

# Stress Transforming Tools that Recharge Your Energy and Accelerate Healing

*with*

***Dr. Ritamarie Loscalzo***



**“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.”**

**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](http://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.

# 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**



***“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**



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

***-- Institute of HeartMath***





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



# 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 Hurts:

- ★ Relationships
- ★ Health
- ★ Work performance
- ★ Enjoyment



# 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.



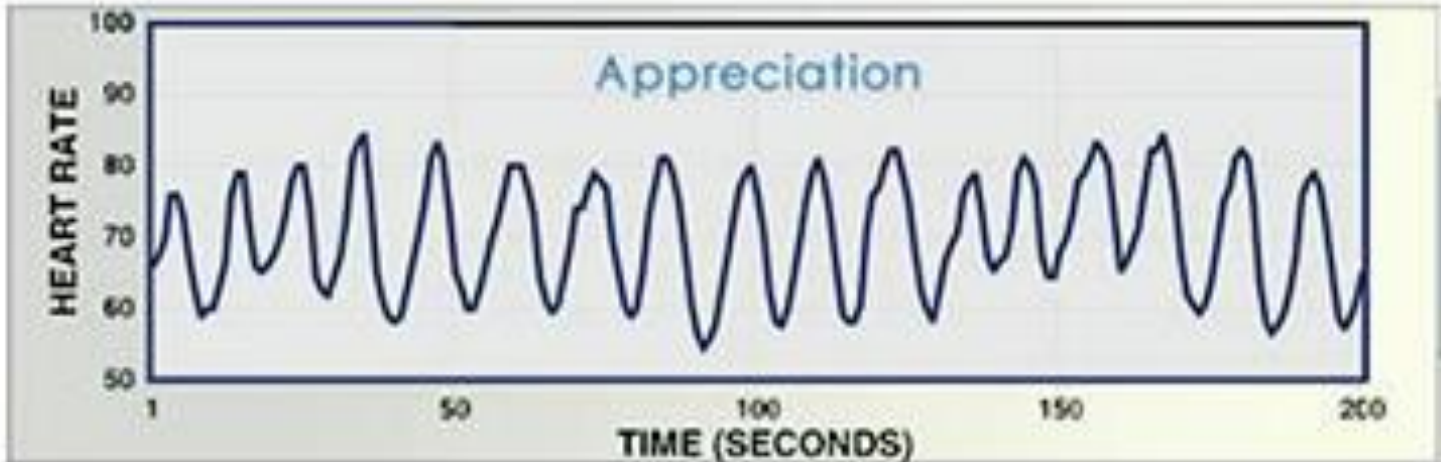
# Heart Rhythms, Stress, and Health

- ★ 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.





Cortical  
Inhibition  
(chaos)



Cortical  
Facilitation  
(coherence)

