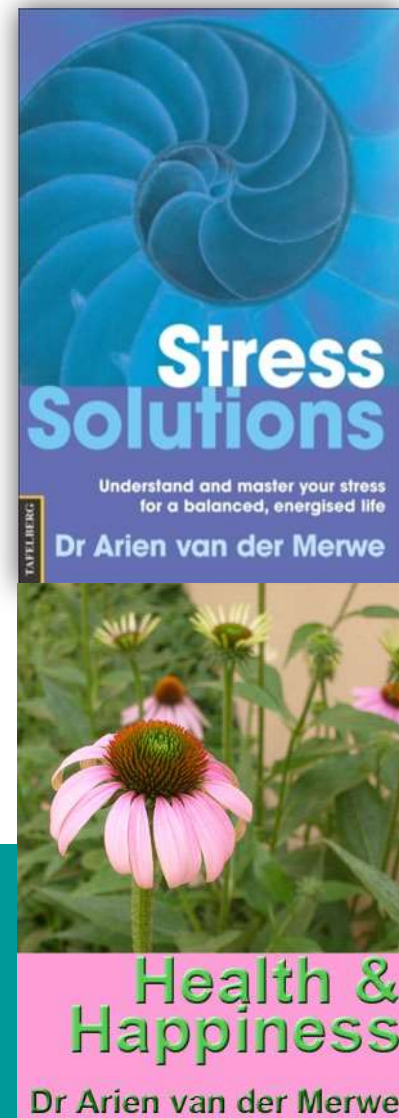




Women, Stress, Optimal Wellbeing

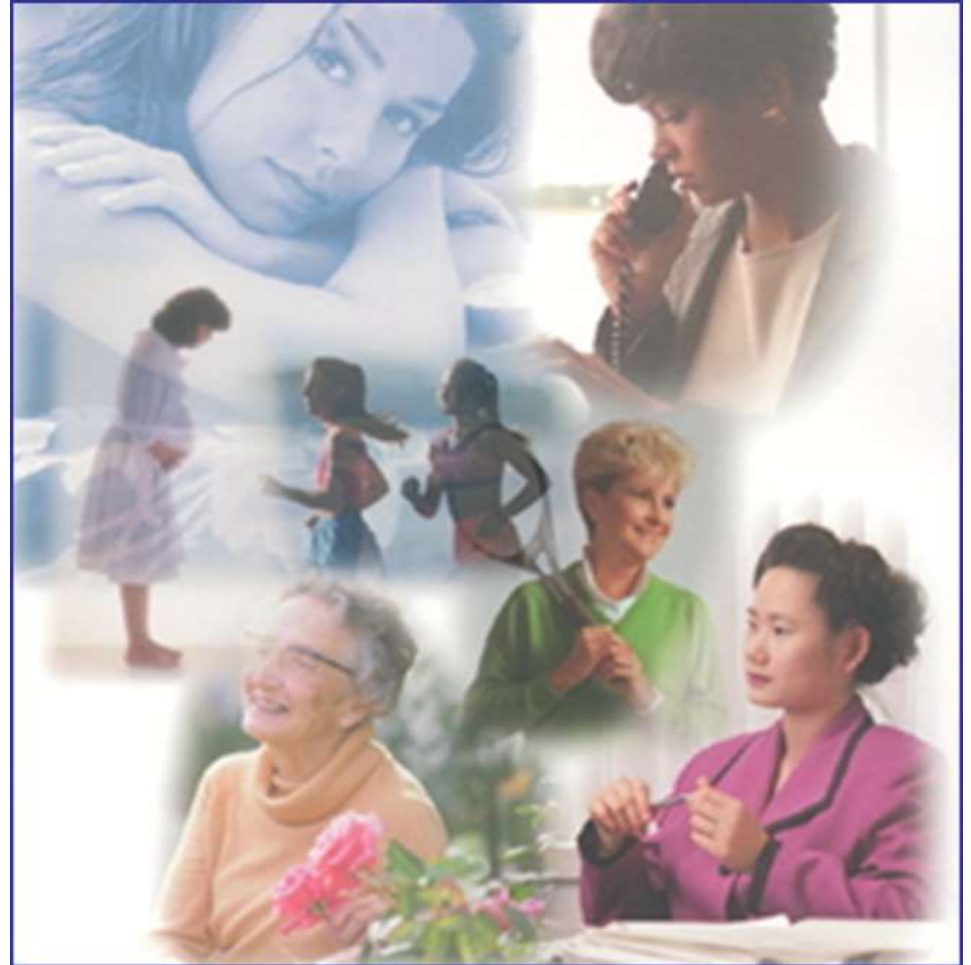
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Health & Happiness for Women

- Women and stress
- Women, stress, cortisol, insulin and weight
- Women's hearts
- HRT and menopause
- Herbal remedies for the woman of today



Healthy Women



**Healthy women –
partners – family –
community!**

Inform, educate and
guide the women on
health and wellness
issues, and you will
have a healthy country,
a healthy world!

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Hormonal differences: certain stress-related problems affect only women

- Women - oxytocin: relaxation, reduces fear, decreases components *fight-flight* response
- Oxytocin: childbirth, social interaction, *kissing!* - **Tend & befriend**
- Male stress behaviour, aggression & withdrawal studied extensively
- Important female behaviors - bonding & affiliation, totally overlooked
 - Calling on friends when stressed - modern manifestation one of oldest biological stress response systems in human beings!

