

Stress Transforming Tools that Recharge Your Energy and Accelerate Healing



Stress Transforming Tools that Recharge Your Energy and Accelerate Healing

with
Dr. Ritamarie Loscalzo

www.Drritamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

“Three 10-year studies concluded that emotional stress was more predictive of death from cancer and cardiovascular disease than smoking. People who were unable to effectively manage their stress had a 40% higher death rate than non-stressed individuals.”

www.Drritamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional, and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

www.Drritamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

What You'll Learn

- * What stress is and how it affects your health and weight
- * Why **setting goals and connecting to your vision** is so important
- * **How to use your goals and visions** to make health supporting choices
- * How to incorporate **stress transformation breaks** in 1-2 minutes
- * The importance of **noticing and celebrating your positive attributes**
- * How to create your very own **emotional eating plan**
- * The **importance of FUN** in your daily routine
- * New strategies to harness the **power of appreciation** to transform your health, **reach your ideal weight**, and **energize every cell of your being**



www.Drritamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Stress Transforming Tools that Recharge Your Energy and Accelerate Healing

“Stress is hard to define because it means different things to different people; however, it’s clear that most stress is a negative feeling rather than a positive feeling.”

--National Mental Health Association



www.Drritamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

“Stress is a term used to describe the wear and tear the body experiences in reaction to everyday tensions and pressures.”

-- Institute of HeartMath



www.Drritamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Stress is your body and mind's response to any pressure that disrupts or threatens to disrupt its normal balance.



www.Drritamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Major Causes Of Stress

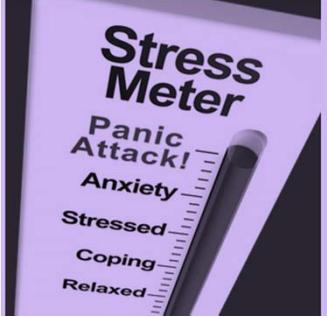
- ★ Limiting beliefs
- ★ Living out of alignment with your core values
- ★ Illness
- ★ Injury
- ★ Career and lifestyle changes
- ★ Finances
- ★ Relationships
- ★ World events



Stress Transforming Tools that Recharge Your Energy and Accelerate Healing

Stress Hurts:

- Relationships
- Health
- Work performance
- Enjoyment



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Your Body's Reaction When Stressed

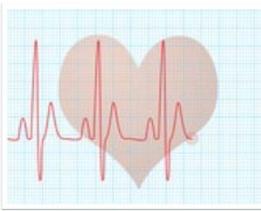
- You experience tension, strain, or frustration.
- Your muscles tighten.
- Your heart rate increases.
- You may begin to perspire.
- Your logical thought process often gets replaced by irrational and unreasonable thoughts.
- Your physiological and psychological equilibrium are disrupted, leaving you feeling "out of sync".
- If this happens on a regular basis, or continues over a long period of time, the effects can be disabling.



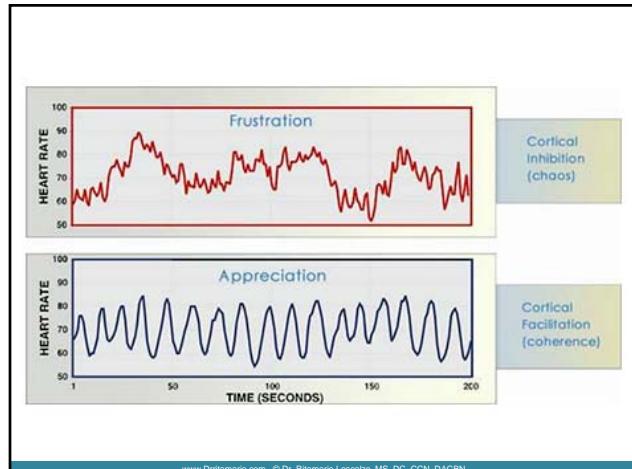
www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Heart Rhythms, Stress, and Health