**Figure 6. Effect of Emotion on SIgA Release**  
**Anger versus Care**

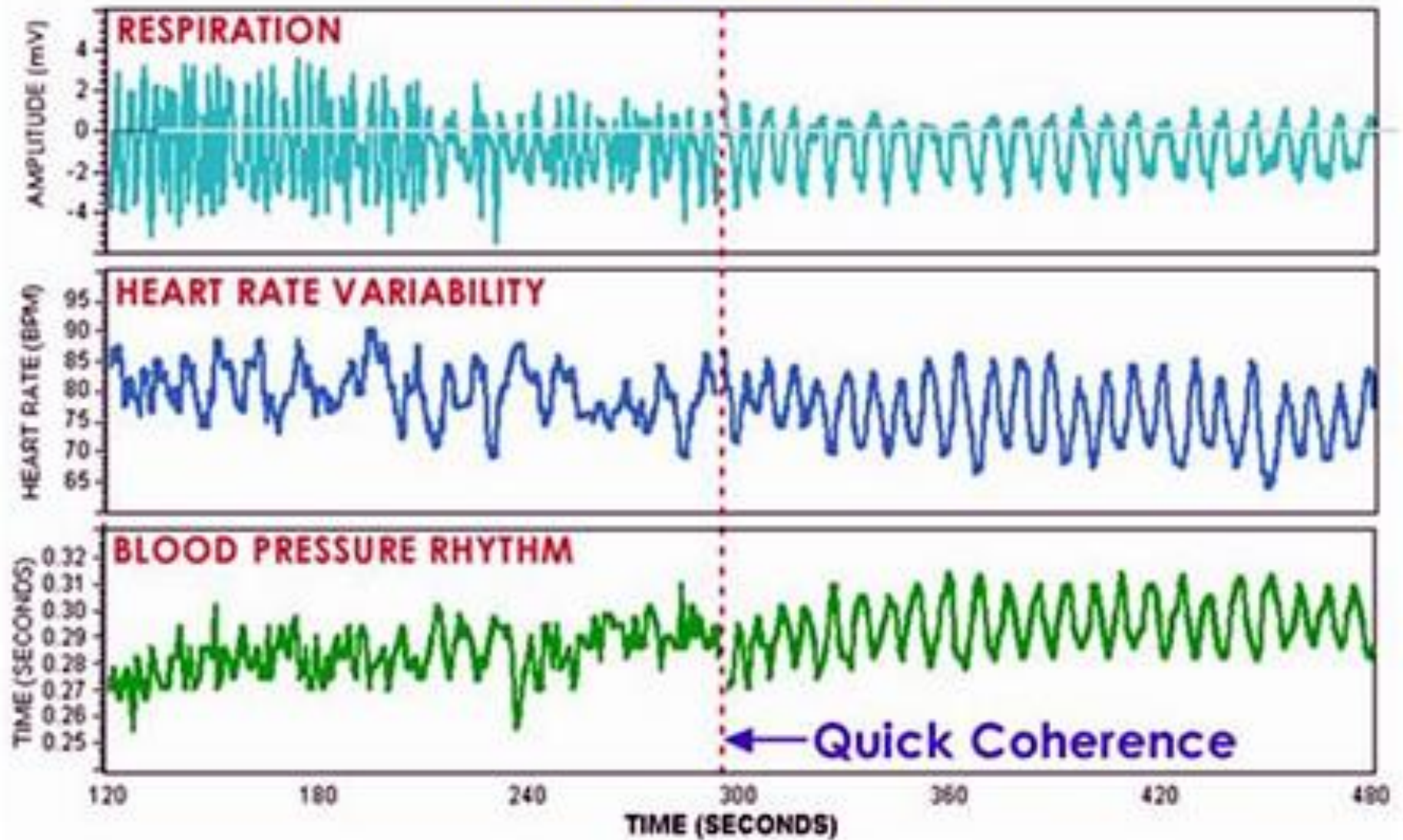


Autonomic System Imbalance Caused by  
Emotional Stress Inhibits SIgA Release

HeartMath Institute



## The Coherent State

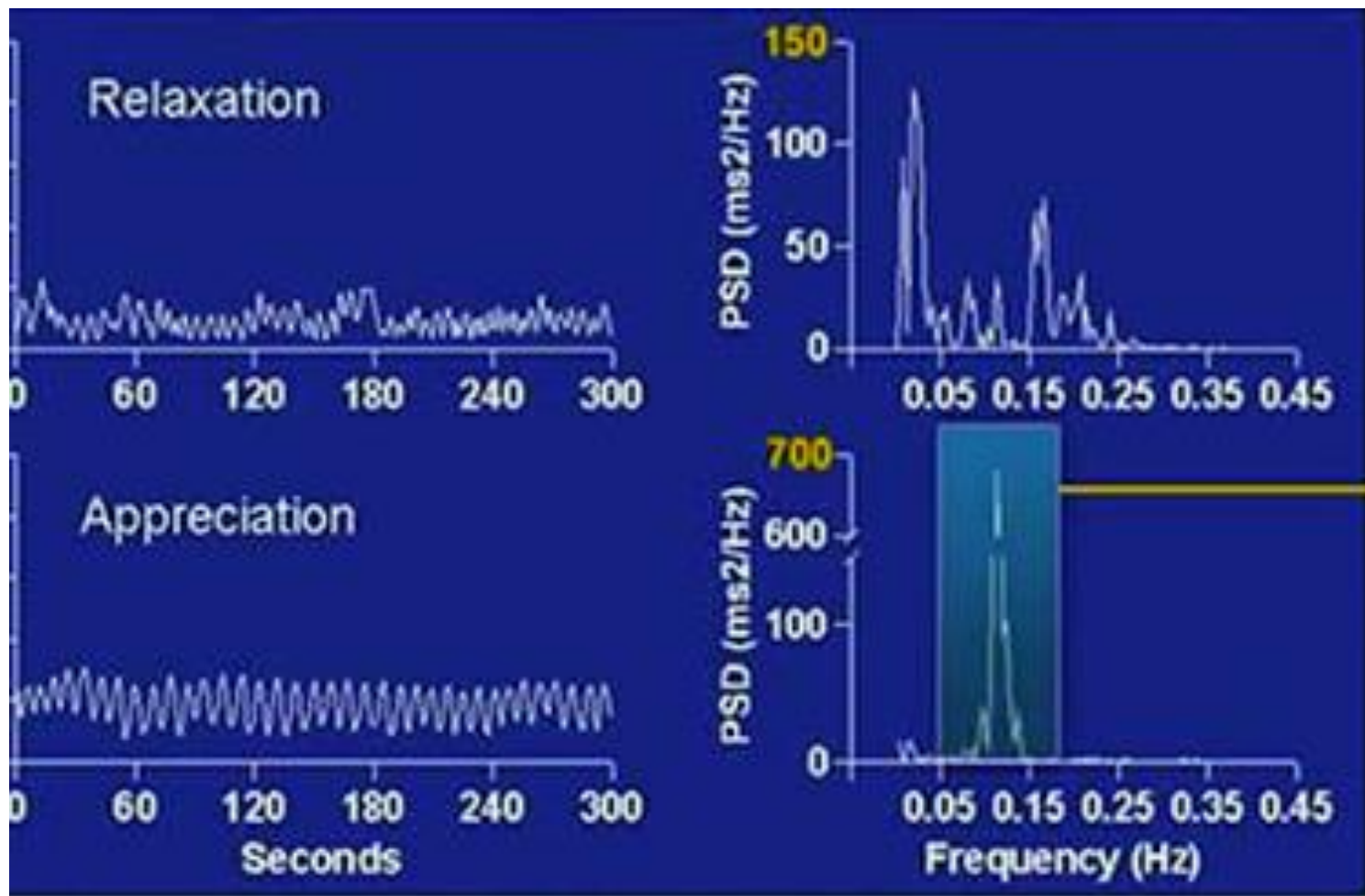




# Coherence Creates:

- ★ Mental clarity
- ★ Creativity
- ★ Better problem solving abilities
- ★ Better ways of handling stressful situations
- ★ Improved energy metabolism
- ★ Hormone balance
- ★ Improved digestion
- ★ Overall feeling of well-being