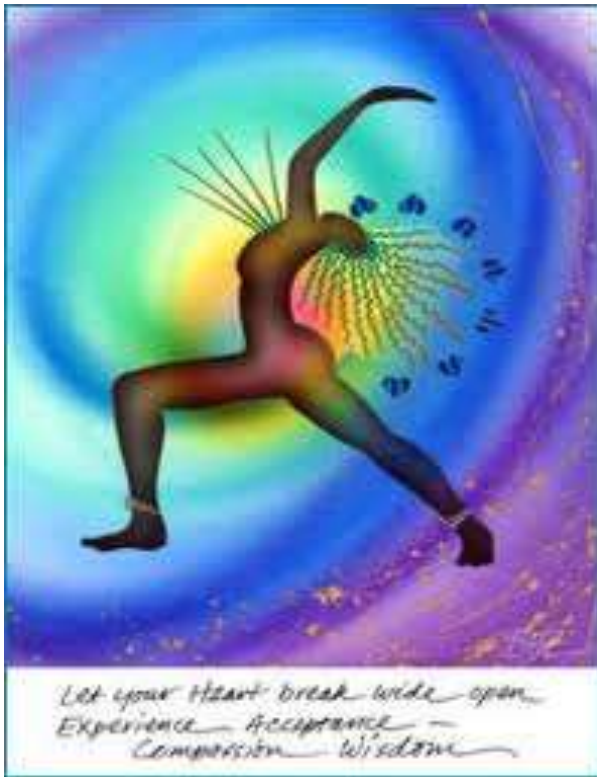


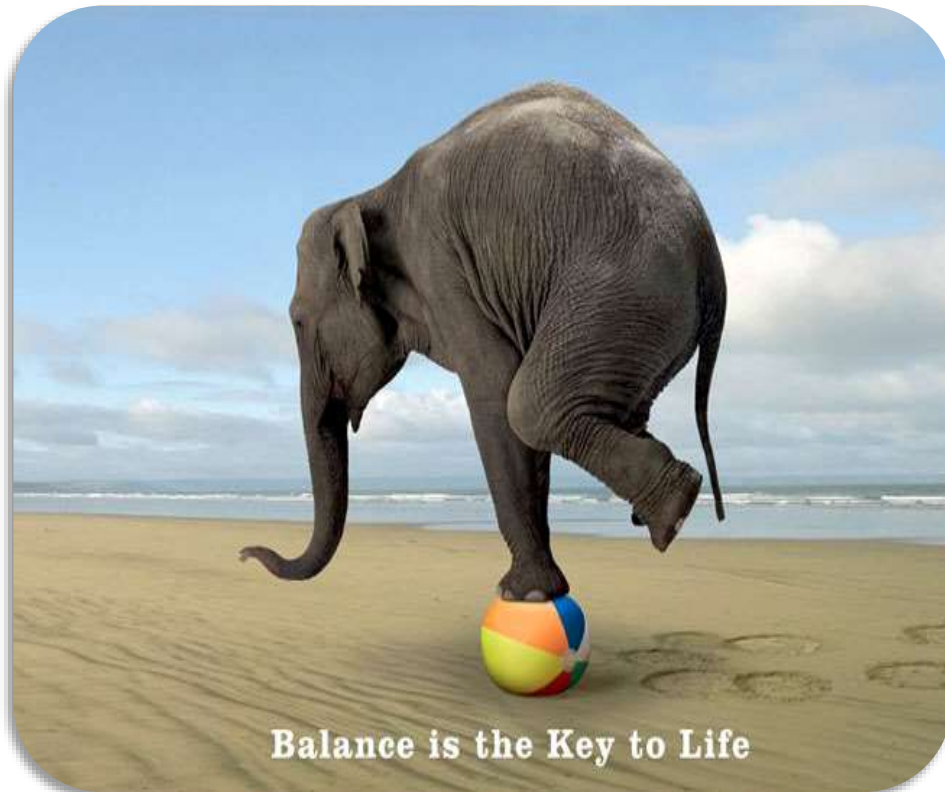
Women and stress:

‘Stress is an ignorant state. It creates emergencies out of everything’

Certain stress-related problems affect mostly women:

- Menstrual cycle (from cramps to endometriosis and infertility)
 - Metabolic syndrome
- Weight gain, looking for sweetness, emotional eating – sacrificing own needs
 - Accelerated ageing
- Migraine headaches, irritable bowel syndrome, chronic fatigue syndrome





Any woman who has a career and a family automatically develops something in the way of two personalities, like two sides of a R100 note, each different in design. Her problem is to keep one from draining the life from the other -

Anonymous

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Stress prone Type A behaviour

Greater predictor of heart disease than all other risk factors combined! ↑ Cholesterol, TGL, HT

- Manipulative control
- Rushed, hurried lifestyle
- Ultra competitiveness, perfectionism, workaholic
- Time urgency – preoccupied / obsessed with passage of time, impatient
- Multitasking. Sensory overload
- Rapid speech
- Hyper-aggressiveness & free floating hostility

Cold and Hunger Response

Body trying to protect you!

