Hey, guys, Dr. Axe here with my healing tip of the day.

If you want to overcome leaky gut, one of the essential things you’ve got to do is reduce stress. I’ve had so many patients come in to me over the years and say, “Dr. Axe, my doctor said I need to reduce stress,” and I would say, “What did he tell you that you needed to do?” “Well, that’s it. He just said I needed to reduce stress.” But they never gave them anything they actually could do or practical ideas to start to reduce stress.

So in this video I’m going to give you three most effective things you can do to get rid of your stress for good. And I’m telling you, these things work.

Stress is so important. It’s one of the things that we typically don’t necessarily address. A lot of times we think, what is the pill I can take or the supplement or that food I can start to use or that trigger, but stress is a major . . . I can tell you from working with a lot of patients over the years with inflammatory bowel disease and IBS that emotional stress in their life will trigger an inflammatory gut response just as much as eating gluten will, surprisingly.

So again, don’t overlook this. Make sure you incorporate reducing stress in your life.

The reason why stress is such a big deal is because it really works on your body hormonally. Your body starts to produce cortisol. The energy in your body goes from your internal organs to your extremities, so literally you’re blocking your body’s healing response to where it’s not sending energy to your gut to heal and repair that area. Instead it’s sending things through your sympathetic nervous system, like your extremities and other areas, kind of like if a bear is chasing you, you’re using your extremities.

You don’t digest well when you’re running a marathon, do you? No. It’s a similar thing. Your body can’t digest well when you’re running a marathon, when a bear is chasing you, or when you’re under emotional stress.

So here are the three things you need to do to start to heal leaky gut by reducing stress.
Number one, take a detox or a healing bath every single night or at least every other night. This is something I know a lot of people don’t do. We have a really busy lifestyle. But it is so easy.

Go and buy Epsom salts and you’re going to do one cup of Epsom salts with about 20 drops of your favorite essential oil. Now lavender is great. Two of my favorites are Roman chamomile mixed with Vetiver. But again, do a few essential oils, either just lavender or again, my favorite blend, Roman chamomile with Vetiver oil, and you’re going to just soak in a warm bath with those for 20 minutes. And when you’re lying there just think about nothing. I want you to take deep breaths in and out and I can tell you this is probably the most effective way to reduce stress. And the magnesium in the Epsom salts actually gets into your pores with that hot bath, helps relax your organ systems, relax your blood vessels, and then lavender and chamomile and Vetiver really work to reduce stress in your body as well.

So again, step number one, do that healing or detox bath every single night with Epsom salts and essential oils.

Number two, I want you to get out a sheet of paper or get out a Word document. I want you to write down or type out on one side all of the things that are stressing you out and on the other side all of the things that you love to do that bring you joy that reduce stress. So the things that, let’s say for instance, a relationship with a certain person or maybe something about that relationship or something at work, whatever it is, all the things that are stressing you out, maybe a wedding coming up, whatever it is write those down. And on the other side write down things like doing lunch with your best friend, watching movies, walking around the mall, golfing, playing tennis, whatever it is, things that you know really reduce stress. Write those things down. And I want you to take those things on the left and figure out which things you’re in control of.

The other thing I want you to do is wake up every day and give those to God and just say, “God, I know I can’t control the weather or I can’t control what happens to me in this position at work,” and just give it to Him because there’s nothing you can do about that.

On the other side, I really want you to go and start scheduling out what you can do
to reduce stress. So start putting in your schedule lunch with a best friend or taking a walk or daily exercise, whatever it is, those things you know reduce stress, make sure you put that in your schedule, those times where your mind gets off whatever it is.

And last but not least, get outside and move, just getting outside, whether that be gardening or running or going for a walk outside. Now if it’s a frigid, cold month and you live in Canada in December, you’re probably not going to get outside very often. But even if it is cooler, when you can, bundle up, get outside for 20 minutes. Getting outside, in nature especially, or just going on a walk absolutely reduces stress.

There’s a great study showing for 20 minutes, if you take a 20 minute power nap or a 20 minute walk outside, just getting outside for 20 minutes can greatly reduce stress in your life. So again, exercise is another great way to do this. But get outside. We’re not meant to be caged up in boxes all day. You’ve got to get outside. Get a little sunlight. It is a big stress reliever.

If you do those three things every day you’re going to see great results in your body naturally reducing stress.

Some of the best stress relieving supplements can be a magnesium supplement, as I mentioned earlier, essential oils like lavender, Vetiver, and Roman chamomile are all great.

I love also, one last tip, do a glass of chamomile tea an hour or two after dinner. Chamomile really relaxes the nerves. So adding in chamomile tea is great, actually, for reducing intestinal inflammation to heal leaky gut as well as reducing stress on your body.

So guys, this has been Dr. Axe. I hope you’ve enjoyed this daily healing tip.