

So, I Have Become Overstressed. What do I do now !!??

Make sure you are taking your multiple vitamin. Often when stress strikes or the load overwhelms patients, I find they have stopped taking their vitamins. "I just didn't get around to it." "I ran out and I felt good so I didn't bother to get another bottle." I forgot to take them." In a high stress environment, which is becoming the rule these days, your B complex needs triple and your need for antioxidants double since there is more wear and tear on your system. Sometimes you become so "burnt out", your immune system fails and you get sick.

What to do?!

- 1st Use Deep Relaxation and visualization to create a new inner environment. I recommend Mind/Body techniques throughout and after therapy. They are empowering and have no negative side effects.
- 2nd Take a good quality multiple and additional Vitamin B, Antioxidants Betacarotene and Vitamin C along with an Energy Plex..Since stress often leads to other symptoms that may require additional care, be sure to consult with your doctor for persistent and severe symptoms. Many GI symptoms respond as well as better to dietary and herbal therapies. See a trained nutritionist or nutritional doctor
- 3rd Take measures to improve your sleep (first Mind/Body techniques, then, maybe using Valer-Amino or using Tranquility Plus (Herbal mix), or melatonin. There are also some good homeopathic insomnia formulas. Be sure to consult with a trained nutritionist for which herb might be best for your special needs.
- 4th If your response to stress is to become mildly depressed then it can be useful to take St. John's Wort (Hypericum) and Siberian Ginseng.
- 5th If you respond to stress with anxiousness try Kava Kava along with Ginseng and remove caffeine **gradually** from your diet. Da Vinci's Calm Blend is also good, as well as simple chamomile tea. **Remember: if you are taking medication check with your pharmacist or nutritionist about possible interactions.** (Unfortunately, most medical doctors do not have this information and will out of hand reject the use of herbs in favor of much more powerful and dangerous medicines.)
- 6th Try some exercise. Simple walks in the fresh air. Don't push it. This is to help you balance—not become Jane Fonda. Enjoy yourself. You have earned it. If there are specific difficulties with exercise, consult a chiropractor to help free up your body to move the way you wish it to move.
- 7th **JUST SAY NO.** Before you explode, say no or delegate. If it is too much then unload it. Burn out can lead to serious illness and is life threatening .

For more information or consultations with chiropractic, nutrition and other holistic modalities contact: **Dr. Stephen G. Green MS DC** (845) 294-9990 or 651- 1460.
For specific information on Mind/Body therapies, workshops, seminars, and individual counseling contact **Arlene Prince C.Ht.** (845) 258-2021 or 651- 1460
Integration of Mind, Body, Emotion, and Spirit lead to health and wholeness.