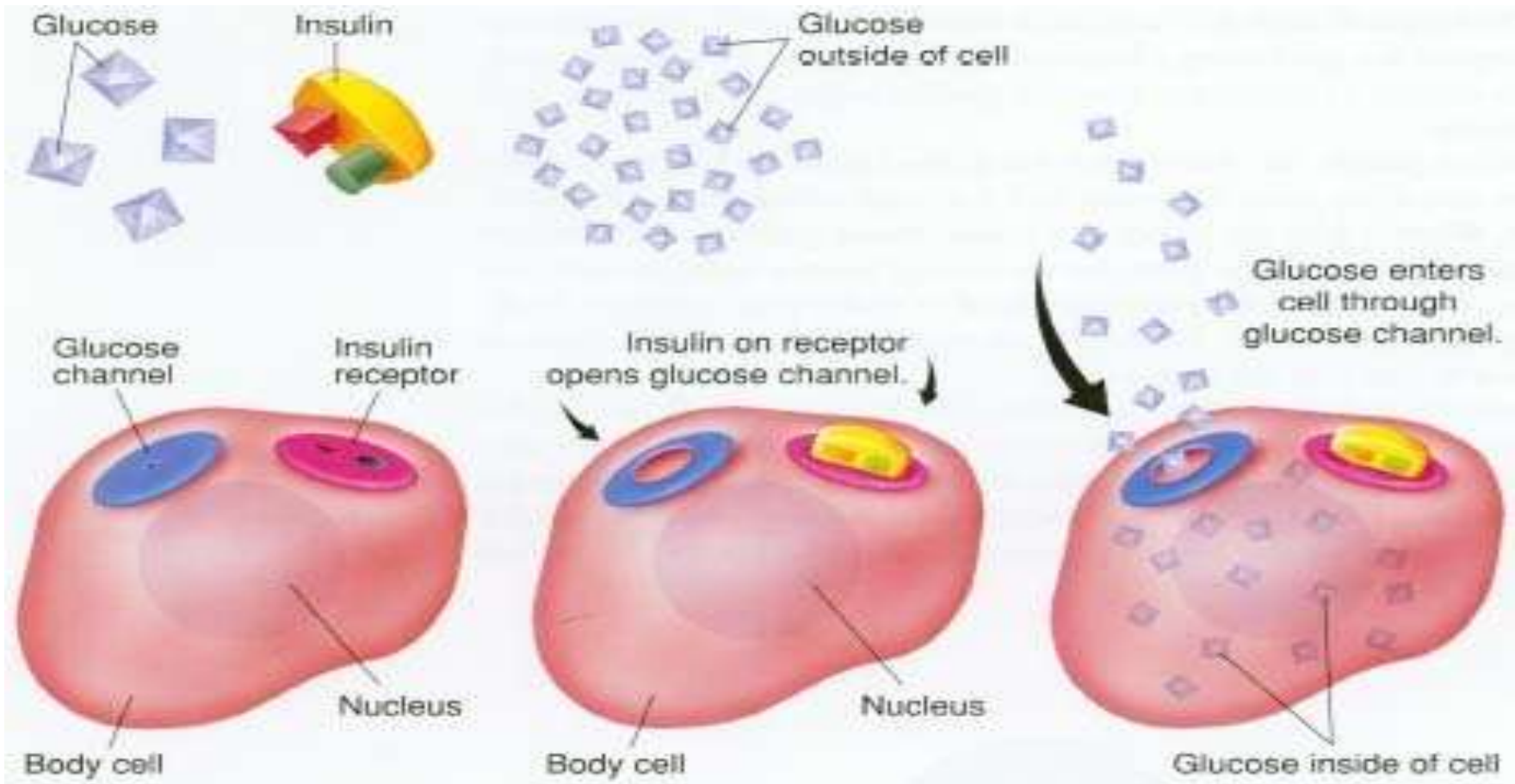
Thoughts are things: Self Talk, beliefs, inner world!

Thoughts - real impact on physical health. Molecules of emotion course through blood stream, enters cells. You become what you think. Your cells *'feel'* like you do.

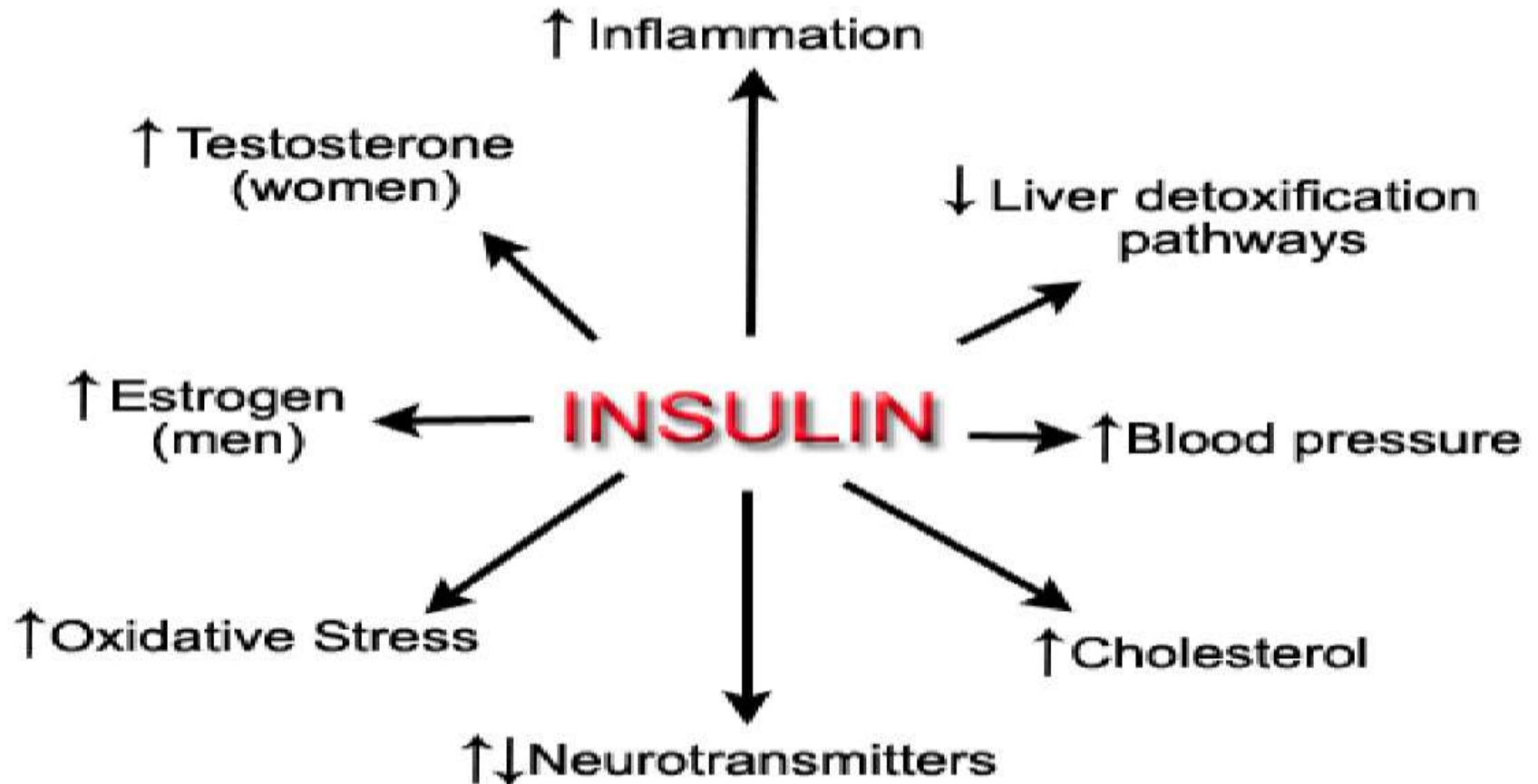
Loving your body as it is, will have a positive effect – your body will feel safe enough to release the weight!



