

# Best Ways to Personalize Your Diet for Stress Management

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Whether it stems from an argument, a bad day at work, or being stuck in traffic, we all know what stress feels like. Though the experience is all too familiar, do you know what is actually happening in your body during these moments of stress? The whole process is simple to break down from start to finish.

1. A stressful moment occurs.
2. The adrenals secrete cortisol as a fight or flight response.
3. Cortisol floods the body with glucose, providing large muscles with an immediate energy source.
4. Cortisol blocks insulin production in an attempt to ensure the glucose is used immediately and not stored.
5. Cortisol narrows the arteries while epinephrine (adrenaline) increases heart rate. Both of these cause the blood to pump harder and faster.
6. The stressful situation comes to an end, and the hormone levels return to normal.

While this response is natural and healthy, it is hardly as practical as it used to be. The way we react to stress came from our ancestors who developed a biological response to cope with life-threatening situations. In the modern day, we rarely face such acute, intense stress and rather must endure more mild but steady stressors. This drastic lifestyle shift has caused our cortisol levels to remain higher overall. Consistently elevated cortisol in the body can be problematic, resulting in unregulated blood sugar levels, gastrointestinal distress and increased risk for cardiovascular disease and obesity.

## Is Food Stressing You Out?

So how do you lower your cortisol levels? Since you'll never be able to completely eliminate the sources of stress in your life, you need to improve your body's ability to properly respond to them. The best way to do so is by maintaining a proper diet.

Unhealthy eating habits can throw your body off balance. Most people only realize the damage the wrong foods can cause when it manifests itself as stomach pain, but your body can be negatively impacted in a variety of ways that are less apparent. Following The Blood Type Diet reduces the overall strain on your body, letting it naturally regulate itself more efficiently.

## Worst Foods for Stress Management

While general compliance to the diet and proper [exercise patterns based on your blood type](#) can balance your body and resolve most cortisol-related issues, there are some particular foods and nutrients you should avoid if you need to improve your stress response.

**Trans Fats** - Trans fats have been almost universally demonized by the nutrition world for years, and for good reason. Trans fats increase cholesterol levels, which negatively affect your arterial flow and thus your ability to cope with cortisol. Despite this, they are still cleverly hidden on labels with names like "hydrogenated oil." If you see ingredients like this on a product, steer clear.

**Refined Sugars** - "Sugar rushes" result from rapid fluctuations in cortisol levels that occur due to sugar intake (especially refined versions). Overconsumption of sugar is one of the most direct ways to disrupt cortisol levels, and long-term elevation leads to insulin resistance and even diabetes over time.

**Caffeine** - Another ingredient that gives people a rush, caffeine is directly correlated to cortisol. While occasional caffeine drinking can be healthy, excessive intake or consumption via sugary drinks can lead to negative effects.

**Alcohol** - Alcohol puts a great deal of stress on your liver, forcing your body to expend energy on detoxification. Most people realize that drinking to excess can cause problems, but even regulated habitual drinking can put unnecessary strain on your body.

**Inflammation-Causing Foods** - Inflammation is largely a symptom of eating improperly, and the amount of stress it can put on your body is incredible. Reducing the intake of inflammation-causing foods is sure to improve your cortisol response.

Support a healthy stress regulation & optimal performance

## STRESS SUPPORT PACK

**Promotion:**



- Cortiguard (Type A/B) -\$58
- Catechol ( Type O/AB)- \$58
- Tranquility Base ( For all types) -\$72

### Terms & Conditions

- 1). This promotion is for members only. The promotion item is while stock last and **available for blood type O,A,B,AB** , prices are subject to change at management's discretion
- 2) The Company reserves the right to amend, add or delete these terms and conditions without prior notice.
- 3). The Company's decision is final and no correspondence will be entertained



**NO Stearates & Fillers:**  
We do not use artificial fillers, animal stearates or synthetic lubricants in our products.

## Cortiguard

Cortiguard can support nervous system health and strengthen resistance to the physical effects of occasional stress. Its unique blend of B vitamins, panax, ginseng root, eleuthero root and ayurvedic herbs is right for all types and specifically helpful for blood types A and B.

## Catechol

B vitamins, amino acids and the botanicals magnolia and rhodiola work together to fight the "slow-burn" of stress that can linger on and cause long term elevated cortisol levels. This blend is good for everyone but is particularly beneficial for blood types O and AB.

## Tranquility Base

We all know that relaxation, meditation and exercise can significantly help the toll that occasional stress takes on the body. However, our hectic lives often do not allow for daily relaxation time, and we may feel a bit more of an imbalance than we're used to. Tranquility Base is uniquely formulated for men and women of all blood types and GenoTypes to help support 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. It contains many active ingredients including: GABA, L-Theanine, chamomile and lemon balm.

