


LESS STRESS IS BEST: Identifying & Treating Stress with a Naturopathic Doctor

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WHAT KIND OF MEDICINE?

There are many words floating around today:

Naturopathic

Traditional

Holistic

Conventional

Complementary

Alternative

Allopathic

Naturopathic Medicine

Naturopathic Medicine is a distinct system of primary health care that uses natural methods and substances to support and stimulate the body's inherent self-healing process.

“The natural healing force within each one of us is the greatest force in getting well.”

- Hippocrates

Naturopathic Medicine is a regulated profession

- Currently regulated under the DPA and transitioning to the RHPA within the next 2 years
- Other regulated professions include: medical doctors, veterinarians, dentists, registered massage therapists, chiropractors
- Regulation gives the public protection from practitioner malpractice

Naturopathic Doctor Education

- Minimum of three years of university
- Four years at a recognized college of naturopathic medicine, including
 - basic medical sciences
 - naturopathic therapeutics
 - clinical experience
- Pass Board licensing exams

Treatments used by Naturopathic Doctors:

- Clinical Nutrition
- Botanical Medicine
- Traditional Chinese Medicine & Acupuncture
- Homeopathic Medicine
- Bowen Therapy
- Lifestyle Counseling
- Intravenous Vitamin & Mineral Therapy
- Detoxification

What is STRESS?

STRESS is a concept that is often poorly understood because it is such a broad ambiguous term

- ❖ 78% of workers describe their job as stressful
- ❖ Over 1/3 of all symptoms have a psychosomatic component
- ❖ The annual cost in Canada of work time lost to stress is calculated at \$12-billion.
(Statistics Canada, 1999)

What is STRESS?

GAS!

1. ALARM = immediate activation of nervous system & adrenal glands
2. RESISTANCE = endocrine system activation
3. EXHAUSTION = persistent chronic health problems

- Eustress versus Bad Stress

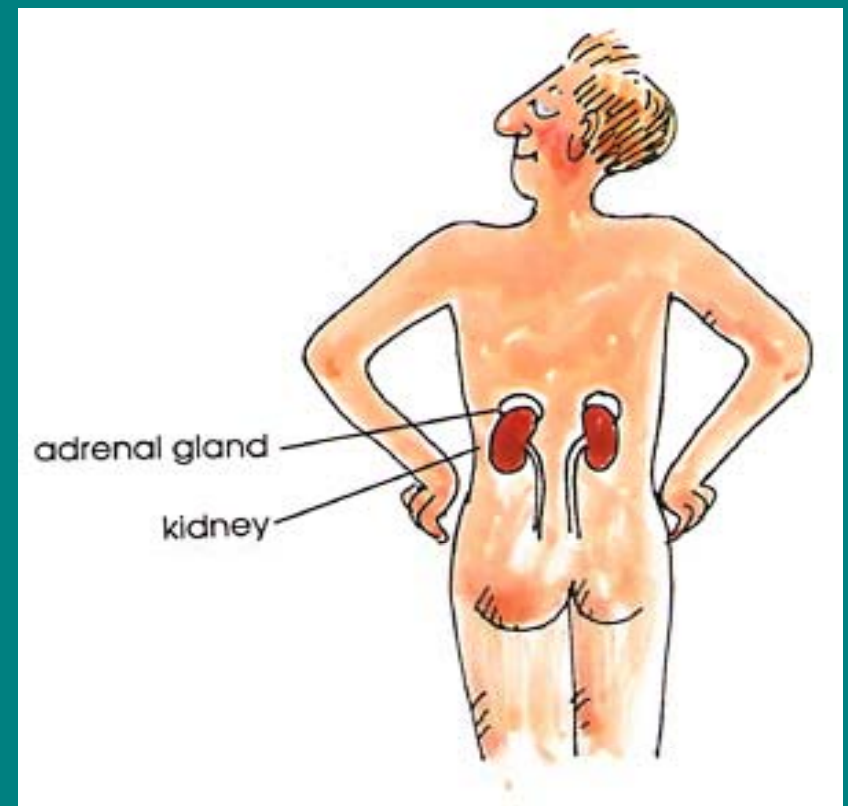
Stress and the Adrenals:

- When you are under elevated acute stress (eg. relationship stress, work stress, skipping a meal) your adrenals respond by producing **more cortisol** to help you deal with that stress

