

Stress' Link to Disease

Stress is clearly implicated in most major illness. Did you know that as much as 90% of all job-related doctor visits and 80% of on-the-job accidents are related to stress? Stress costs American businesses \$200 billion a year! That's quite a price to pay to be stressed out.

Stress is a definite culprit in illness and reduced immune response. Studies from the New-England Journal of Medicine suggest that stress may affect interferon production, a natural antiviral, in the body. Recent studies have shown that people who are under continuous stress from work or their personal lives are 2 1/2 times more likely to get a cold than other people are.

Here are some tips you can use right now to help reduce stress:

Lifestyle Recommendations to Build Immunity and Reduce Stress

- As, stress increases, protein needs increase. Protein and mineral-rich foods are the best choice, ----vegetable proteins from whole grains, sea vegetables, seafood, soy foods, eggs and sprouts. Have fresh carrot juice and fresh fish or seafood at least once a week.
- Exercise at least two or three times a week. Exercise improves immunity by increasing lymphatic flow to flush out toxins. Exercise keeps the body's systems oxygen-rich. Disease does not readily attack in a high-oxygen and high-potassium environment. Moderate exercise has been shown clinically to improve immune response in elderly women. (Note: If you're training, be sure to get enough to eat. T-cell activity markedly decreases when food intake is restricted for people who continue to follow rigorous exercise programs.)
- Sleep eight hours every night. Sleep deprivation lowers the percentage of T-cells in the blood. Immune power builds the most during sleep you just feel and function better when you sleep well. Choose natural sleep aid's rather than drugs if you just can't seem to get any shut eye. Herbs like valerian root, scullcap, chamomile and hops have a long history of safe use to help induce sleep.
- Gotu kola or ginseng/gotu kola caps help feed your nerves.
- An herbal extract of valerian and wild lettuce may help to calm you.
- Have a good laugh! We release nervous energy whenever we laugh. Laughter is a natural stress reducer and immune system booster.

- Enjoy long baths, saunas or massage therapy for relaxation. Treating your body with relaxation techniques may be one of the best ways to feel great and stay healthy.
- Aromatherapy helps too. Lavender, and chamomile oils are good choices.
- Listen to soft music. When we listen to soft music, our pulse rate actually follows the mellow beat to de-stress the body from a hard day's work.
- Have a strong support system of family and friends throughout your life. Make time, be together, enjoy each other's company and share each other's lives. Research from the Carnegie Mellon University show that having friends actually lowers your risk of catching a cold by 30%.
- The human body is designed to handle stressful situations, if not indeed to thrive and be challenged by some of them. You can never avoid all stress, but you can maintain a high degree of health to handle and survive stress well – even through high-stress times.