

stress

Have you ever noticed when you have gone through a stressful period you have put on weight? Yes? Well you're not alone. This is quite common - the reason for this is that 'stress' upsets the body's natural balance.

Stress is the 'wear and tear' our bodies experience as we adjust to our continually changing environment. The body responds to stress by releasing cortisol. This elevates our blood pressure, accelerates our heartbeat and stimulates the release of insulin. In turn, digestion slows down, and our blood sugar levels drop quickly. It is at this low point that we eat and drink for energy, for comfort, to rest and to calm our fears, anger and tensions.

In order to ease our stress we crave high carbohydrate foods. These foods contain excess sugars that will be stored in our fat cells once consumed and therefore contribute to weight gain.



Reduce stress by avoiding situations that you know may cause you stress, such as practice deep breathing before acting on the situation and prepare yourself if you know a certain environment could cause stress so you are not surprised when it may occur.

Building your physical reserves will also help you to manage eliminating stress. This can be done by exercising, ensuring that you get enough sleep, eating well and taking breaks by mixing leisure with work and getting away whenever you can.

References

Balch, J.F., Balch, P.A., Prescription for Nutritional Healing, (1997), 2nd ed. Avery Publishing Group, pg 495-499.

www.ivf.com/stress.html