

Effects Of Stress On Your Health

Hi there, I'm Christa Orecchio, Clinical and Holistic Nutritionist, and I am wondering if you experience constant stress, anxiety, exhaustion, or overwhelm, or if you've been through something traumatic? It could be childhood trauma, a divorce, some breakup of any kind, financial hardship - maybe you're an entrepreneur and you work very hard - or parenting ... having more than one child.

If you [00:00:30] identify with any of these things, there's a really good chance that you're living off of stress hormones: cortisol and adrenaline. And that is preventing you from living in a state of balance. What is happening is living off of these stress hormones is creating something called metabolic chaos. Your adrenal glands, which are the gas tank of the human body, can no longer function well. We have taken too much energy from them. It's like stealing from the energy bank. You have to pay it back with exhaustion [00:01:00] and anxiety, and if you've ever been tired but wired, you know exactly what I'm talking about.

Your thyroid is the furnace and the thermostat of the human body. Inside of your cells, you need adequate thyroid hormone to make energy and to maintain your energy, so if you are completely exhausted, if your hair is falling out, and you are constipated, there is really good chance your thyroid is not able to provide you the energy that you need [00:01:30] because you're locked into this pattern like a whirlpool of living off of stress hormones.

This also depletes really key neurotransmitters in the brain. Neurotransmitters are chemical messengers that are the foundation of our hormonal balance. You've probably heard of serotonin. That is our feel-good inhibitory neurotransmitter that makes us feel calm and at peace and able to sleep, and it also helps to fix [00:02:00] hot flashes. Then we have dopamine, which is a wonderful excitatory neurotransmitter, and when dopamine is in balance, we feel excited and motivated, and we also feel relaxed and happy at the same time. These are wonderful ways to feel, and we can't feel like that when this system is depressed.

And the brain experiences collateral damage from living off of stress hormones, as does your entire Central Nervous System. There's damage that [00:02:30] happens to something called your myelin sheath. That is the electrical insulator of your nerve cells that keep them protected, and when you have been through something traumatic, which 80% of us have - life can be a lot sometimes - and you've been through something traumatic, it's like taking sandpaper on electrical tape. Right? That's what's happening to your myelin sheath, and we



need to coat it and calm it and soothe it with a honey-like substance to actually repair [00:03:00] it.

And when we can work on all four systems at the same time, that's when we can pull you out of this cycle of living off of stress hormones, and we can regulate your blood sugar, once again, because insulin and cortisol have an inverse relationship. Insulin is the hormone that regulates your blood sugar, and when you are living off of stress hormones, you get hangry. If you ever get angry when you get hungry, this is the sign. Or you get [00:03:30] spacey, or you can't think anymore, or you get anxious when you're hungry, this is a sign you're locked into this pattern, and that all four systems need to be addressed and need to be healed, and this way, you will stop living in your Sympathetic Nervous System, your fight-or-flight nervous system, where your body constantly feels like it's in danger, and this shifts you into living in the right nervous system. Your rest-digest-and-heal nervous system. It's called your Parasympathetic Nervous System.

This is where all the [00:04:00] healing in the human body happens, and when you can do this work to live in that nervous system, you will be recoded and rewired. You can stop living off of stress hormones. You can start living in balance.

I can't wait to tell you more about all of this. Head on over to theadrenalrecode.com.