# 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



# 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 factors, 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.*

# 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





# 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





# Stress and Belly Fat

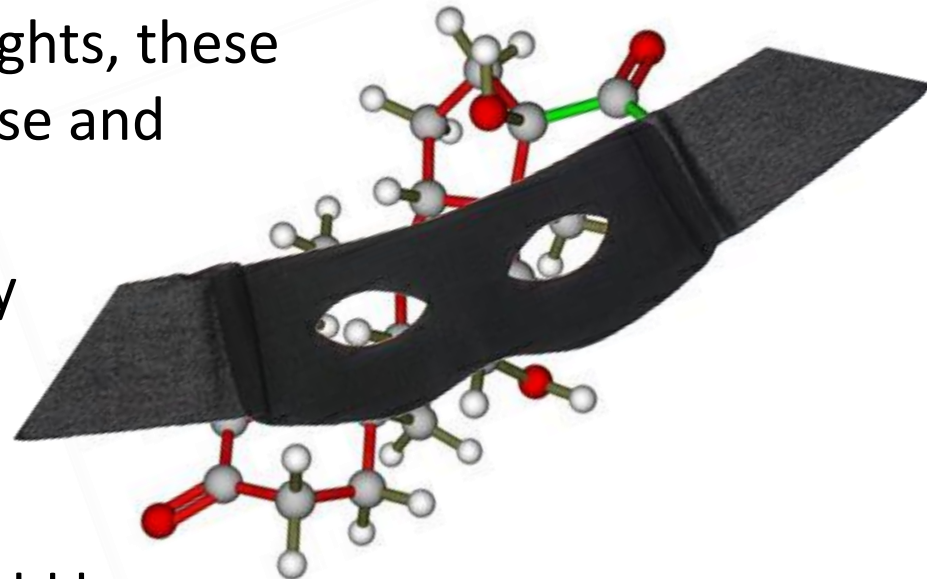
- ★ Chronic stress increases cortisol and decreases DHEA.
- ★ Cortisol triggers muscle breakdown into blood sugar and increased insulin.
- ★ Insulin inhibits fat burning and accelerates fat storage.
- ★ DHEA significantly decreases visceral and subcutaneous abdominal fat and significantly increases insulin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

