

**INSULIN RESISTANCE
SOLUTION
PRACTITIONER TRAINING**

Stress

With Dr. Ritamarie Loscalzo

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Stress and Insulin Resistance

- ✓ What stress is and how it affects health and weight
- ✓ **Using goals and visions** to make health supporting daily choices
- ✓ **Stress transformation breaks in 1-2 minute intervals**
- ✓ **Noticing and celebrating positive attributes**
- ✓ **Emotional eating strategies:** food choices based on nourishment -- not emotional needs and entertainment
- ✓ The **importance of FUN** as a regular part of daily health regime
- ✓ The **power of appreciation** to transform health challenges, **achieve ideal weight,** and **energize and revitalize cells**

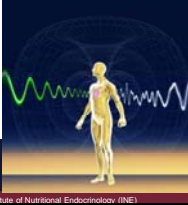


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What is Stress?

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


-- Institute of HeartMath



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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



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Effects of Stress


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



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The Body's Reaction When Stressed

- ✓ Tension, strain, or frustration
- ✓ Muscles tighten
- ✓ Heart rate increases
- ✓ Perspiration increases
- ✓ Logical thought process replaced by irrational and unreasonable thoughts

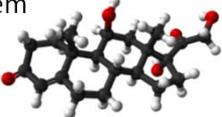


Physiological and psychological equilibrium are disrupted. If this happens on a regular basis, or continues over a long period of time, the effects can be disabling.

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The Effects of Cortisol

- ✓ Increase blood sugar
- ✓ Main path is gluconeogenesis:
Cortisol reduces the basal rate of lipolysis
- ✓ Converts protein in muscles and connective tissue into glucose and glycogen
- ✓ Suppress the immune system
- ✓ Decreases bone formation



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How Stress Affects the Body


- ✓ **Fat metabolism:** belly fat
- ✓ **Mental clarity:** brain fog
- ✓ **Loss of energy:** burnout fatigue
- ✓ **Insulin resistance:**
blood sugar fluctuations
- ✓ **Sex drive:**
goes away to conserve life force
- ✓ **Digestive problems:**
antioxidant status, protein synthesis, mineral deficiencies



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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.



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Effects of Stress on Insulin Resistance


- ✓ Stress increases cortisol and adrenaline.
- ✓ The preferred stress fuel is glucose.
- ✓ Stress eats muscles!!! Easy source of glucose is protein through gluconeogenesis.
- ✓ By raising blood sugar, stress hormones stimulate excess insulin.
- ✓ Chronic stress leads to insulin resistance.



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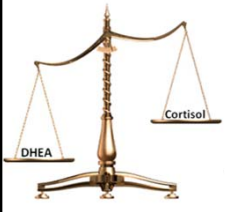
Cortisol and Insulin at War

- ✓ Insulin's job is to decrease blood sugar.
- ✓ Cortisol's job is to provide fuel for fight/flight by increasing glucose.
- ✓ Insulin blocks release of fuel from cells.
- ✓ Cortisol demands more fuel.
- ✓ Result is gnawing craving for carbohydrates, especially two hours after meals.



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DHEA



- ✓ DHEA significantly decreases visceral and subcutaneous abdominal fat and significantly increases insulin sensitivity
- ✓ Six-month, randomized, double-blind, placebo-controlled preliminary trial
- JAMA. 2004;292:2243-2248

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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 six-month, randomized, double-blind, placebo-controlled preliminary trial).
- JAMA. 2004;292:2243-2248

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3 Steps to Emotional Regeneration

1. Building emotional energy reserves
2. Plugging the emotional drains
3. Clearing old emotional habits



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Resourceful Antidotes to Stress

- ✓ Appreciation
- ✓ "Mini-vacations"
- ✓ Fun
- ✓ High self-esteem
- ✓ Relaxing activities
- ✓ Yoga
- ✓ Meditation
- ✓ Tapping (EFT)



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Stress Resources

- ✓ Goal Setting
- ✓ Stress Transformation: HeartMath Tools
- ✓ Portable Anchors System
- ✓ Positive Aspects Journal
- ✓ Emotional Eating Strategies
- ✓ The Healing Power of Fun and Appreciation
- ✓ Emotional Landscape



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Emotional Landscape

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

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