

## **BLOOD PRESSURE + CIRCULATION**

THE ESSENTIALS OF LIFE ARE TRANSPORTED IN YOUR BLOOD. STRESS CAN PLAY HAVOC WITH THE DELIVERYMAN.

## **DIGESTION**

EATING PROPERLY IS ESSENTIAL TO GOOD HEALTH. DIGESTING PROPERLY IS JUST AS IMPORTANT.

## **IMMUNE SYSTEM HEALTH**

YOUR IMMUNE SYSTEM STANDS BETWEEN YOU AND A HOST OF POTENTIAL AFFLICTIONS. PERSISTENT STRESS CAN CAUSE IT TO BREAK DOWN, TAKING YOUR HEALTH AND VITALITY WITH IT.

## **CHOLESTEROL + TRIGLYCERIDES**

JUST AS THE FOOD YOU EAT MAY AFFECT YOUR FAT AND CHOLESTEROL LEVELS, SO TOO DOES THE STRESS YOU CARRY.

	LINK TO STRESS	RESULTING EFFECTS
<b>HYPER-TENSION</b>	<ul style="list-style-type: none"> <li>When stressed, certain blood vessels constrict to direct blood flow away from the extremities and to areas key to fight and flight.</li> <li>This can combine with a faster heartbeat to increase blood pressure.</li> </ul>	<p>Repeated blood pressure elevations can contribute to:</p> <ul style="list-style-type: none"> <li>Hypertension</li> <li>Increased risk of stroke</li> <li>Damaged blood vessels</li> <li>Reduced kidney function</li> <li>Heart damage</li> </ul>
<b>HOW WE DIGEST</b>	<p>In a state of 'red alert' digestion is put on hold to conserve valuable energy. This is achieved by:</p> <ul style="list-style-type: none"> <li>Diverting blood away from the digestive system</li> <li>Disrupting the contractions of digestive muscles</li> <li>Decreasing secretions needed to digest food</li> </ul>	<ul style="list-style-type: none"> <li>Disruption of digestive acids</li> <li>Reduced absorption of nutrients</li> <li>Disrupted bowel movements</li> <li>Inflammation of the gastrointestinal system</li> <li>Muscular spasms</li> </ul>
<b>IMMUNE SYSTEM</b>	<ul style="list-style-type: none"> <li>Persistent exposure to stress hormones can affect immune system efficiency.</li> <li>Immune system efficiency can fall by more than 50% after sustained periods of major stress.</li> </ul>	<ul style="list-style-type: none"> <li>Increased inflammation</li> <li>Compromised immune system results in greater susceptibility to disease.</li> <li>Potential for the immune system to turn on itself (auto-immune disease)</li> </ul>
<b>CHOLESTEROL</b>	<ul style="list-style-type: none"> <li>Studies show that stress can raise levels of LDL cholesterol (so-called bad cholesterol), and suppress levels of HDL cholesterol (so-called good cholesterol).</li> <li>Stress lowers the rate at which Triglycerides (fats) are cleared from the bloodstream.</li> </ul>	<ul style="list-style-type: none"> <li>Unhealthy cholesterol and triglyceride levels are potentially an indicator for heart disease.</li> </ul>

## **SLEEP**

THE STRESS RESPONSE IS LIKE AN ALARM SYSTEM FOR YOUR BODY. LEAVING IT ON AFFECTS YOUR ABILITY TO SLEEP WELL.

## **BONE STRENGTH**

YOUR SKELETON WILL ALWAYS BE YOUR BIGGEST SUPPORTER, BUT IT TOO CAN BE STRESSED TO THE BONE.

## **MUSCLE HEALTH + RECOVERY**

STRONG, HEALTHY MUSCLES ARE THE ENGINE ROOM OF AN ACTIVE BODY. PERSISTENT STRESS CAN CAUSE THEM TO BREAK DOWN.

## **MUSCLE TENSION**

BEING 'TENSE' AND BEING 'STRESSED' HAVE COME TO MEAN THE SAME THING. WHEN THE TERMS FOR A SYMPTOM AND A CAUSE BECOME INTERCHANGEABLE, IT INDICATES MORE THAN A PASSING RELATIONSHIP.

	LINK TO STRESS	RESULTING EFFECTS
SLEEP	<ul style="list-style-type: none"> <li>• The stress response can place the body in a state of hyper-arousal, making restful sleep hard to achieve.</li> <li>• Frequent stress episodes can disturb the circadian rhythms governing the body's sleep cycle.</li> <li>• Elevated stress hormone levels can prevent restful sleep, which in turn further elevates stress hormone levels (damaging cycle).</li> </ul>	<ul style="list-style-type: none"> <li>• Insomnia</li> <li>• Impaired reflexes and thought processes</li> <li>• Fatigue</li> <li>• Gastrointestinal symptoms</li> <li>• Tension headaches</li> <li>• Depression, irritability and anxiety</li> </ul>
BONE HEALTH	<ul style="list-style-type: none"> <li>• High levels of stress have been associated with lower bone density and reduced calcium intake.</li> </ul>	<ul style="list-style-type: none"> <li>• Weaker bone structure</li> <li>• Osteoporosis risk</li> <li>• Weaker teeth</li> </ul>
MUSCLE HEALTH	<ul style="list-style-type: none"> <li>• Under persistent stress the body begins to extract energy from proteins, the building blocks of your muscles.</li> </ul>	<ul style="list-style-type: none"> <li>• Weakening and breakdown of muscles</li> <li>• Poor muscle recovery after exercise</li> </ul>
MUSCLE TENSION	<ul style="list-style-type: none"> <li>• Muscle tension is one of the first physical symptoms of the stress response.</li> <li>• Stress hormones alert muscles to be primed for fight or flight. A shortened tense state is the sign they are ready to spring into action.</li> </ul>	<ul style="list-style-type: none"> <li>• Tension in shoulders and neck</li> <li>• Tension headaches</li> <li>• Compromised posture</li> <li>• Back pain</li> <li>• Tendonitis from joints under stress</li> <li>• Grinding teeth and aching jaw</li> </ul>

## **WEIGHT GAIN**

COMFORT FOODS ARE LESS COMFORTING WHEN THEY END UP AROUND YOUR WAIST.

