



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, 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.

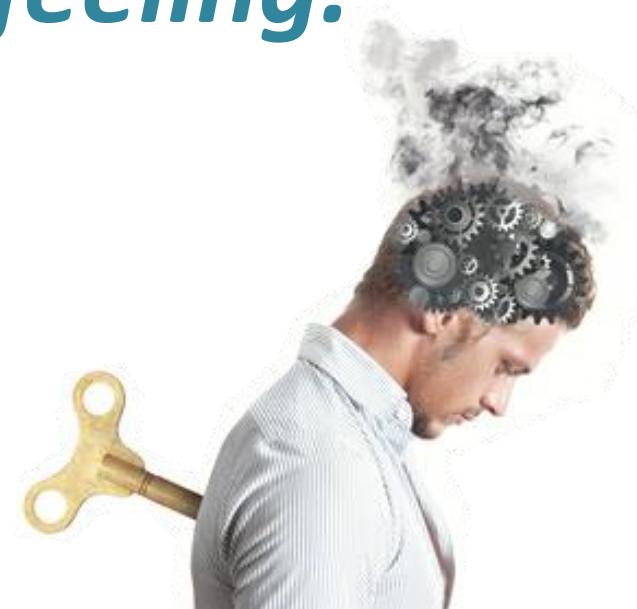
What You'll Learn

- ★ 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**



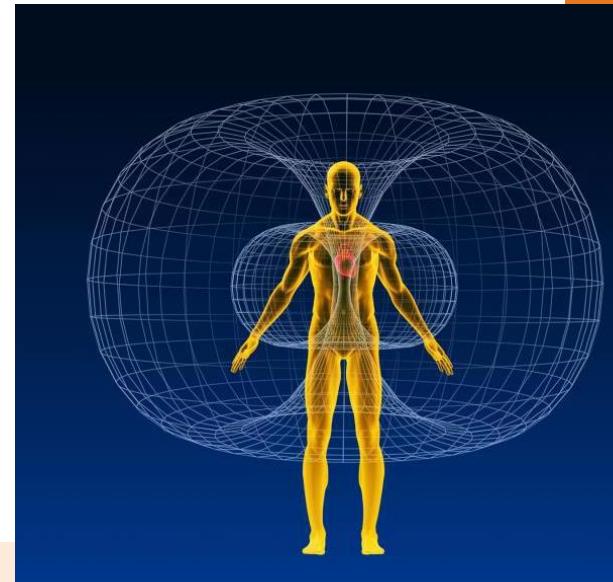
“Stress is hard to define because it means different things to different people; however, it’s clear that most stress is a negative feeling rather than a positive feeling.”

