

# Stress and Nutrition

- Stress is complicated by environment both psychological and physical.
- One person's stress is another person's challenge.
- Stress changes with the inner and outer balance of one's life.
- Always start with inner balance if possible, if you have the tools.
- Outer balance may require stopping activities that are destructive to balance and wholeness.
- Outer balance also includes the physiology of the body.
- Nutrition is an important part of physiological balance.
- Vitamins, minerals and supplements plus herbs and diet make up the nutritional complex.

## Foundation:

**Diet:** Balanced diet with lowered fat and particularly lowered sugar and simple carbohydrates. Processed foods do NOT provide a balanced and/or sufficient foundation for either good health and particularly stress resistance. Keep sugars, stimulants, and depressants to a minimum. By eating more complex carbohydrates (peas, beans, whole grains and whole grain breads) as well as many fresh vegetables and fruits you will find your cravings for sugar decreased. Eating light allows you a more flexible response to stress.

**Vitamins:** Vitamins are NOT FOOD. Vitamins help the body use food effectively. Vitamins support the functions of different systems of the body. Vitamin B complex is very important to the nerves and for the energy necessary to combat stress—25 mg. 3X/day of each of the B vitamins: B1 (thiamine), B2 (riboflavin), Niacin, B6 (pyridoxine). B12 and Pantethenic acid are also important. We are unlikely to get enough of these vitamins in our diet to combat stress at these levels, so supplementation is necessary.

I also recommend Folic acid, choline and inositol, as well as PABA as part of a stress formula. In general it is better to take vitamins spread out during the day but at least take them AM& PM with meals.

**A good quality multiple includes these vitamins at the correct level.** The multi will also give you the necessary balance of minerals such as calcium, magnesium, potassium as well as many trace minerals essential to good nerve health and energy.

**Remember: Good quality vitamins do cost more.** The One a days and Centrum are only minimal RDA vitamin formulas. The RDA is based on no research into stress or even good health. It is a politically non science standard based upon the belief that our diet can fulfill all we need to survive and not be sick. This standard is not the standard of wellness. The RDA may prevent a specific vitamin DEFICIENCY but will not allow you to live in stress.

**Nutritionists often favor a few brands and formulas.** Some formulas are only available from limited sources since they are aimed at the professional community with the necessary research and development behind them. Consult a trained nutritionist to create a program for your specific needs.