



## Stress Transcript

Before we begin let's make sure that you are aware that any of the information I'm presenting here is not intended to replace a one-on-one relationship with a qualified healthcare professional. It's also not medical advice and when you are presenting to your clients you need to be really careful and make sure that they are aware that what you are presenting, and what I'm presenting here today, is intended as a sharing of my knowledge, information, clinical research and clinical experience over many years. I encourage you, and you should encourage your clients, to make their own healthcare decisions based upon your research and in partnership with a qualified healthcare professional. This is especially true for people who are on any medications. I just want to make sure that the things that we talk about in terms of nutrition are not going to interfere with the protocols.

### Stress And Insulin Resistance

We are going to talk about what stress is and how it affects health and weight. We are going to talk about the importance of using goals and visions to help people make health-supporting choices every day. When people don't really know what is important for them, they can make haphazard choices, and I am sure you have been there. You thought well maybe I will skip gluten today. Maybe I will have toast because I am out with my boyfriend and he is having this amazing toast and I'll just eat and it is no big deal. When you are really connected to the outcome of what you want you are going to make good choices and that is what you can work with people on right from the start.

Taking stress transformation breaks in 1 to 2 minute intervals, and we will talk about *HeartMath* and some of the wonderful techniques there. I have given you lots of wonderful resources on your site.



Noticing and celebrating positive prospects. I have a document that I'm giving you that you can use with people called the *Positive Aspects Journal*. It is something that I learned a few years back that I found really helpful for people to start to focus on the positive, which shifts their nervous system from sympathetic to parasympathetic where healing happens. We will give you some resources for emotional eating strategies because you are going to see a lot of people come in and they don't eat for nourishment. They eat because it is an entertainment factor or because it is an emotional response. I give you a document on the site that will help you to help other people create an emotional eating pattern for themselves.

The importance of fun as a regular part of their health regime. We are guilty of overlooking that. Periodically throughout the day I will say okay, I am just want to go outside and I will put my feet in the hot tub and I am going to just sit and stare at the sun for five minutes. That is what I consider fun. Or I will take out a puzzle and do a puzzle. Teach people to take that time, even if it is 3 to 5 minutes per day; it is going to shift their physiology. We are also going to talk about the power of appreciation to transform health challenges and achieve ideal weight and energize and revitalize cells. Let's begin.

### **What is stress?**

We all think about stress as this bad thing. It is used to describe the wear and tear of the body experiences in reaction to everyday tensions and pressures. When the demand on the body or on the psyche exceeds the capacity to respond, that is considered a stress. There are good stresses. You go to the gym and you pick up a weight and you start to do bicep curls with it and you get to about eight of them and you just can't go any further and you have to stop, you just put a stress on that muscle. You took it to fatigue. What happens? It responds; it reacts by strengthening. Over several weeks of doing that you are going to be able to lift more and more. So there are good stresses. The stresses that are damaging are the stresses that exceed the capacity to respond without replenishing and rebuilding.

### **Head-Heart Habits**

Where does it all begin? This is critical. A lot of folks, especially if you are new in practice, you are going to jump in and want to use all of the great nutrition techniques that you have learned. You will teach people recipes and put them on supplements and herbs. Everyone has to start with alignment. I like to call it the *Head-Heart Habits* approach. You want to align your head and your heart, and then the habits just flow. If you start with habits like giving up gluten or exercising every day, but you don't have your head and your heart aligned with that, it very quickly goes by the wayside.



You will see that a lot with your clients. They get all excited and he say yes, tell me what to do and you tell them what to do, they start doing it and a couple weeks later something better comes along. They have a wedding, their sister gets married, their daughter has a birthday, well, you know it is okay to eat the chocolate cake today because their head and their heart are not aligned with that new habit of *not* eating chocolate cake, and eating lots of fruits and vegetables instead.

The experiences that you have, plus the beliefs equals the thoughts that you have. If somebody has an experience early on of being soothed by food; every time they fell grandma gave them a lollipop, then every time they hurt themselves emotionally or physically, they are going to turn to food, or a lollipop, M&Ms, bakery, bread, whatever, to soothe. That is the basis upon which their thoughts come, what they believe, food heals my pain. That triggers the thought. So when they start to have pain they are going to reach for food to soothe it. The thoughts also trigger an emotion. When you think about something as, oh that is so bad, that is going to trigger an emotion of sadness or fear instead of you thinking about something that is really fun, that is really good, that is going to trigger an emotion of joy, a positive emotion.