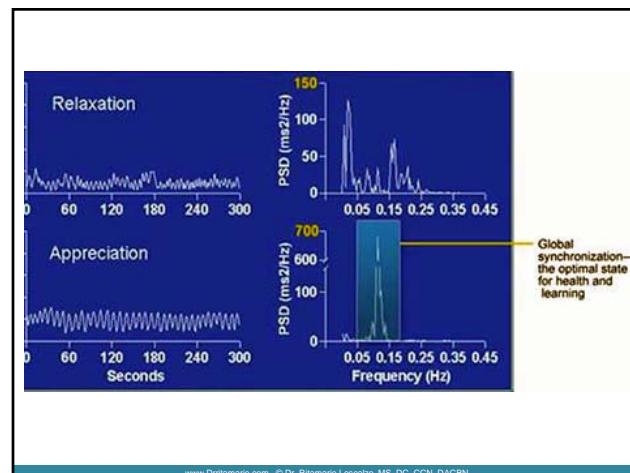
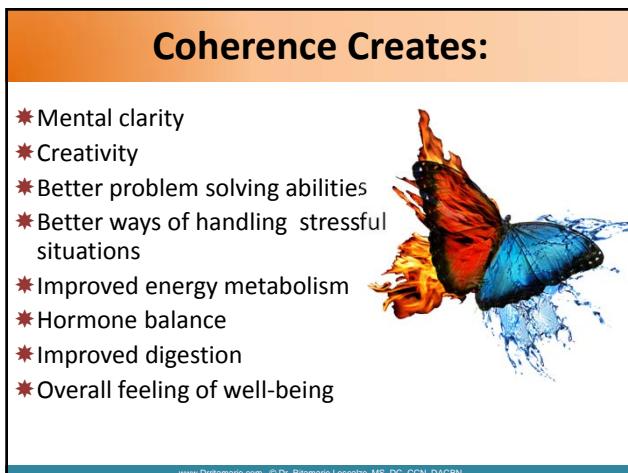
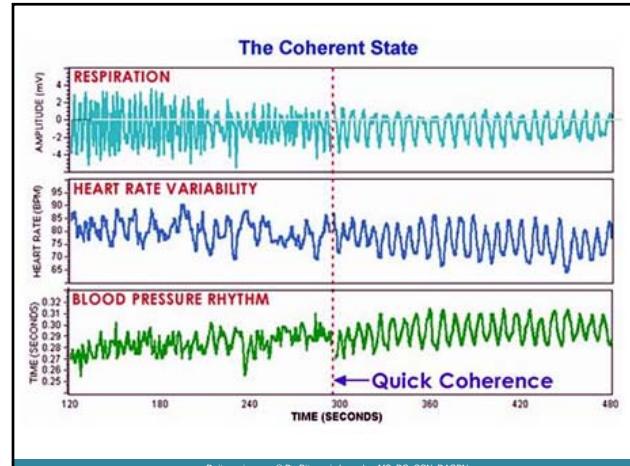
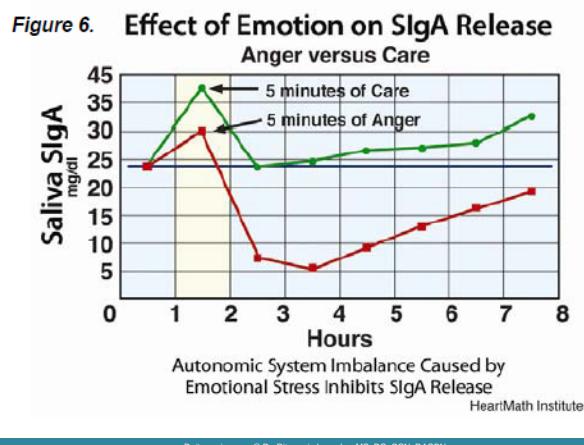
- HeartMath's research has shown when you learn how to intentionally shift to a positive emotion, heart rhythms immediately change.
- A shift in heart rhythms creates a favorable cascade of neural, hormonal, and biochemical events that benefit the entire body.
- The stress-reducing effects are both immediate and long lasting.



