physiological) response daily is a "must". Try the <a href="#">Natural Stress Relief Program</a> . Remember the human brain is the most potent pharmaceutical factory in the world. Mind-body programs let us tap into this powerful healing resource and help us re-adapt the “type A” personality. Switching off the physiological effects of stress daily is one of the most important therapies we can do for ourselves.
②	Time management			Managing your time more effectively helps take control of one of the major stressors of the Cardiovascular system. Anxiety and stress hinder the processing of cholesterol.
③	Physical Exercise	25-60 minutes 5 times a week.		Do not over exercise. Regular and balanced, i.e. gentle soothing form of exercise forms: stretching, swimming, Yoga or Tai Chi. Yang forms: weights should be balanced against more strenuous exercise such as, running, aerobics.

Please drink alcohol in moderation as excess can become a negative way of handling stress. Move your bowels daily. Maintain correct body weight.

*\*The statements contained in this article have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*