Your emotions and thoughts are energy. Really clarify that with people. When you have thoughts or emotions it is an energy exchange. Certain emotions will benefit the physiology like joy, bliss, gratitude. It benefits the physiology and we will talk about some of the hormonal changes that is causes. Others harm it and it is through molecular changes. So when you can help people to change the thoughts and emotions, the habits just happen. It's not like putting a monkey-wrench in there and trying to force it to happen. The new habits can replace the old, destructive habits when you have the head and the heart aligned, the desire for something and the thoughts about it.

It is too hard to make diet changes, you might hear someone say. That thought is going to trigger an emotion of resistance, of fear, of sadness if they have to change their diet or do some things that they haven't been doing before. It's too hard is a belief. A lot of people hold that belief and sometimes I will just say, what would it be like for you if it wasn't so hard. They said oh, that would be great. What if you decide that it is really not hard? Which is harder, getting your chest cracked open to replace valves and vessels in your heart because of a clog as a result of your poor diet and lifestyle choices, which is harder, that, are choosing the salad over the pizza? Which is harder?



Personally I will take choosing the salad over the pizza any day as opposed to getting my chest cracked open, but you are going to deal with people in different phases of their belief systems and it is up to you to really work with them at the start. That is going to set you apart as well. You are not jumping in and just giving them a list of things to do and things to take.

A little stress causes you to have an energy boost. You are alive, you are pushed in terms of working towards your goal but that chronic, day-in/day-out have long-term and short-term health consequences. Sometimes it is their immune systems that start to fail. With others, their blood pressure goes up, they have hardening of the arteries, or they have decreased function of various organs. It can permanently compromise the health, accelerate aging, and throw off their whole blood sugar mechanism, which creates a whole bunch of problems. We will look at the details on that later.

### **The Body's Reaction When Stressed**

There is a feeling of tension, a strain, sometimes frustration. Muscles might tighten in the neck, in the abdomen, and the chest. Heart rate increases and that is a result of the secretion of the hormones, cortisol and adrenaline. Perspiration increases. Again, cortisol and adrenaline cause that. The logical thought process is replaced by irrational and unreasonable thoughts when we're stressed. That is the time when people make the poorest lifestyle and food choices as well. It is what I like to refer to as the lizard brain, the back part of the brain, the primitive brain, gets control to get you out of trouble. That is the lizard; it only knows how to fight or flight. It takes control over the pre-frontal cortex. Cortisol inhibits the pre-frontal cortex. If you are stressed because you are going into an important meeting and you have to perform or because you are going to take a test and you don't do some techniques to shift yourself out of that stress mode, you are dooming yourself because your high-level functioning is not going to kick in and work.

Everything gets disrupted; your physiology, your psychology. Equilibrium; you are off-kilter, you feel kind of weird. When this happens on a regular basis and continues over time you are going to have failures of different systems, and you are going to see that in your clients. When you can get them under control, when you use the emotional piece to help them to make the right choices about that what they eat, drink, how they breathe, and how they move, then they are going to get the results that they need. They are going to follow through because it makes sense to them.



## The Effects of Cortisol

Cortisol is a stress hormone. When you have a response, there is a fear, a tiger chasing you, you are going to have this response where your body at first produces adrenaline then follows up with cortisol. Adrenaline is really quick. It is a neurotransmitter, a quick in and out; it continues to be secreted but generally the cortisol comes in and lasts longer. Cortisol has a job. One of the jobs is to increase blood sugar. When you have somebody sitting at their desk and the boss is yelling at them and they are getting stressed, or they have a deadline, or they just heard from the child's teacher that the child failed a test, or their financial situation has changed, and they are getting stressed at the desk, the cortisol increases the blood sugar but guess what, there is no activity to go with that. If there really were a tiger chasing you, you would run and get rid of that sugar in the blood. Instead that increased blood sugar goes through that same process as if you had just eaten a meal.