Insulin and Blood Sugar



Insulin and Physiology



Insulin, Cortisol and Stress



Cortisol and Physiology

Symptoms of high cortisol levels – mostly due to an inner state of chronic distress

food cravings	low immune function causing...
lots of abdominal fat	...frequent colds and infections
insulin resistance	high blood pressure
high blood sugar	disturbed sleep
mood swings	depression
high anxiety	premature aging
brain fog	muscle and bone loss
irritability	hair loss
stomach ulcer	skin conditions, like eczema & acne

Heart of a Woman

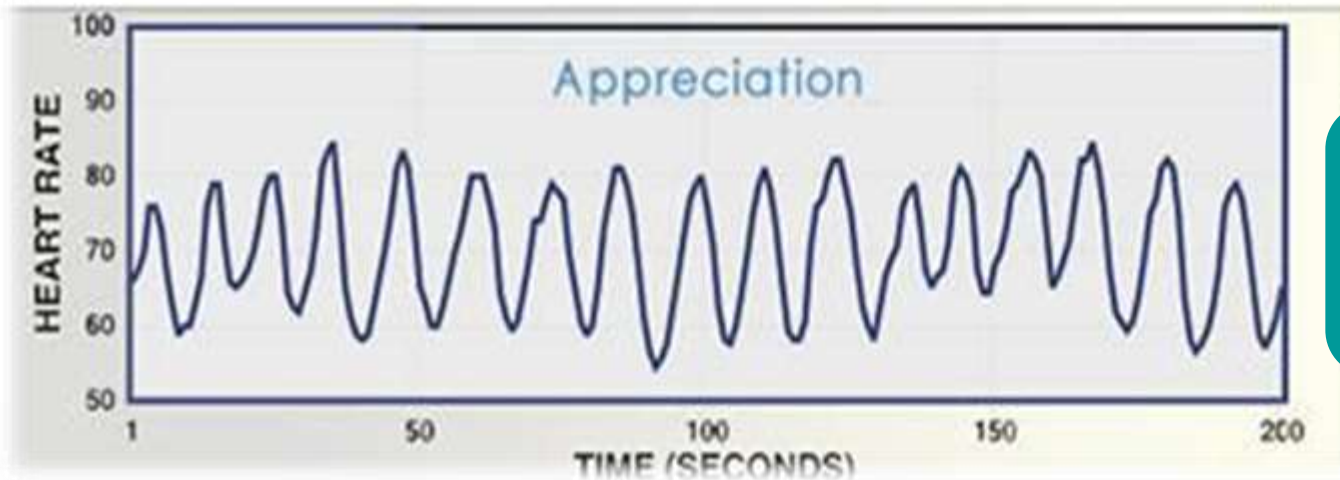
- Heart disease most common cause of death in postmenopausal women in Western world
- Heart attacks claim 3x more lives than breast cancer
- Strokes claim 2x more lives.
- 21% women UK > 45 die from heart disease.
- Estrogen protects women pre-menopausally. After menopause, women higher risk of developing heart disease than men.



Heart rhythm patterns & emotions: Self talk!