--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

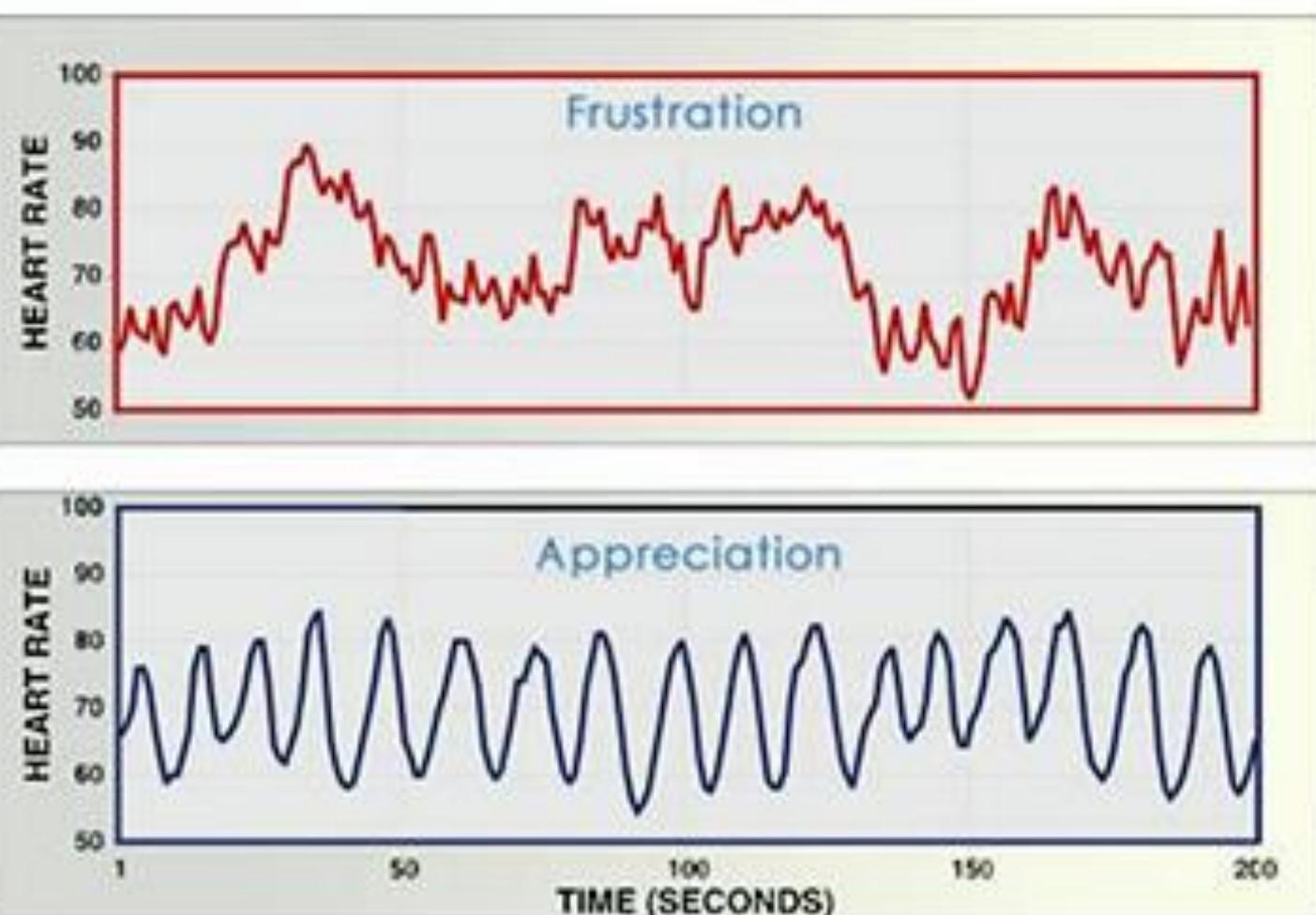
- You experience tension, strain, or frustration.
- Your muscles tighten.
- Your heart rate increases.
- You may begin to perspire.
- Your logical thought process often gets replaced by irrational and unreasonable thoughts.
- Your physiological and psychological equilibrium are disrupted, leaving you 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.