- *JAMA*. 2004;292:2243-2248



# 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.



# 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.



# 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

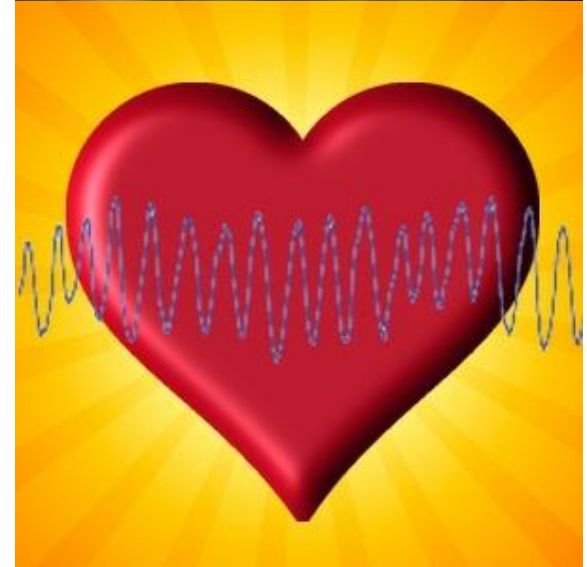


# Emotions and Your Health

★ **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.





# How People Cope with Stress

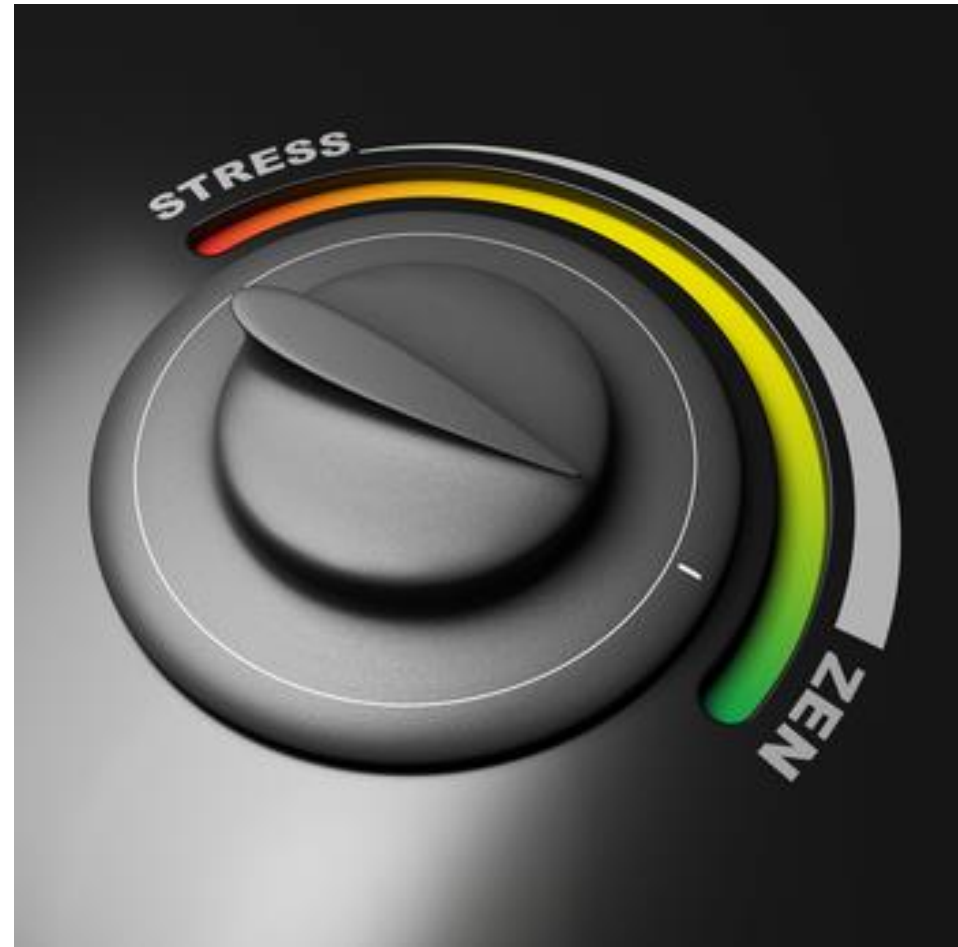
Stimulants -- Foods -- Distractions





# Resourceful Antidotes to Stress

- ★ Appreciation
- ★ “Mini-vacations”
- ★ Fun
- ★ High self-esteem
- ★ Relaxing activities



# Emotional Landscape

**High Energy  
Negative Emotions**

**High Energy  
Positive Emotions**

**Low Energy  
Negative Emotions**

**Low Energy  
Positive Emotions**

# Emotional Nourishment

Identify 5 ways you nourish yourself emotionally:

1)

2)

3)

4)

5)