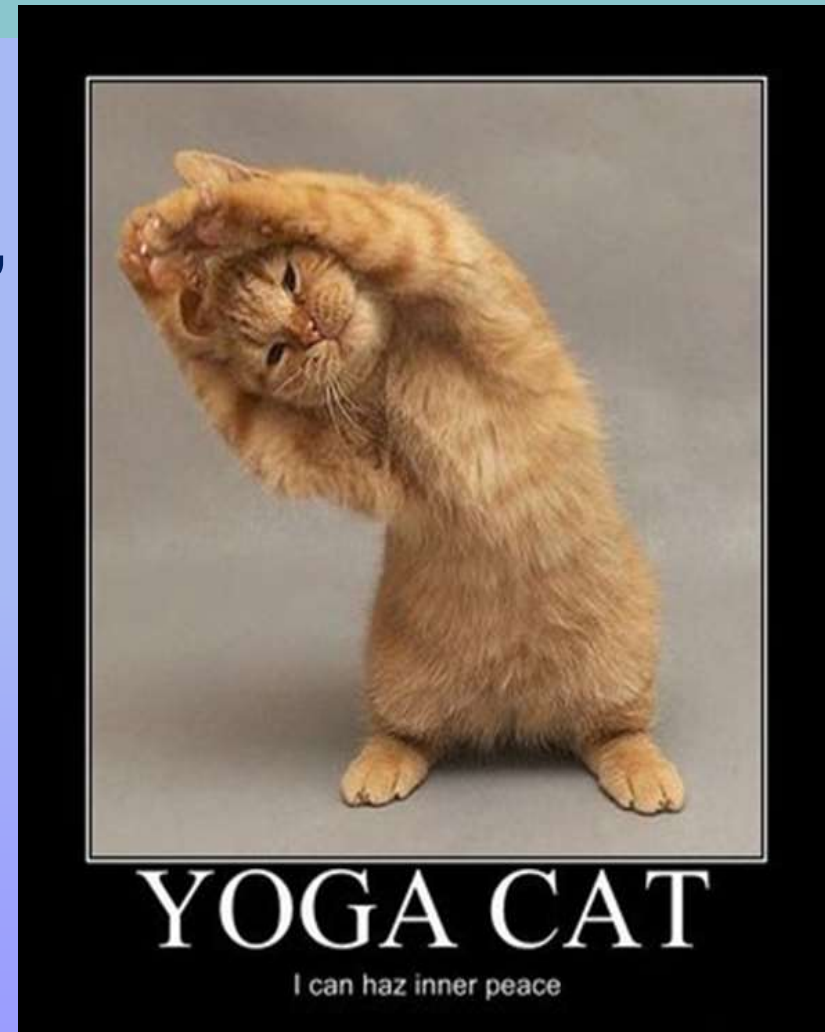
Cortical Inhibition
(chaos)



Cortical Facilitation
(coherence)

Manage energy for resilience

- Healthy eating & food supplements: blood sugar, food & mood
- Regular physical activity
- Regular relaxation techniques
- Pleasant work areas
- Adequate sleep
- Adequate quiet time: meditation



Manage relationships

- Work as excuse to avoid relationship difficulties & issues
- Need time, togetherness, joy, fun, laughter
- Meet people, socialise: basic human survival need
 - Join interest groups
 - Attend yoga or dance classes
 - Join creativity groups

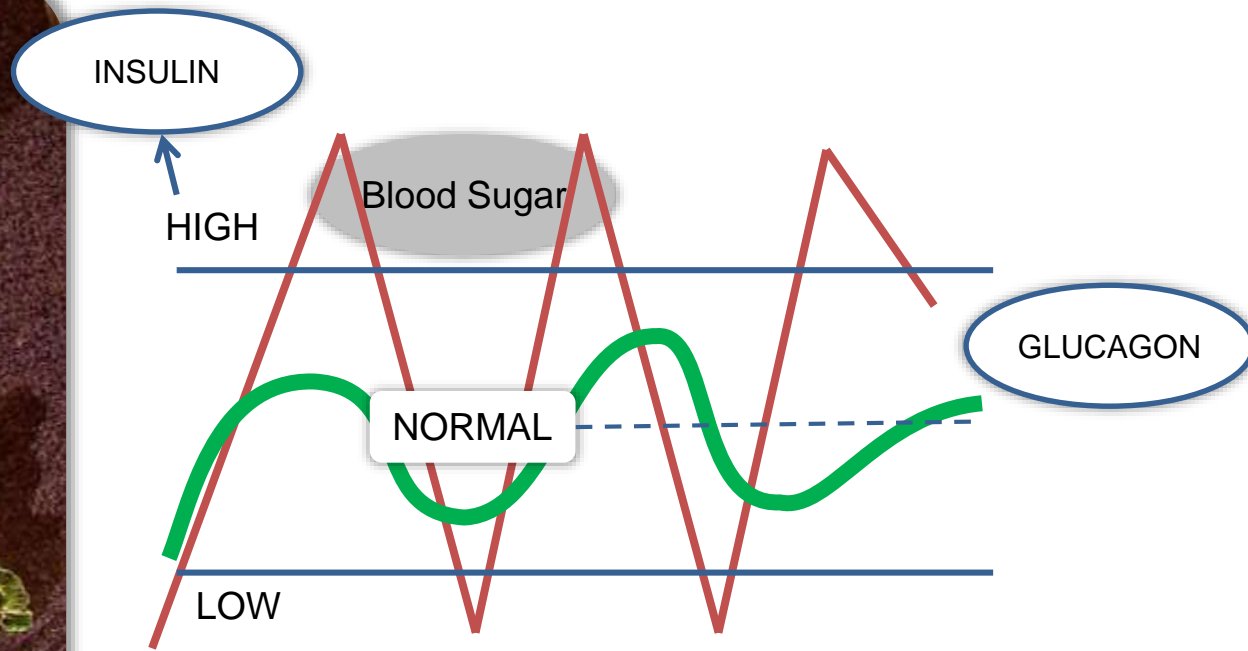


Manage relationships: with yourself

- Positive self-talk
- Sense of humour
- Getting clear about own values / goals / priorities
- Be assertive – learn how to ask for what you want / need
- Set boundaries
- Learn to say 'no'
- Improve communication skills
- Taking time for mental & spiritual health



Building resilience (physically) Blood sugar balance



Maintaining balanced blood sugar levels is essential!