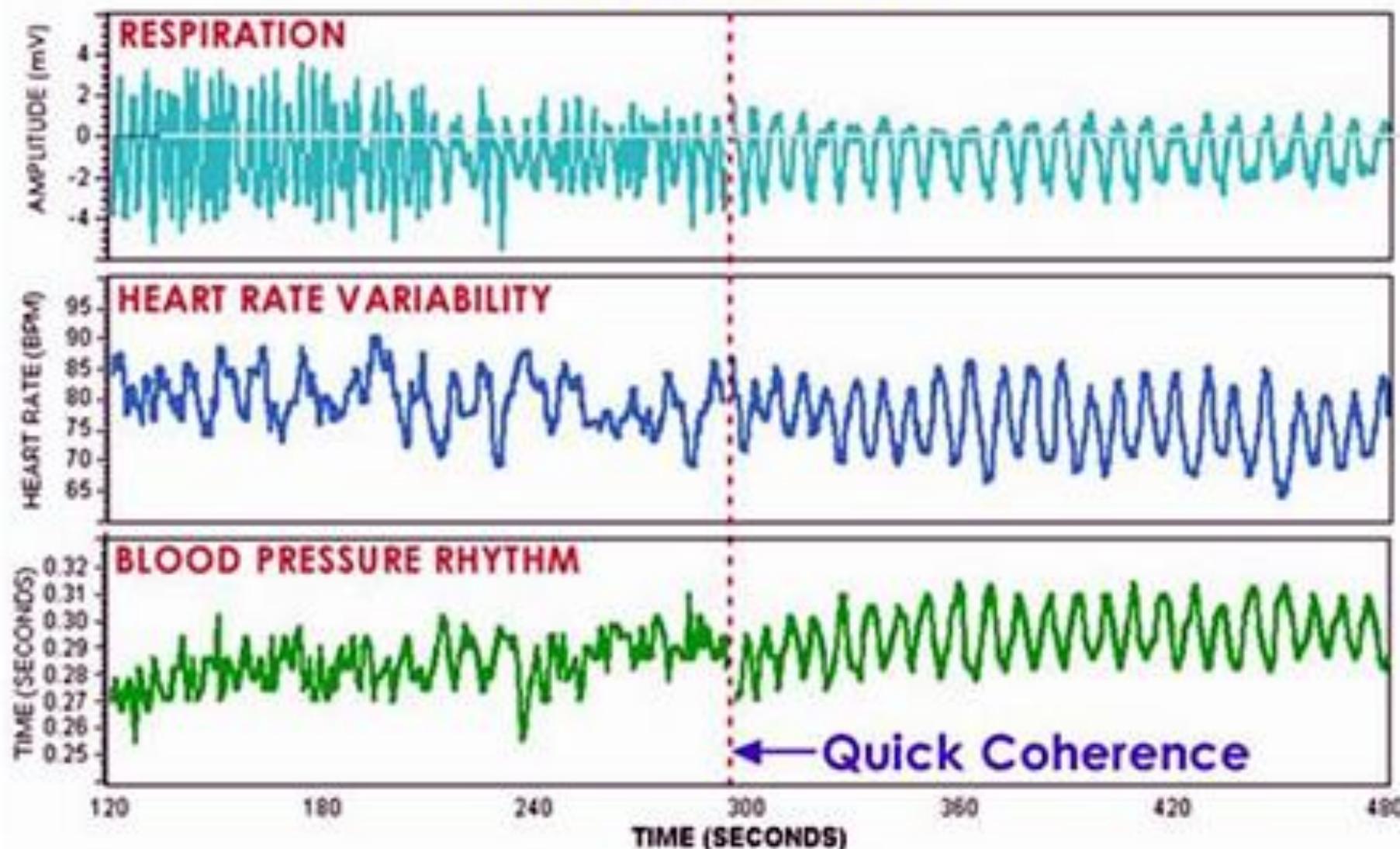
**Figure 6. Effect of Emotion on SIgA Release
Anger versus Care**



Autonomic System Imbalance Caused by
Emotional Stress Inhibits SIgA Release

HeartMath Institute

The Coherent State



Coherence Creates:

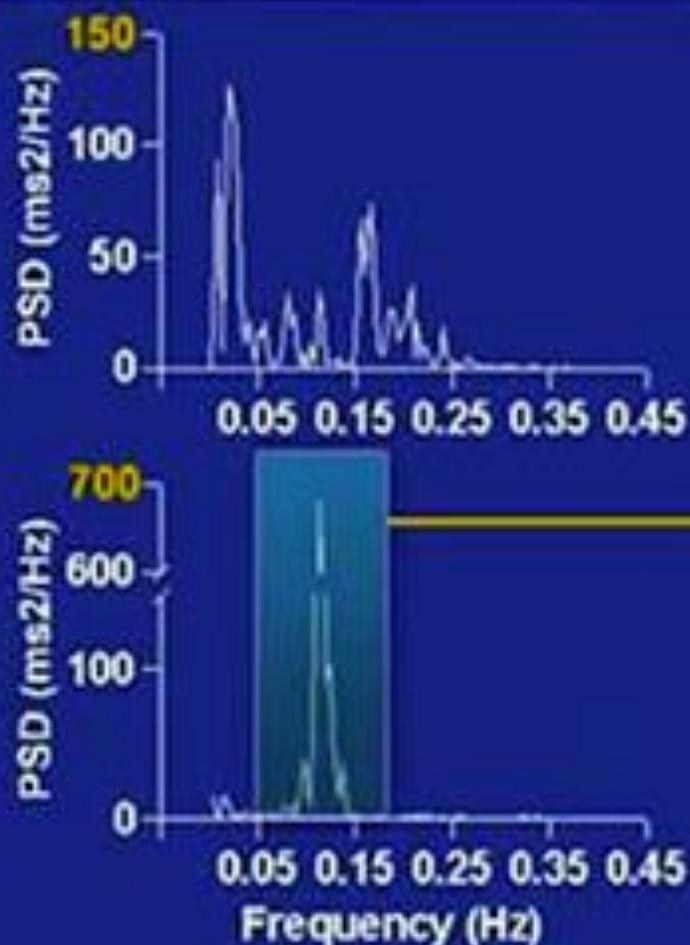
- ★ Mental clarity
- ★ Creativity
- ★ Better problem solving abilities
- ★ Better ways of handling stressful situations
- ★ Improved energy metabolism
- ★ Hormone balance
- ★ Improved digestion
- ★ Overall feeling of well-being