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN



Stress Transforming Tools that Recharge Your Energy and Accelerate Healing



Stress Transforming Tools that Recharge Your Energy and Accelerate Healing

What To DO About Stress

1. Identify the triggers
2. Notice how it feels in your body
3. Avoid stressors
4. Manage stress response
5. Transform stress



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Stress Statistics

- * Three 10-year studies concluded that **emotional stress was more predictive of death from cancer and cardiovascular disease than smoking**. People who were unable to effectively manage their stress had a 40% higher death rate than non-stressed individuals.
- * A Harvard Medical School study of 1,623 heart attack survivors found that **when subjects got angry during emotional conflicts, their risk of subsequent heart attacks was more than double that of those that remained calm**.
- * A 20-year study of over 1,700 older men conducted by the Harvard School of Public Health found that **worry about social conditions, health, and personal finances all significantly increased the risk of coronary heart disease**.
- * Over one-half of heart disease cases are not explained by the standard risk facts, such as high cholesterol, smoking, or sedentary lifestyle.
- * According to a Mayo Clinic study of individuals with heart disease, **psychological stress was the strongest predictor of future cardiac events**, such as cardiac death, cardiac arrest, and heart attacks.

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Effects of Stress

- * **A little occasional stress:**
 - Energy boost
 - Helps you achieve your goals
- * **Chronic stress:**
 - Short and long-term health consequences
 - Permanently compromises your health
 - Accelerates aging



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Stress-Association with Disease

- * Cardiovascular disease
- * Hormonal imbalances
- * Hypertension
- * Diabetes
- * Fibromyalgia
- * Chronic fatigue
- * Cancer
- * Depression, anxiety, and mood disorders
- * Attention deficit
- * Allergies
- * Autoimmune disease
- * Digestive disorders: ulcer, irritable bowel



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Stress Transforming Tools that Recharge Your Energy and Accelerate Healing

Stress and Belly Fat

- Chronic stress increases cortisol and decreases DHEA.
- Cortisol triggers muscle breakdown into blood sugar and increased insulin.
- Insulin inhibits fat burning and accelerates fat storage.
- DHEA significantly decreases visceral and subcutaneous abdominal fat and significantly increases insulin sensitivity (demonstrated by a 6-month, randomized, double-blind, placebo-controlled preliminary trial).
- JAMA. 2004;292:2243-2248

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN



Cortisol Inhibits Hormones

- Stress triggers cortisol release.
- Cortisol uses the same building blocks as DHEA and all the sex hormones.
- Within 30 minutes, the body is supposed to break down cortisol which frees up the building blocks so they can be re-assembled into DHEA and other hormones.
- If you keep thinking stressful thoughts, these thoughts trigger the stress response and cortisol persists longer.
- Healing and repair are inhibited by persistent stress because cortisol "steals" the building blocks for DHEA and your sex hormones; they are not freed up as they should be.

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN



Events vs. Perception

- It's not the events or situations that do the harm; it's how you respond to those events.
- It's how you **FEEL** about the events that determines whether you become stressed or not.

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN



Head, Heart Habits

- Experience + Beliefs = Thoughts
- Thoughts trigger emotions
- Emotions and thoughts are energy
- Emotions benefit or harm your physiology via a series of molecular changes
- When your head and heart are aligned, new beneficial habits can replace old destructive ones

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN



Stress Transforming Tools that Recharge Your Energy and Accelerate Healing

Emotions and Your Health

★ **Negative Emotions:** Frustration, insecurity, worry, and depressing feelings — lead to increased disorder in the heart's rhythms and in the nervous system, and inhibit optimal health.

★ **Positive Emotions:** Joy, appreciation, care, love, and kindness — create harmony in the heart's rhythms and the nervous system, and promote health, performance, and well-being.