Superfoods

- Berries
- Nuts, seeds
- Cereal grains, grasses – wheatgrass, brown rice, oats
- Oils
- Raw honey
- Pulses/legumes
- Garlic
- Mushrooms
- Bee pollen
- Sprouts
- Aloe ferox – smoothie
- Seaweed
- Raw cacao – beans, nibs, powder, butter



Water!



Physical resilience: Optimal Nutritional Support

Basic 3 – health insurance policy:

1. Heart-Brain Body

Antioxidant

2. Calcium and Magnesium

3. Super Omega

Add system – e.g.

1. Female Balance



A general herbal combination for PMS, Irregular cycles, Peri- & Menopause

- Dong quai (*Angelica sinensis*)
- Black cohosh (*Cimicifuga racemosa*)
- Wild yam (*Dioscorea villosa*)
- Fenugreek
- Sage



Feel good: Serotonin, Dopamine, GABA, AcCh

- Brown & basmati rice, sweet potato
- Bananas, hot peppers
- Legumes/beans
- Walnuts, almonds
- Sesame, pumpkin seeds
- Negative ionizer bedroom
- Exercise, making love
- Kissing: oxytocin
- 10-20 minutes sunlight per day -
early am, late afternoon
- 5 HTP, St John's wort
- Oils: lavender, rose, orange
blossom



Tired eye soother

- Splash your eyes with cold water
- Place warm washcloth or cold tea bags over eyelids
- Rub an ice cube around each eye
- Do eye rotation exercises
- Warm palms, place over closed eyelids



Restorative sleep: Cortisol & Melatonin 8 hours in quiet and darkness

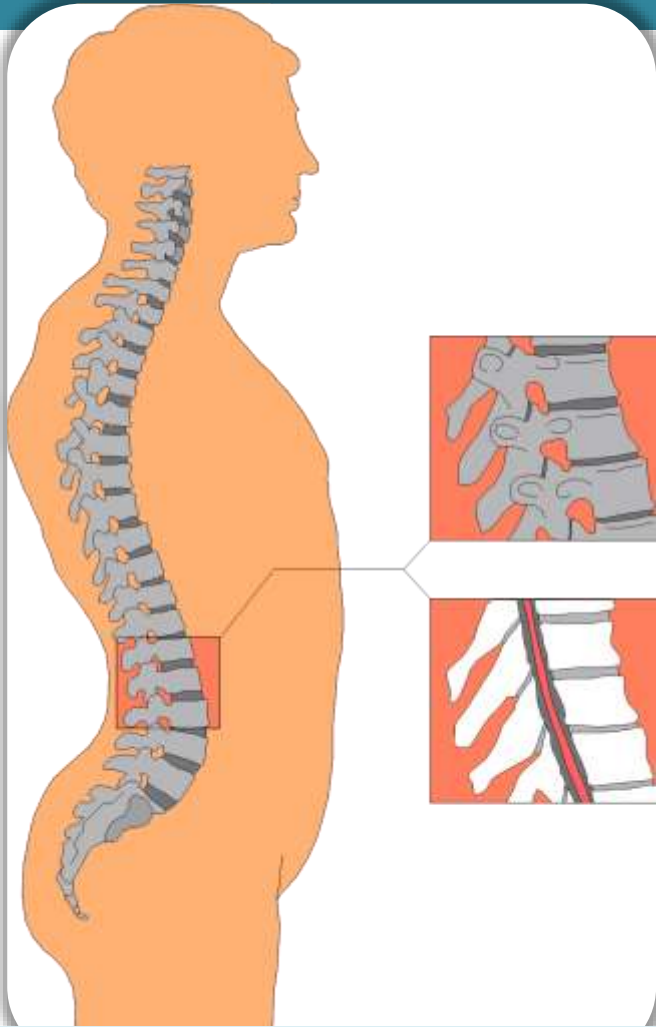


10 SECRETS TO HELP YOU GET
MORE RESTFUL SLEEP

VITALITY NATION

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Workplace ergonomics



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Fitness

- Movement for the joy of living in your body
- To meet the needs of your lifestyle with ease
- Healthy spine, core: pelvis, chest, head
- Dance, yoga, walking



Building resilience (mentally)



- Positive self-talk
- Sense of humour
- Getting clear about own values/goals/priorities

Be assertive—learn how to ask for what you want/need

- Improve communication skills
- Taking time for mental health

Building resilience (socially): Tend-and-befriend

- Building and maintaining support systems

- Investing in relationships

- Spouse

- Kids

- Friends

- Family

- Community

- Pets

- Clear communication

- Intimacy



Work-life balance

- Creativity
- Socialise
- Family
- Hobbies
- Joy, fun
- Humour
- Regular contact with nature