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## The Restorative Powers of Sleep



There have been more and more studies about sleep and how essential it is for a healthy mind, body, immune system, and that lack of sleep can contribute to low grade depression, weight gain, inattention, lethargy. The list goes on.... there's even something called proper sleep hygiene, which simply means creating a ritual or a series of actions that you do to assist you in sleeping properly.

Although a sleep ritual is as personalized as your nutrition and lifestyle choices, there are some key elements that have a universal application, and can become the foundation upon which you build your daily sleep routine.

1. Maintain a regular sleep/wake up schedule. Try to go to bed and wake up around the same time each evening and morning, as this will help regulate the daily rhythm.
2. Eat right and exercise. Avoid heavy meals and excess alcohol late in the evening, as this is known to disrupt sleep patterns.
3. Sleep in a dark, cool room.
4. Make sure your bed is comfortable! This sounds like a non-issue, but so many people I've spoken with come to the realization that their bed is not comfy – too many blankets, not enough blankets, too soft, too hard. It's like the tale of the three bears.... you have to make your bed "just right."
5. Create a five-minute, end of day, release process that you do each evening before you go to bed. It can be simple:
6. Go Probiotic. Fitting beneficial bacteria into your diet can reduce the risk of respiratory and gastrointestinal infection. As an added bonus, probiotics also aid the overall digestion and absorption of nutrients, boosting optimal health at the molecular level. Low-sugar yogurt and other fermented foods are great sources of active cultures. If you're looking for extra support in supplement form, try our Polyflora caps ([O](#), [A](#), [B](#), [AB](#)).
7. Follow Your BT. Eating and exercising right for your blood type can help optimize overall health. Avoid harmful lectins, agglutinating food proteins, to maximize strength and build energy reserves.

Lie on your back or in a comfortable position, close your eyes, and take a deep breath. Feel the air fill your lungs, your solar plexus, and your abdomen. Exhale slowly and purposefully. As you continue to breathe, access your body. Are there pockets of tension? If so, breathe into them and try to release. Are there any residual feelings like anxiety, upset, even happiness? If so, become aware of these feelings, and allow them to float away...you can return to them tomorrow, but for tonight, allow them to slip gently out of your grasp. Breathe deeply, and if need be, count to 5 on your inhale and count to 7 on your exhale. Allow your breathing to deepen as you release the day and embrace restorative sleep.

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## Acupuncture for Stress

Stress is something we all experience. Good stress, bad stress and chronic stress, which is where things start to fall apart. When under stress for a long period of time your body starts to experience symptoms such as fatigue, headaches, pain, tension, digestive problems, skin problems and more. Acupuncture can have a positive effect on all of these symptoms by treating the underlying root cause; stress.

Acupuncture and acupressure help to relax the body and calm the mind, both of which relieve stress.

Acupuncture stimulates the parasympathetic part of your nervous system (rest & digest) and calms your sympathetic nervous system (fight or flight). Sometimes your body gets stuck in a sympathetic/ fight or flight mode and needs something to break the cycle, like acupuncture.



### HARVEST TCM

Spirit of the  
Acupuncture  
Points

### Pericardium 6

INNER FRONTIER  
GATE 內關

#### Heart/Spirit

#### Level Indications:

- Regulates our boundaries
- Fosters appropriate heart openness & vulnerability
- Brings brightness & joy
- Calms a restless heart & spirit
- Gives access to the depths of our heart

To learn more our TCM service  
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### About Pericardium 6

Pericardium 6 or Inner Pass Acupuncture Point is used by acupuncturists to relieve stress. It is one of the most well-known, highly researched and often utilized Acupuncture points for stress. It is indicated to calm the spirit and regulate the heart, making it useful for conditions like heart pain, palpitations, hypertension, insomnia, fear, mania, nausea and menstrual irregularities to name a few. How can one little point benefit so many vastly different conditions? Because it works to treat the underlying cause and common denominator of most illnesses: stress.

Recent studies are proving that PC6 stimulation has powerful effects in the body - acting to relieve stress, as well as to repair the damage stress has already caused. It is also a well-known acupressure point for nausea. This action has been utilized by the development of wristbands that stimulate the point to treat motion sickness.

PC6 is located on the inner forearm, 2 cun distal from the crease of the wrist. Cun are the measurements used by acupuncturists to locate points on the body. Its measure is unique to each individual's anatomical structure, to compensate for differences in body types. 1 cun is approximately the width of the individual's thumb.

Source: <https://www.remedywellness.ca/acupuncture-for-stress.html>

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