# Transform Stress



# Transform Stress



# Transform Stress: Laughter

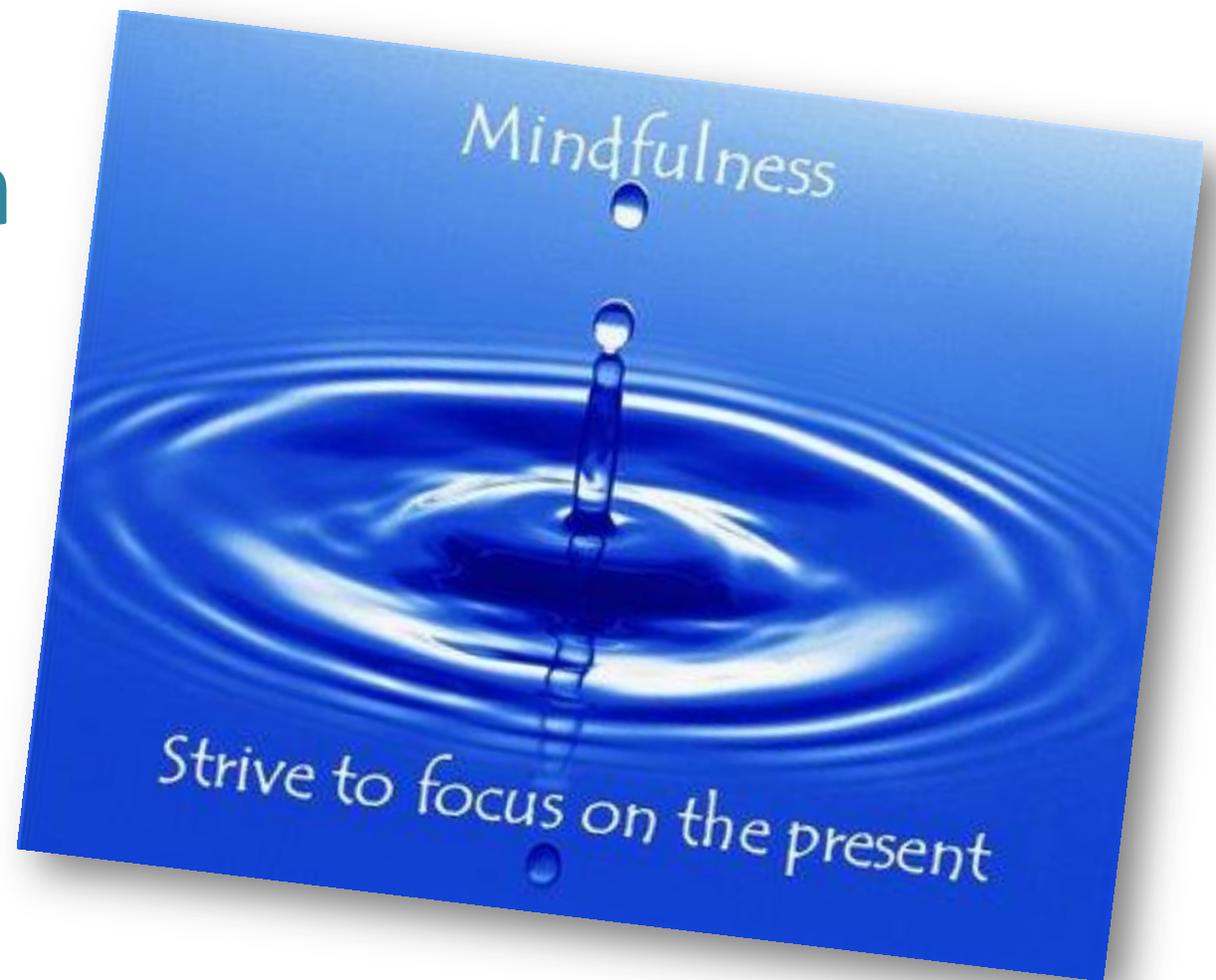




# **Transform Stress: Contemplation and Meditation**



# Transform Stress



# Transform Stress



# Transform Stress



# Transform Stress: Fresh Air and Sunshine





# Transform Stress: Exercise



# Transform Stress: HeartMath Exercises



# Controlling Stress Through Food



# Drink Purified Water



# Use Only Unrefined, Whole Sea Salt





# Eat Fresh Raw Fruits and Vegetables





# Grow Your Own Fresh Fruits And Vegetables



# Eat Sea Vegetables Regularly



# Drink Green Smoothies Daily





# Eat Lots of Green Leafy Vegetables



# Include Wild Greens for the Most Nutrient-Rich Meals



# 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.