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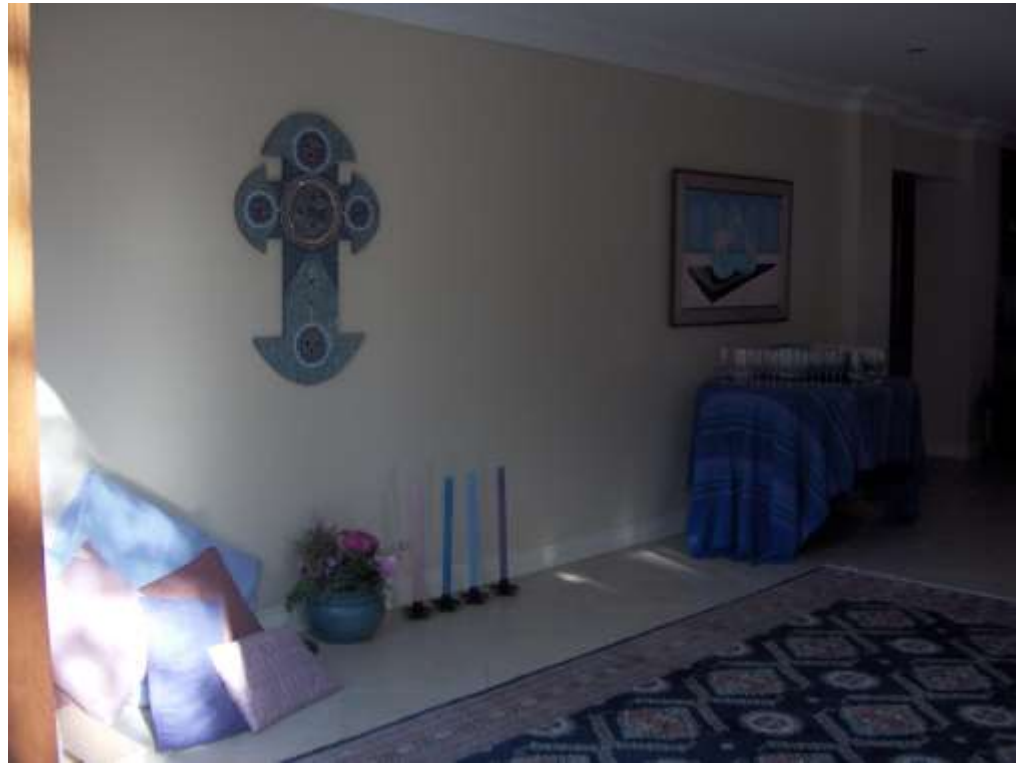


"Okay, your posture's very good. Now relax, concentrate, and slowly let go of your cell phone."

Building resilience (spiritually)

Can be especially important during times of high stress!

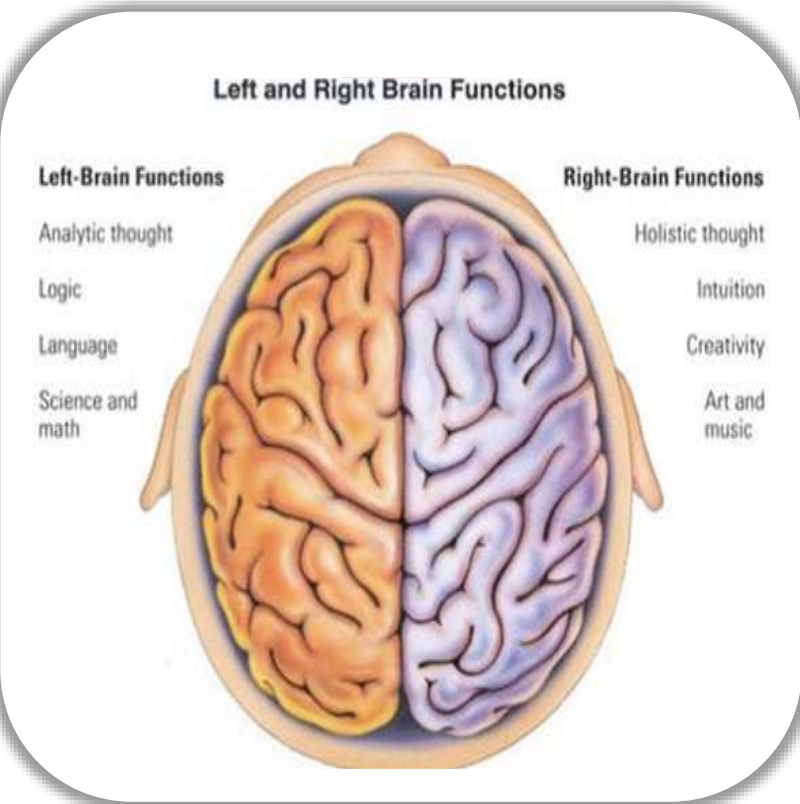
- Meditation
- Prayer
- Quiet time every day
- Sacred space
- Faith
- Commitment



Paying attention to your inner being can strengthen you and help you deal with stressors a lot better.

