

# 6 Tips for Managing Stress in Challenging Times

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We can all agree, these are stressful times. And when we are stressed, our immune system's ability to protect us is significantly reduced. We become more susceptible to infection and disease. With so much going on, it might feel like the very worst time to focus on self-care routines. But it's actually the exact right time.

It's easy to say, "try to relax." It's much harder to put into practice. That's why we're offering 6 actionable tips to help you manage stress in these challenging times.

## 1. Pay attention to what you eat

There's a very real connection between your brain and your gut. Stress, even short-term stress, can have a profound impact on the delicate microbiome that makes its home inside your digestive tract. So, when stress runs high, it's more important than ever to eat well. For followers of The Blood Type Diet, that means focusing on beneficial, those "superfoods" specific to each blood type that help to reduce inflammation, boost your immune system and help your body to function at peak performance.

## 2. Limit your news intake

In uncertain circumstances that seem to change moment by moment, it's natural to want to keep informed. And it's tempting to tune into the 24-hour news cycle and just stay there. But the constant barrage of information can make you feel more anxious. And anxiety can reside at the subconscious level. Even if you don't "feel" it, your body may be reacting to it in negative ways. Try limiting yourself to 30 minutes of news each day.

## 3. Find your trusted sources

Speaking of news, there's a lot of it. Too much, one could argue. There are so many opinions, conflicting reports and downright confusing facts (or are they facts?). It's difficult to make sense of it all, particularly when you are trying to limit your exposure. So, find your trusted sources – the ones you can rely on – and stick with them.

## 4. Just breathe

One of the best ways to calm both the body and the mind is through simple breathing exercises. Conscious, mindful breathing supports the nervous system and the brain and just makes you feel good.

## 5. Exercise

Exercise is well known as a stress reliever, but did you know that not all exercise is right for every blood type? Intense exercise like running helps those with Blood Type O to de-stress, but Blood Type As respond better to calming exercises like yoga or tai chi.

## 6. Stick to a schedule

Creating and maintaining a schedule for your "new normal" can actually be very beneficial. It might seem like staying fluid and living a more free form life would be more relaxing, but the truth is that most humans thrive best with structure, particularly if you have young children at home. What we are all experiencing right now is unprecedented. A global pandemic is uncharted territory. During this seemingly chaotic time, there are things we can control. We can control our thoughts. We can control our response. And we can take ownership of keeping our stress levels to a minimum. Hopefully some of these tips can help you to de-stress and decompress in challenging times.

# AUGUST 2021 SPECIAL

Life can demand a lot from us. During those times when you need additional relief from occasional stress, Dr. Peter D'Adamo's specially formulated series of products can have the naturally calming effect on the body needed to make it all a bit more manageable.

## STRESS SUPPORT PACK

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### Cortiguard

Helps to maintain a healthy hormonal response to occasional stress. Can support nervous system health and strengthen resistance to the physical effects of occasional stress, especially in Blood Types A and B. Cortiguard has a unique 'three-layer design' to deliver maximum benefits:

- Layer 1: A base of B-vitamins (including thiamine, vitamin B6, pantothenic acid and lipoic acid) and vitamin C
- Layer 2: A layer of panax, ginseng root and eleuthero root
- Layer 3: A layer of Ayurvedic herbs (Bacopa Leaf and Boerhaavia Root) that may help to maintain healthy cortisol levels, and Magnolia Extract.

### Tranquility Base

Supports mental and physical relaxation, while decreasing the effects of occasional stress. It is designed to calm hyperactive alpha waves in the brain to encourage calm and sleep. The keynote active ingredients include GABA, L-theanine, chamomile and lemon balm. Tranquility Base is good for all blood types.

### Catechol

Offers relief from occasional stress, and promotes a natural state of calm and well-being. It is best-suited for Blood Types O and AB. Catechol features magnolia bark, L-tyrosine and the adaptogen, *Rhodiola rosea*, which helps modulate the effects of excess adrenaline

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## How to Boost Your Immune System During Stressful Times

### Supplement wisely

While eating right for your type is the best way to boost immunity, some supplements may also be beneficial.