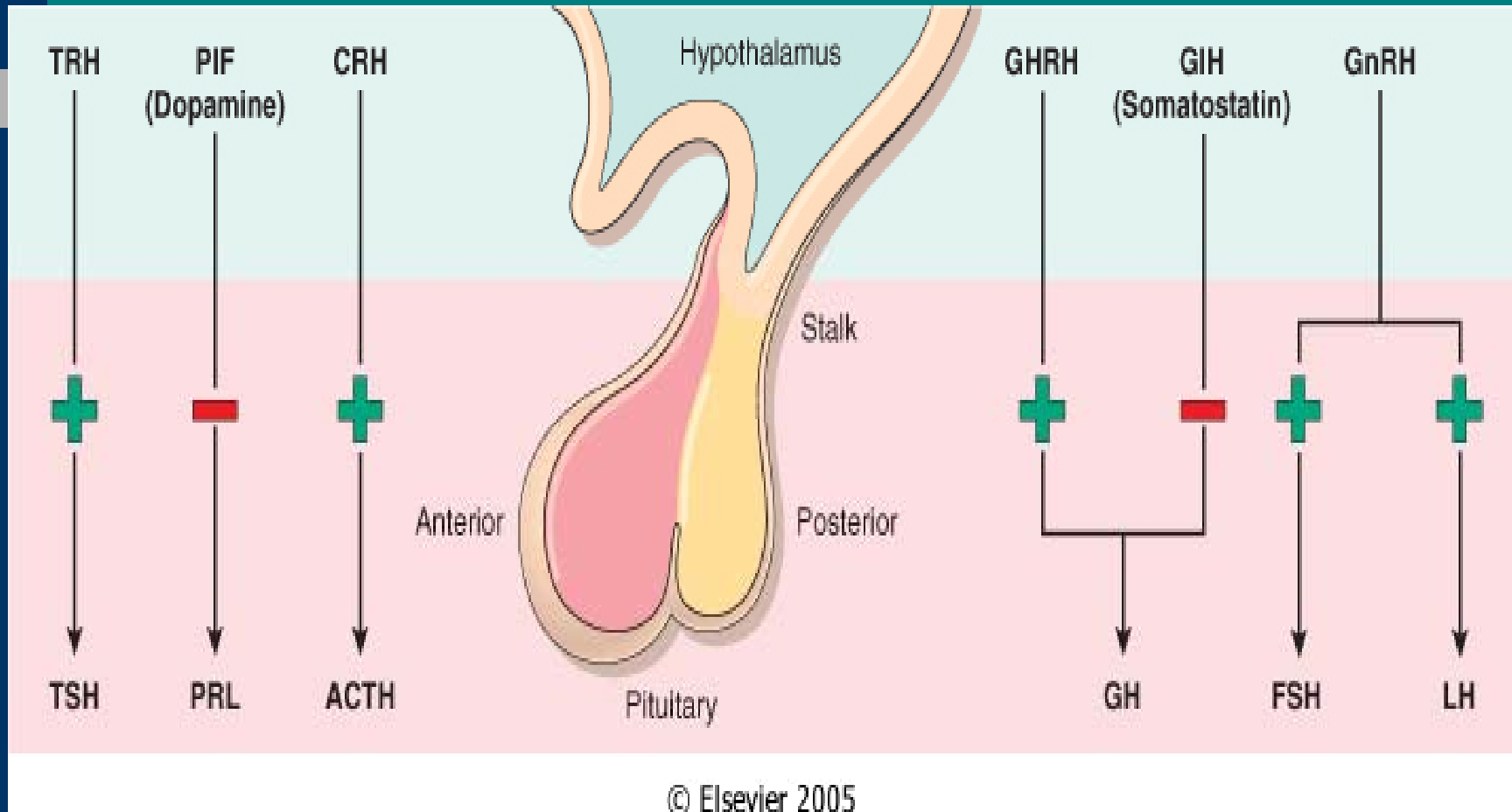


Where are the Adrenal glands?

- Location: over kidneys
- The hormones that the adrenals secrete are responsible for a number of normal body functions and are necessary for life