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

How People Cope with Stress

Stimulants -- Foods -- Distractions



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Resourceful Antidotes to Stress

★ Appreciation
★ "Mini-vacations"
★ Fun
★ High self-esteem
★ Relaxing activities



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Emotional Landscape

High Energy Negative Emotions	High Energy Positive Emotions
Low Energy Negative Emotions	Low Energy Positive Emotions

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Stress Transforming Tools that Recharge Your Energy and Accelerate Healing

Emotional Nourishment

Identify 5 ways you nourish yourself emotionally:

- 1)
- 2)
- 3)
- 4)
- 5)

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Transform Stress



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Transform Stress



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Transform Stress: Laughter



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Stress Transforming Tools that Recharge Your Energy and Accelerate Healing

Transform Stress: Contemplation and Meditation



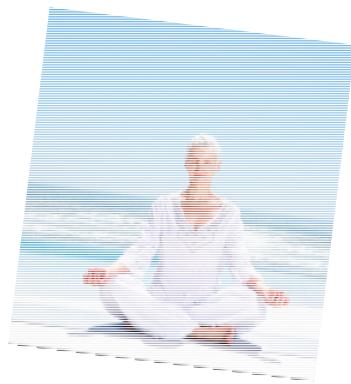
www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Transform Stress



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Transform Stress



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Transform Stress



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Stress Transforming Tools that Recharge Your Energy and Accelerate Healing

Transform Stress: Fresh Air and Sunshine



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Transform Stress: Exercise



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Transform Stress: HeartMath Exercises



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Controlling Stress Through Food



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Stress Transforming Tools that Recharge Your Energy and Accelerate Healing

**Drink
Purified
Water**



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

**Use Only
Unrefined,
Whole Sea
Salt**



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

**Eat Fresh
Raw Fruits
and
Vegetables**



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

**Grow Your
Own Fresh
Fruits
And
Vegetables**



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

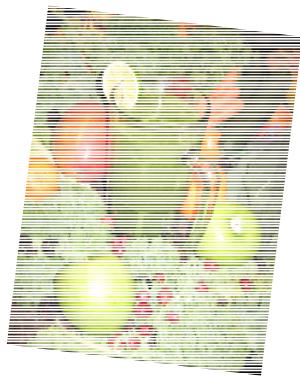
Stress Transforming Tools that Recharge Your Energy and Accelerate Healing

**Eat Sea
Vegetables
Regularly**



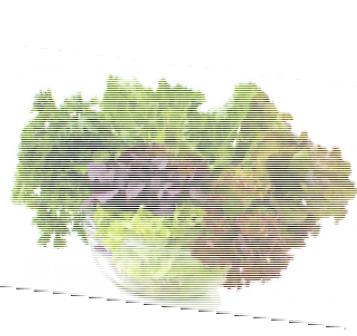
www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

**Drink Green
Smoothies
Daily**



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

**Eat Lots of
Green Leafy
Vegetables**



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

**Include Wild
Greens for the
Most
Nutrient-Rich
Meals**



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Stress Transforming Tools that Recharge Your Energy and Accelerate Healing

References and Resources

- * **Transforming Stress: The HeartMath Solution for Relieving Worry, Fatigue, and Tension** by Doc Childre and Deborah Rozman, PhD. © 2005 New Harbinger Publications, Inc.
- * **The Power Of Appreciation: The Key To Vibrant Life** by Noelle C. Nelson, Ph.D. and Jeannine Lemare Calaba, Psy. D. © 2003, Beyond Words Publishing, Inc.
- * **Law Of Attraction: The Science of Attracting More of What You Want And Less of What You Don't** by Michael J. Losier. © 2003 Michael J. Losier Publications.
- * **Ask and It is Given** by Jerry and Esther Hicks.

www.DrRitamarie.com © Dr. Ritamarie Locatzo, MS, DC, CCN, DACBN