Adequate quiet time: meditation, deep relaxation

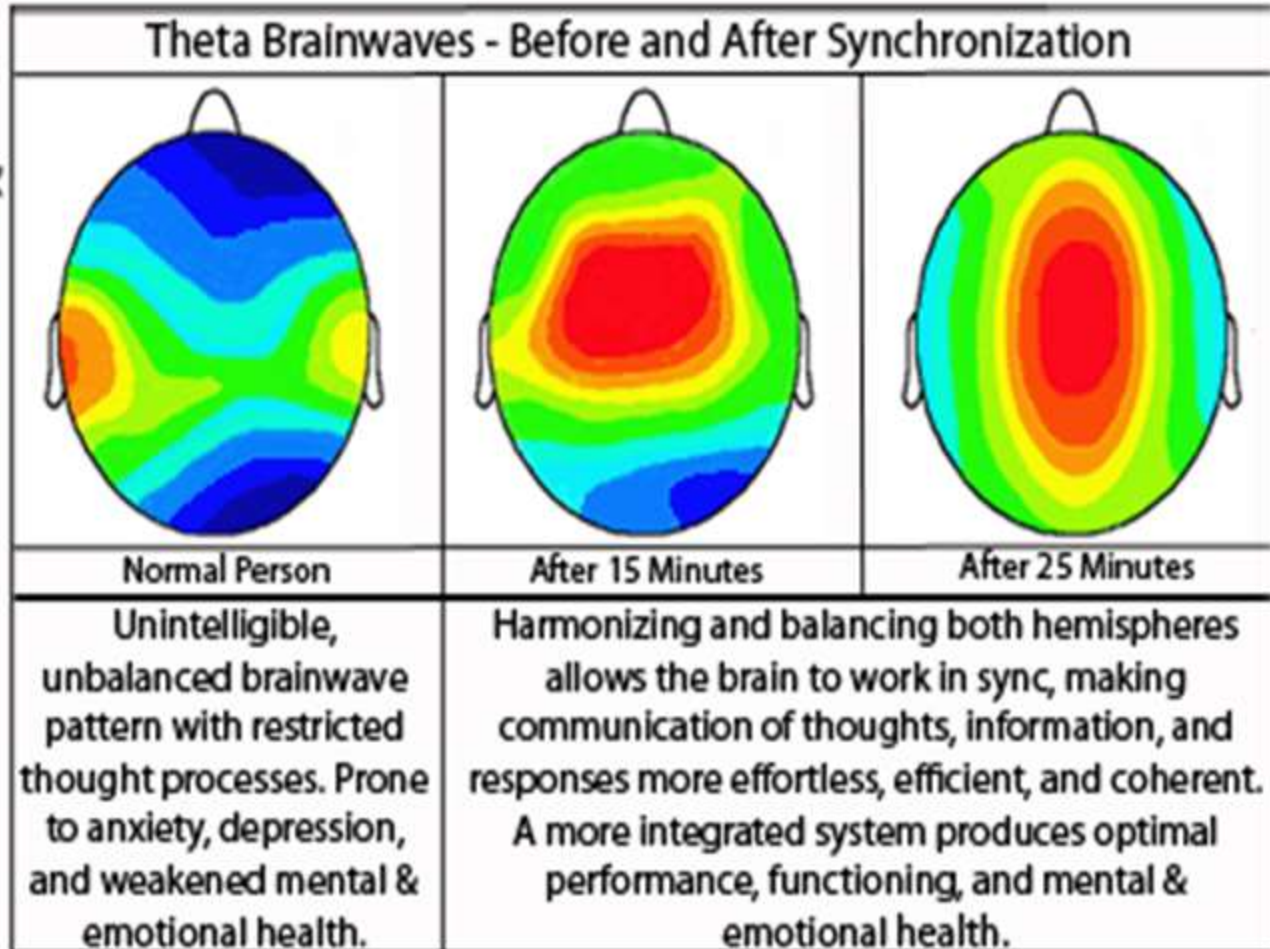
- Meditation for R & L brain integration
 - Alpha & Beta rhythm



We are human beings, not human doings!

Take time out every day to sit quietly and reflect. To experience nature: it is your root; and your own breath: it is the source of your energy.

Theta brainwaves before and after synchronisation – heart and brain beating as one!



Enhanced for Illustration Purposes

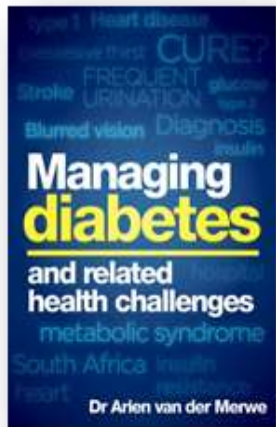


You are a woman! Celebrate!



- FSH, LH pituitary; estrogen, progesterone ovaries; estrogen fat cells, brain, liver, spleen
- Be a woman, revel in your femininity!
 - Natural nurturers (relationship experts!), networkers, multi taskers, leaders, lovers of beauty

Continuous Support & Further Reading



- **Mind Solutions, Stress Solutions Courses, Workshops, Talks**

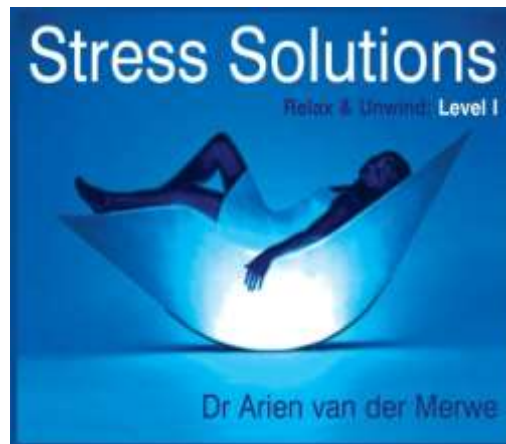
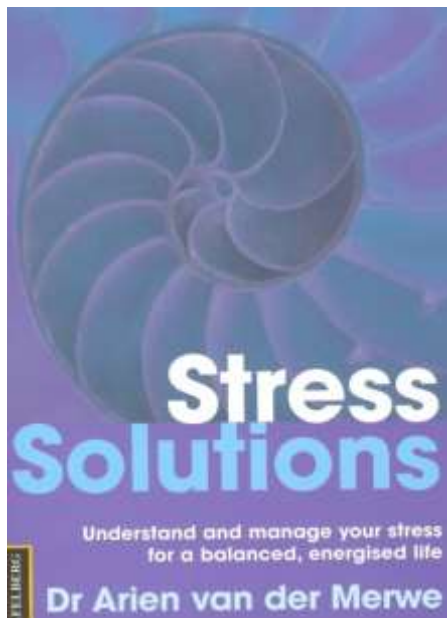
- Books

- Manuals

- Relaxation CD



022-Simple Breathing.mp3



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