Hypothalamus & Pituitary – The Controllers of the HPA Axis

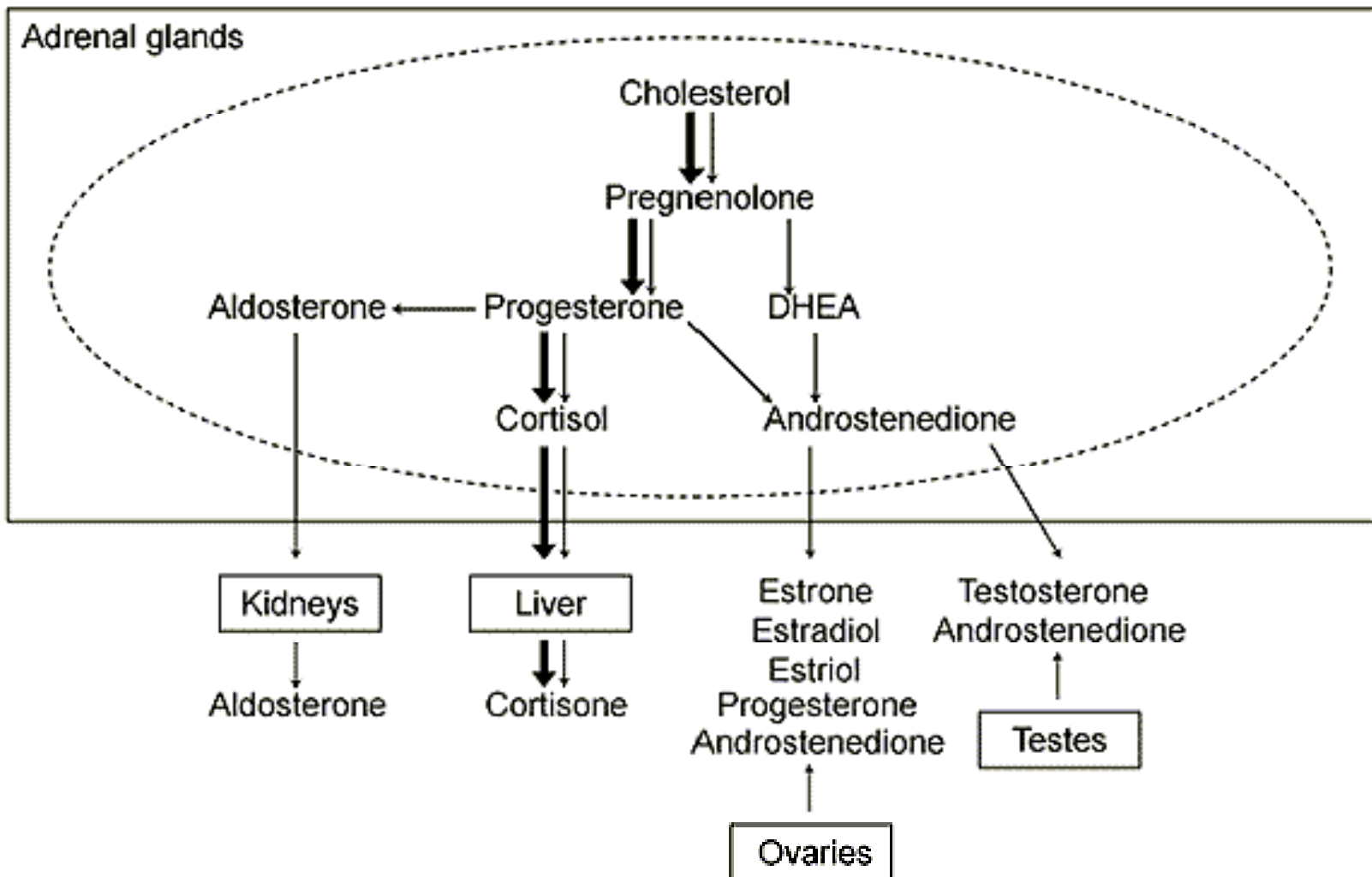


Stress Over Time.....

STRESS goes beyond what one feels (or doesn't feel) & causes PREDICTABLE changes in:

- ❖ Immune function
- ❖ Hormone levels (thyroid, adrenals)
- ❖ Digestion function
- ❖ Brain function
- ❖ Blood sugar
- ❖ Cardiovascular function
- ❖ Reproduction
- ❖ Liver function
- ❖ DNA repair
- ❖ Inflammation

Steroid Hormone Synthesis Pathways



→ Normal pathway

→ Adrenal fatigue / Pregnenolone steal

Causes of Stress

- Physical
- Emotional
- Environmental
- Nutritional

Identification of Stress as a Cause of Illness

- Health history & Physical exam
- Stress Identity Questionnaire
- Adrenal function measurements:
 - Koeinsburg
 - Salivary Cortisol

Treatment - Diet

- Colourful
- Variety of foods
- Anti-inflammatory
- Alkaline
- Low-glycemic, balanced protein and healthy fats
- Low-gluten, low-casein
- Individualized to each patient depending on their metabolism
- Minimize or eliminate sugar, coffee, alcohol

Treatment – Relaxation Techniques

- Breathing
- Yoga
- Meditation
- Exercise
- Journaling
- Massage
- Chinese Medicine & Acupuncture
- Bowen therapy

Treatment – Adrenal support

- Supplements – depend on your stress “type” & other medical conditions

Stressed & Wired

Stressed & Worried

Stressed & Hot

Stressed & Mentally Exhausted

Stressed & Tired

Prevention

We must ask ourselves, Do I have an unmet individual need for healthy food, light, water, air, sleep, deep relaxation, movement, rhythm, love, community, connection, meaning, and purpose? –Mark Hyman, MD

Stress will come and go in our lives but meeting these needs will give us **STRESS HARDINESS!**

The future of medicine?

“The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.”

- Thomas Edison

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