

## Natural Healing Express Weekly

### Column Volume 34 Stress and Belly Fat – The Connection Part Two

This is the second part of a three part series regarding stress and belly fat. To recap, last week we talked about how stress chemically works in the body, reminding ourselves of the fight or flight response and understanding how and when adrenal hormones; adrenaline and cortisol are released.

This week we'll chat about Cortisol and the dreaded belly fat. As we have previously discussed, our stressed to the be-jesus lifestyle taxes our adrenal glands and produces too much cortisol and we end up being candidates for the ECC (elevated cortisol club). One of the issues happening when we stay in the ECC for an extended period of time is elevated cortisol will begin to affect estrogen and progesterone production and potentially bring on menopause symptoms. Also, ECC makes it difficult to sleep and typically raises insulin levels leading to packing on belly fat, or inflating that spare tire. And of course, it is a pre cursor to many serious disharmonies. And no one likes belly fat, unless it's to poke that cute Pillsbury dough boy. Tickling a cutie = fun, becoming a dough boy = not fun.

Elevated cortisol becomes a vicious cycle which is most difficult to break out of. This circular habit typically begins with high stress which in turn elevates cortisol; elevated cortisol results in less sleep (insomnia); less sleep elevates stress producing more elevated cortisol beginning the cycle all over again with less sleep, more stress, ECC (you get the idea). And finally ECC = weight gain, weight gain, weight gain = more stress, more cortisol, less sleep = ARGHHHHH... HELP !

So, now that you get the pattern – what the HECK do we do? Here's the 4 steps.

- 1.) REDUCE STRESS
- 2.) REDUCE CORTISOL
- 3.) INCREASE RESTFUL SLEEP
- 4.) Repeat Steps 1-4

Most of the rest of last week's article was filled with suggestions on reducing stress. So, let's not go over all that again. Let's just suffice it to say, we have several products available at Natural Healing Express for stress. In fact, if you look closely under the counter, you will notice that my fine staff has taken a sharpie and written my first name in big bold letters across a bottle of Nutri-Calm. And, by the way, isn't it ironic that I found it on pay day. Funny, ha-ha.

However, to get a baseline on your BIO-Individuality, we highly recommend coming to Natural Healing Express and getting a noninvasive nutrient analysis. This test measures 76 bio-markers throughout the body. And, yes, it measures Stress. It is very simple, and takes anywhere from 5-7 minutes, priced at \$30.00. A consultation follows discussing the results. The nutrient analysis allows us to analyze the body systems and find disharmonies, showing us whether they are acute or chronic and extend information regarding the location where they are manifesting. Please come in and get the analysis. It is the first step in finding out exactly how stress is affecting your body.

If we determined that your cortisol level is indeed elevated, we will work with you on an individual basis on how to bring it down while simultaneously providing education on proper nutrients. Also, there are supplements available, such as DHEA which help to transform cortisol back to cortisone.

In addition, we can assist in working with the issues of reduced sleep, insomnia and restless sleeping. Many methods are available and again, we work with folks on an individual basis to help determine the real cause.

Working with the menopausal symptoms and balancing the sex hormones of estrogen and progesterone can be a bit like riding a teeter totter on a high wire. Getting a blood test done by your local physician is recommended so you know exactly where the levels stand.

To summarize, we are working to reduce stress, reduce cortisol and to increase restful sleep. Next week we'll discuss ways to help lose that stubborn belly fat.

Have a terrific Mother's Day weekend. If you get a chance, treat your Mom and family to a great concert by country music star Corey Cox at the Freeport Masonic Temple benefiting Mother Hubbard' Kiddie Cupboard on Saturday, May 12<sup>th</sup>. This charity assists struggling young mothers and their babies with diapers and food. This is not a handout, the charity works with mothers to help them complete their high school education, keep doctor's appointments and learn good parenting techniques. Tickets are available at [www.freeportmasonictemple.org](http://www.freeportmasonictemple.org) or at the box office. If you come out, please stop me and say hello.

For all those moms out there, thank you for all you do. And for those watching from the Heavens, you are missed and loved.

As always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [Susan@naturalhealingexpress.com](mailto:Susan@naturalhealingexpress.com) 204 W Main St, Lena, IL 61048.

Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) Facebook: Susan Schafer or like Natural Healing Express