## **MOOD + DEPRESSION**

FROM MAKING YOU FEEL OFF BALANCE TO BEING AN IMPORTANT FACTOR IN CASES OF DEPRESSION, STRESS CAN BE A PHYSICAL AND PSYCHOLOGICAL BURDEN.

## **BRAIN FUNCTION + ANXIETY**

LIKE A SMART MANAGER, A CALM BRAIN IS ON TOP OF ITS PROCESSES AND FILING. A STRESSED BRAIN, HOWEVER, HAS OTHER THINGS TO WORRY ABOUT.

## **SKIN HEALTH**

THE SKIN IS YOUR BODY'S LARGEST ORGAN, A SHIELD FROM THE OUTSIDE WORLD AND A WINDOW INTO YOUR INNER HEALTH.



**LINK TO STRESS****RESULTING EFFECTS****WEIGHT**

- The stress response directs the body to procure greater amounts of fuel for energy.
- This results in increased blood sugar levels and appetite swings.
- This energy is only actually used in the rare event that our stress actually precedes robust physical activity.

- Increased stores of fat often in the most problematic areas
- Secondary appetite increase particularly for high energy foods
- Persistently high blood sugar levels may contribute to Type 2 diabetes onset

**MOOD**

- Studies have linked high levels of stress hormones to mood disorders including depression.
- Hormones regulating mood and stress share the same internal transport systems.

- Transport of serotonin (feel good hormone) may be impeded under chronic stress
- Genes linked to depression can be 'triggered' by stress
- High levels of stress hormones can disrupt the body's chemical messaging system

**ANXIETY**

- Persistent stress can cause the areas of the brain associated with fear and anxiety to grow in size and activity.
- High levels of stress hormones may shrink the hippocampus (area of the brain responsible for memory and regulation of the stress response).

- Increased tendency towards anxiety
- Temporary memory loss may occur when under stress
- Permanent memory loss may occur if stress becomes chronic
- Reduction in the number of communication circuits in parts of the brain and nervous system

**SKIN**

- Stress can affect your appearance by making your skin more sensitive and reactive.
- Stress-induced inflammation can result in a number of serious skin conditions.

- Increased oil production
- Aggravation of conditions like psoriasis, rosacea, hives, eczema and acne
- Reduced healing properties
- Loss of collagen

## **AGEING**

**CAN STRESS MAKE YOU OLD BEFORE YOUR TIME?**

## **HAIR LOSS + GOING GREY**

**STRESS CAN MAKE YOUR HAIR STAND ON END. IT CAN ALSO MAKE IT FALL OUT OR TURN GREY.**

## **HEART DISEASE**

**PERSISTENT STRESS IS A CAUSE FOR CONCERN, BUT DO WE ACTUALLY TAKE IT TO 'HEART'?**

## **TEETH GRINDING + GUM DISEASE**

**STRESS CAN BE A NASTY GRIND FOR YOUR TEETH, GUMS AND JAW.**

	LINK TO STRESS	RESULTING EFFECTS
AGEING	<ul style="list-style-type: none"> <li>Chronic stress may shorten telomeres, the structures in our cells which dictate cell longevity.</li> <li>High levels of stress hormones may shrink the hippocampus (area of the brain responsible for memory and regulation of the stress response).</li> </ul>	<ul style="list-style-type: none"> <li>Shortened telomeres may cause cells to die prematurely, resulting in symptoms of ageing.</li> <li>Chronic stress may result in a degenerative cycle affecting memory and resilience.</li> </ul>
HAIR LOSS	<ul style="list-style-type: none"> <li>Hair growth may slow or stop temporarily in response to stress.</li> <li>Stress may affect the cells that add colour to hair.</li> </ul>	<ul style="list-style-type: none"> <li>Hair may be lost up to 3 months after a major stress event or period.</li> <li>Stress may cause premature greying of hair.</li> </ul>
HEART DISEASE	<ul style="list-style-type: none"> <li>Chronic stress is a good predictor of heart disease.</li> <li>Anxiety patients may be 3-4 times more likely to succumb to heart disease.</li> <li>Stress is linked to hypertension, cholesterol and obesity levels, all indicators for heart disease.</li> </ul>	<ul style="list-style-type: none"> <li>Damage to blood vessels</li> <li>Enlargement of the heart's left ventricle</li> <li>Heart attack</li> <li>Arrhythmias</li> </ul>
DENTAL HEALTH	<ul style="list-style-type: none"> <li>Stress-related muscle contractions can cause grinding and clenching motions in the jaw.</li> <li>Conditions in the mouth may be adversely altered by reduced saliva production.</li> <li>Stress can cause weakening in the bone structures of the body and inhibit calcium absorption.</li> </ul>	<ul style="list-style-type: none"> <li>Tooth wear and breakage</li> <li>Dry mouth syndrome</li> <li>Pain and limited movement of the jaw</li> <li>Headache</li> <li>Earache</li> <li>Periodontal disease</li> </ul>



## **IMPORTANT INFORMATION**

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