If there is a dysfunction there, like insulin resistance, when you get stressed you are increasing your blood sugar which is going to increase the storage of belly fat because you are not burning it. It is going to thicken artery walls. It is going to increase the blood pressure, it's going to turn down the digestive tract, close the valves, decrease the enzymatic secretions. You have a lot of dysfunction that occurs as a result of the cortisol, because cortisol is only supposed to be going up for short bursts, not a long period of time. When we do it all the time, and when your patients are doing it all the time, they are affecting their blood sugar mechanism.

When cortisol goes and looks for storage of sugar to pull out into the blood, it likes the process called gluconeogenesis instead of lipolysis. Lipolysis is the breakdown of fat; you turn fat into sugar and put it into the blood. Cortisol favors breaking down muscle-protein tissue; gluconeogenesis, and can actually reduce the rate of fat burning, so it is a double whammy. It converts the protein in your muscles and your connective tissue to glucose and glycogen, which is one of the reasons why, when people go on steroids for any length of time, they end up with muscle thinning, tissue weakening; serious side effects.

If you have somebody who is under stress all of the time and they are constantly upping their levels of cortisol, the same situation is going to happen in their body. Their immune system is going to be depleted, their muscles are going to thin, and they are going to have problems. It also decreases bone formation. A lot of people don't realize this. It can create and enhance the process of osteoporosis or osteopenia, a lot of stress. This is something you want to help people get under control, right? Why would you want to ignore this piece and just talk to them about food?



What you might find is somebody comes in and their diet is not all that bad but the stress levels are. I will tell you a short personal story about cortisol. When I had my elbow surgery and they had to cut a 5-inch incision into me, cut all the way to the bone, and cut the bone off and put it in the right place, that is a pretty serious stress in my body.

Even though I was meditating and doing *HeartMath* and keeping my mental and emotional state in a good place, the physical trauma was creating the stress in my body. My adrenals could not differentiate between a tiger biting open my elbow, or a surgeon who knew what he was doing to repair my elbow. It is still the same thing, it is cutting of the tissue, it is trauma. As a result when I got back after the surgery all I had was about eight ounces of green juice, pure green, no sugar, no fruit, no carrots, no beets, just kale, celery, cucumber, and ginger juice. Eight ounces of that over time I drank it very slowly. I took my blood sugar. It was 147. I decided to eat an avocado to bring it down. It was still in the 140s to 170s all day long. Why? It had nothing to do with food. It had everything to do with stress.

Had I been able to measure my cortisol, I wish there was a home test for cortisol levels. That would empower so many people, wouldn't it? I would've found that my cortisol levels were high. Even though I was laying there, breathing, appreciating, meditating, and doing things to relax my psyche, the cortisol was coursing through my system because I just got bit by a tiger. I did not just have a tiger chasing me that day. I got bit. It's really important for us to monitor and approach this the right way. Don't make the mistake of jumping right into, here are some exercises, here is a diet, let's see how you do. Somebody is coming in and you are looking at their diet plan and the diet looks pretty good, then you've got to look at the stress. I have had people in my program and people that approached me privately, who've told me that they were going along, their blood sugars were perfect, they just finished their smoothie that they had before and it only raised their blood sugar to 98 and then they got a phone call. It was a stressful phone call. They decided that right after that, right after the smoothie, right after the phone call, they tested their blood sugar and it went up. Why did my blood sugar go up to 140? Why? Because they got really stressed. And you can help people to use all of the tools that you have.

She was smart. She thought, 'what have I done? What have I learned? I am going to go out and do some burst training'. She did some burst training, she did a walk around the block, she came back and her blood sugar got normal again. These are things that you can teach people. I've had people who do *HeartMath*. I've had somebody's blood sugar go down 100 points right there in front of me by taking her through *HeartMath*.



### Cortisol Inhibits Hormones

Let's review some of the interactions with cortisol and some of the other hormones. Stress causes the release of cortisol. Within about 30 minutes the cortisol should break down into the building blocks for DHEA, because cortisol and DHEA had the same building blocks. If the stress is prolonged, that does not happen. What happens is the DHEA suffers. If you keep thinking the stressful thoughts that trigger the response, the cortisol keeps persisting and healing is inhibited because DHEA is a healing, growth and repair hormone. When you are stealing the precursors away, you are sacrificing the DHEA for the cortisol, and the cortisol has all of those negative effects and causes the body to break down. It is also the same precursors for cortisol as our sex hormones. That is another important piece of this. If your person is under stress a lot they may find that their libido is down. That is a clear sign. In addition to all the stuff with bone and blood sugar and collagen formation, libido is the biggie too.