Relaxation



Appreciation



Global synchronization—the optimal state for health and learning

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

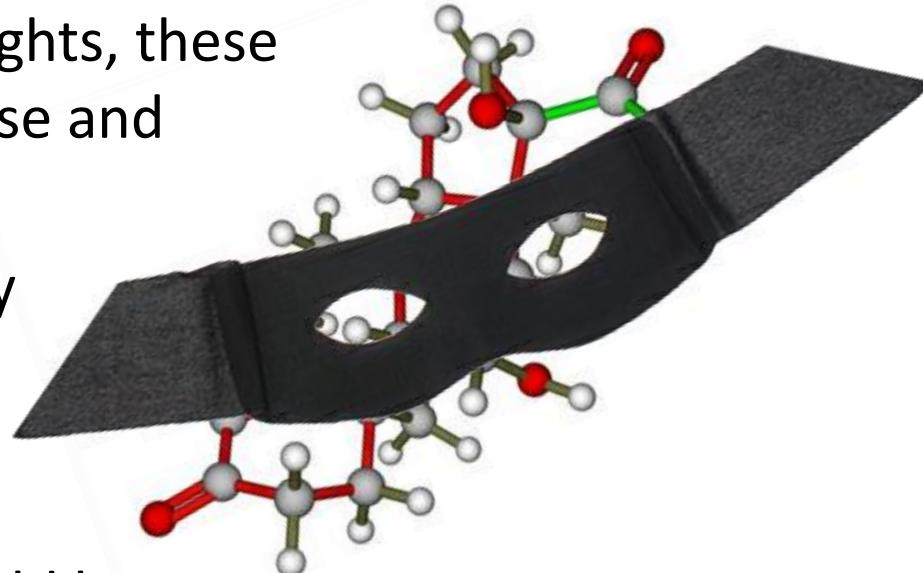
- ★ Chronic stress increases cortisol and decreases DHEA.
- ★ Cortisol triggers muscle breakdown into blood sugar and increased insulin.
- ★ Insulin inhibits fat burning and accelerates fat storage.
- ★ DHEA significantly decreases visceral and subcutaneous abdominal fat and significantly increases insulin 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.