- Vitamin C:** Vitamin C may be beneficial in both preventing and treating pneumonia.
- Vitamin D:** Inadequate levels of Vitamin D may reduce immunity.
- Elderberry:** This immune-boosting flowering plant has shown to be an excellent ally in the prevention and treatment of the flu and other upper respiratory infections.
- Stinging Nettle:** Nettle leaves and roots have a long history of use in herbal medicine and may be worthy of consideration as an anti-viral agent.
- Chinese Skullcap:** This flowering plant supports healthy digestive and immune system functions.



## Exercise Right 4 Your Type

### Exercise for Blood Type O

More than any other blood type, Type Os need intense exercise to maintain physical health and emotional balance. A consistent, rigorous exercise program releases the buildup of stress hormones in their systems. The most successful form of exercise for Blood Type Os is cardio based, such as running, cycling and martial arts. If you can't do high intensity workouts, that's OK. Start by walking and quicken your pace as you get stronger. Anything that elevates heart rate for a Type O can help to lower stress, balance emotions and shed pounds.

### Exercise for Blood Type A

You could say that when it comes to exercise, Blood Type As are the opposite of Type Os. Heightened levels of cortisol make it harder for Type As to recover from stress. Exercises that have a quieting, calming effect are most beneficial. Try hatha yoga, tai chi and meditation. That doesn't mean that Type As can't break a sweat. If you like aerobic exercise, just be sure to maintain overall mental calmness to achieve the most benefit. Highly competitive activities that strain the body and the mind could actually cause more stress. Relaxing, soothing routines best help Type As manage stress.

### Exercise for Blood Type B

When it comes to exercise for Blood Type Bs, you can think of B for balance. Type Bs need to balance meditative activities with more active forms of physical exercise. They are literally wired for it. A sample routine might be three days of cardio exercise and two days of relaxing activities. Type Bs can choose from a wide range of exercises but seem to do best with moderate activities that aren't too aerobically intense, have an element of mental challenge and involve other people. Some excellent forms of exercise for Blood Type Bs are tennis, hiking and golf.

### Exercise for Blood Type AB

When dealing with stress, Type ABs tend to share characteristics with both Type As and Type Os. They do best with a mix of both calming activities and intense physical exercise. Hatha yoga is an excellent choice for Type ABs, as are swimming and bicycling. An ideal routine would include high-octane cardiovascular activities, weight training and calming exercises that also improve flexibility.

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## Combatting Stress Using Acupuncture

Acupuncture is proven to reduce stress and even reverse the effects of stress.

Research shows that acupuncture stimulates the release of oxytocin, a hormone that signals and regulates the parasympathetic nervous system. Acupuncture also addresses the effects of stress, like high blood pressure, elevated blood glucose levels, and insomnia.

Stress is any thought, feeling, or belief that makes your brain feel threatened. So that includes getting chased by a tiger but also work stress, money worries, relationship struggles, and feelings of resentment, sadness, and anxiety.

### How Can Acupuncture Help?

The constant stress our bodies are under inhibits the body's ability to return to equilibrium. Chronic stress can cause headaches, muscle pain, fatigue, insomnia, digestive problems, infertility, and a variety of emotional conditions.

Acupuncture acts in several ways to reduce stress and provide much-needed relief. Acupuncture treatments themselves are relaxing experiences. Many of your clients (and possibly you, yourself) do not spend much time in an active state of relaxation. Simply collapsing on the sofa isn't, in and of itself, stress-relieving. Taking the time to connect mindfully to your body in the present moment is one of the key ways to dramatically reduce stress and acupuncture is a powerful way to do just that.

Aside from being actively relaxing, acupuncture also targets specific pressure points to trigger certain reactions. When acupressure points have needling or other pressure applied, muscles relax and stress starts to fade away. Many patients find stress drains away immediately, others experience a gradual ebbing away of stress throughout the treatment session.

Acupuncture is also an individualised form of therapy where treatment is honed towards the patient's exact needs. This holistic, focused attention helps to put the patient in a better mind frame where they can benefit from this mindful attention. Taking this control over their stress is an important step that naturally gives them a feeling of relaxation.

A good acupuncturist will treat you, not your symptoms. So not only will your stress improve, but all aspects of your life such as sleep, digestion, pain, and energy.

Regardless of your lifestyle or career, finding the appropriate stress treatment and management strategy is critical to maintaining a healthy you and a higher quality of life.

**Acupuncture is a great tool to combat the stress in your life!**

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