### Effects of Stress on Insulin Resistance

Let's talk about how stress affects insulin resistance and the insulin receptors. Stress increases the cortisol and the adrenaline. The preferred stress fuel is glucose, not fat, glycogen. The muscle can be converted into glucose easily, branch-chain amino acids get converted more easily into sugar than does the fat so the cortisol favors the breakdown of muscle as we already talked about. It is an easy source of protein. It is quick, it is easy, and it raises the sugar pretty quickly. That is another reason why people think if they just eat protein, their blood sugar will go up. It can go up because the protein can be converted into sugar. Once the sugar goes up, insulin gets secreted. When the insulin gets secreted and you are not burning that sugar, the sugar sits in the cells in the bloodstream, more insulin gets secreted, you end up with hyperinsulinemia and eventually chronic stress will lead you to insulin resistance.

### Cortisol and Insulin at War

Cortisol and insulin are at war with each other because *insulin's* job is to *decrease* blood sugar. You eat something, you have a meal, insulin says come on, bring it down. *Cortisol's* job is to provide fuel and *increase* the blood sugar. Once you have the insulin in the system it is going to block the release of fuel from the cells, so it is going to make it difficult to break it down, especially break down fat, which is why cortisol is able to get to the muscle and break that down. You don't want more fuel when you have cortisol. The effect of this war, the civil war between insulin and cortisol, is that you have this gnawing craving for carbohydrates: 'I just need some sugar right now'. Have you ever experienced that?



Have you ever spoken to clients who have experienced that? I just need sugar right now! It is especially a problem a couple of hours after you eat. This is where you want to intervene, not just with the meal, of course you want to do all of the diet things we talked about, but it is very important that you manage the stress.

## DHEA

DHEA has the opposite effect. DHEA actually helps to decrease visceral, meaning around the organs, and subcutaneous, under the skin, abdominal fat. It significantly increases the sensitivity of the cells. If someone has adrenal fatigue *and* their DHEA levels are low, that is going to impact the improvement that they are going to get by doing the insulin resistance reset program. We have to make sure that their DHEA is good. That is why I put DHEA among the things that are helpful to test. You can test DHEA in the bloodstream, DHEA sulfate, or you can test it in the saliva. I would recommend that people who have problems with insulin resistance also get an adrenal stress test because you can work the two at the same time. This was a study in JAMA: a double-blind placebo-controlled study that talked about the significance of DHEA in increasing insulin sensitivity.

## Stress and Belly Fat

How does stress increase belly fat? This is another JAMA study from 2004. Chronic stress increases cortisol, decreases DHEA, triggers the breakdown of muscle into blood sugar, increases insulin, insulin inhibits fat burning, accelerates fat storage; and then DHEA significantly decreases subcutaneous fat and increases insulin sensitivity. A decrease in DHEA affects you and you end up with more belly fat.

## 3 Steps to Emotional Regeneration

What you going to do about it? You need tools. Whatever tools you use to decrease stress are fine. I give you some tools here, that does not mean you just have to use my tools. Maybe you are a yoga instructor. Maybe you are a tai chi instructor. Maybe you were trained in some really cool stress management system. Tapping, *the Work*, there are so many things that can help. It is finding what you are comfortable teaching and that your clients are comfortable receiving. It may be different for each person. I teach *HeartMath* a lot. Some people just don't resonate with *HeartMath*. I teach them tapping and that works better for them. The whole idea is that you want them to *build their emotional energy reserves* so that every little stress is not tapping in and leaving them exhausted. You want to *plug the emotional drains*. That is a process too. Either you can work with somebody or refer them to another practitioner if it is really serious, who can help them.





What do I mean by plugging the emotional drains? A lot of times there are relationships that may be happening that are draining you emotionally like going to visit mom, and mom just starts with criticizing your hair, makeup, nails, weight, and the whole bit. It is not a positive experience. Either the person needs to learn ways to protect from that energy or stay out of it, and old emotional habits. These are all processes that you take your person through. This is not a shortcut. You can be doing this concurrently with the food. You don't have to do these things sequentially and I highly recommend that you don't skip this part.