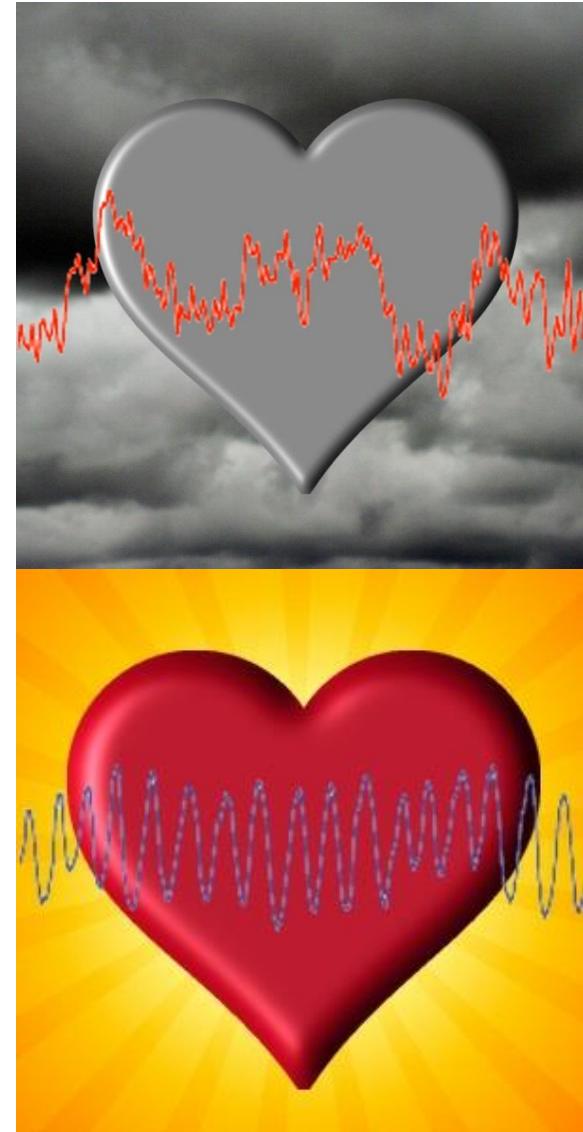
Head, Heart Habits

- ★ 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



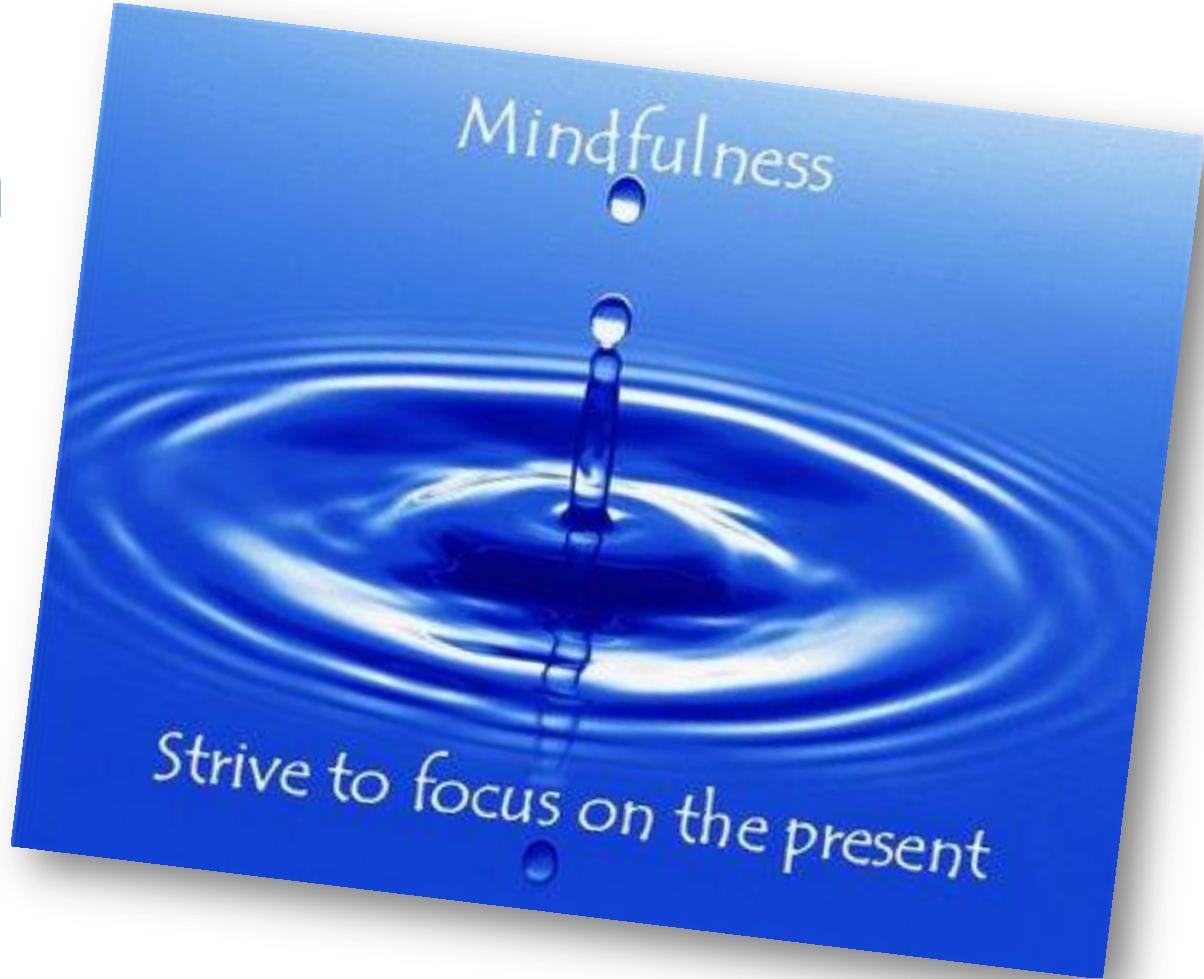
Transform Stress: Laughter



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.