



## Stress and Your Health

Stress and overwhelm can wreak havoc on our relationships and lifestyle, but have you ever wondered what effect it can have on your overall health? Unfortunately, the impact can be significant, and as you can see from the top 20 list below, it can show up in our bodies in many ways. Even if you don't "feel" stressed out - stress, overwhelm and anxiety can be taking a great toll on your health and well-being so it is worth creating awareness and spending time on minimizing the stress in your life.

1. Heart Conditions – When the heart is working harder and faster to pump blood throughout the body continuously in a stressed out state and elevated operating level.
2. High Blood Pressure – Also a result of No. 1
3. Increase in Salt Retention – Can lead to high blood pressure.
4. Increase in Blood Cholesterol – Stress by itself will raise LDL levels (low density lipoproteins).
5. Asthma & Breathing Problems – Rapid breathing and tightened airways caused by stress.
6. Stomach & Gastrointestinal Issues – Nausea, constipation to name a few.
7. Insomnia – The Mayo Clinic sites stress as one of the top reasons people have difficulty sleeping.
8. Depression – Chronic stress can wear you down emotionally and lead to depression
9. Blood Sugar spikes – When the body releases cortisol (stress hormone) and epinephrine into the body during flight-or-flight response the liver produces more glucose (blood sugar) to provide energy.
10. Decreased Immune System Functioning
11. Food Sensitivities and Allergies – Most likely due to decreased immunity & leaky gut.
12. Increase in Cortisol – Associated with weight gain, inability to lose weight, gain muscle and premature aging.
13. Decreased Gut Flora – Healthy intestinal bacteria are destroyed by stress which leads to immune problems, skin disorders, nutrient deficiencies and digestive stress.
14. Chronic Muscle Tension
15. Increased Inflammation in the Body
16. Increased Nutrient Excretion – Urinary loss of calcium, magnesium, potassium, zinc, chromium, selenium and various microminerals.
17. Increase in Hydrochloric Acid Production – increases probability of ulcers.
18. Decrease in Growth Hormone – key hormone for growing, healing and rebuilding body tissue.
19. Increase Risk of Osteoporosis – Bone density has been shown to decrease in stressed and depressed women.
20. Decrease in Sex Hormones – Lower sex drive / low energy

***\*\* This list is just an overview of potential risks associated with high levels of stress and the various ways it can affect us. You should consult your physician if you are concerned about stress related health issues and create a plan to minimize stress and overwhelm.***