### **Resourceful Antidotes to Stress**

Some of the antidotes to stress that I really like: *appreciation*--just playing the appreciation game. Every time you go to a new room you find three things to appreciate. You find yourself fighting things to appreciate at every step along the way. I like what I call *mini-vacations*. It is really a technique, kind of a slight modification of the technique from *HeartMath* called *quick coherence*. Basically I have people getting into the mode of hand over their heart, the other hand over the belly, take some deep breaths, and go on vacation. Find a place where you feel so good; it could be a waterfall. It could be a beach. It could be the mountains. Wherever you feel really safe and connected, and you breathe. Helping them to build *fun* into their life, helping them to *build high self-esteem*; and I am giving you resources for all of this. The high self-esteem is there in the *Positive Aspects Journal*. There is a whole document on the site that's going to help guide you through this.

Some of these techniques you are going to love, they will resonate with you, and you'll do them. Others you are just not going to do. You'll have to do them with yourself and feel comfortable with them before you are comfortable teaching them. Remember what works for you may not work for others. *Yoga, meditation, tapping (EFT)*, those are all techniques that help antidote the stress; to help you transform the stress in the moment.

### **Stress Resources**

I have given you some of my *goal-setting* resources, some of the processes and forms that I use with people to help them to set their goals and get really connected to what they want most and that helps them with their habits. I've got my own little system of stress transformation. You've got that as a bonus on the program where there is 30 days of *Stress Transformation*. I will be making that available as a product as soon as we get some free cycles to be able to do that. If you really like it and you want your client to do it, you can sign up as an affiliate and you can send them there and you will get a percentage of whatever they pay so it is actually a way to increase your income as well as get the process and not have to do the whole thing yourself.



There is a book on *HeartMath, Transforming Stress*, it is an \$11 book. You can refer people to that. There are lots of ways you can teach them these things.

I am giving you something called the *Portable Anchors System*, which helps people to stay connected to their goals, the *Positive Aspects Journal* which helps them to really focus on all of the things that they like about themselves and to bring up their self-esteem, which helps to reduce stress. An *Emotional Eating Strategies* document, *The Healing Power of Fun and Appreciation* document and the document called *Emotional Landscape*. Basically I have provided you with a set of tools that I use. Do I use every single one of these on every single person? No. I just pick and choose.

Some people we do go through them all and some people resonate more with one than the other. If I give them one and they just don't seem to resonate then I will share a different pool. I just think that the more that they are doing to transform their internal environment and take them away from being a high-stressed, always getting-on-their-own-case, into really loving themselves, enjoying life, and looking on the bright side, that is going to help them tremendously to overcoming their insulin resistance.

### **Emotional Landscape**

There is something I teach called *Emotional Landscape*. It is interesting because I was teaching something very similar to this before I even went to *HeartMath* to learn it. I did not have this little chart. I would just teach people the effects of cortisol and the effects of DHEA and how we want to move them. And I love this because this lays it out. Anytime during the day you, your client, all of us are going to be in one of these states. We can be in the *high-energy negative emotions*, which are anger, rage, and all those sorts of things; or the *high-energy positive emotions*, which are bliss, joy, excitement, and exuberance. You can be in the *low-energy negative emotions* of frustration, helplessness, powerlessness, and depression. Or the *low-energy positive emotions* were you go sometimes when you are in yoga or meditation and you are calm and tranquil. As much as possible you want to keep out of the negative emotions but it is going to happen. Something is going to happen that is going to get you angry. It is learning techniques to shift you from the negative emotions into the positive emotions.

On the side of the positive emotions, the DHEA flourishes. On the side of negative emotions, cortisol flourishes. We want a balance between high-energy and low-energy. If you are always in the state of excitement and you are up there that is going to be draining on the body as well. We want to balance that with the calm states and the tranquil states.



Being on a roller coaster really feels great, but not all day long. It is going to wear you out. It is finding a balance between the high- and low-energy on the positive side. When you teach people about this they can actually plot their emotions and see where they find themselves most of the time and you can teach them to shift and that is going to help their stress levels dramatically.

So that is stress. You've got a lot of resources to explore on the site. It is really important.