

Stress, Emotions & Our Health



Rose A. Woodbine
1916 -1975

Breast Cancer Risk Factors

- Genetics
- Family History
- Environmental Toxins

Xenoestrogens

Endocrine Disrupting Chemicals

- Early Menarche
- Late Menopause
- Diet
- Chronic Distress

Stress Response

“Fight or Flight!”

~ Increase in Stress Hormones

Chronic Distress (*fear, anger, anxiety, grief*) negatively affects:

- Blood pressure
- Cardiovascular health
- Repair and growth of body tissues
- Libido
- Glucose metabolism (diabetes)
- Digestion
- Respiration
- Immune System
- Recovery from serious illness (Cancer)

“When stress prevents the molecules of emotion from flowing freely where needed, the largely autonomic processes that are regulated by peptide flow, such as breathing, blood flow, immunity, digestion, and elimination, collapse down to a few simple feedback loops and upset the normal healing response. Meditation, by allowing long-buried thoughts and feelings to surface, is a way of getting the peptides flowing again, returning the body, and the emotions, to health.”

Candace B. Pert. Ph.D.

Molecules of Emotion

*“First, Pray to God
Then Move Your Feet!”*

-African Proverb

You CAN Influence/Control-

- What you eat & drink
 - ~ Organic, Plant-based
- Your Environment
- Your Stressors-Emotions
 - ~ Relaxation Response

“The bodily food we take is changed into us, but the spiritual food we receive changes us into itself; therefore divine love is not taken into us, for that would make two things. But divine love takes us into itself, and we are one with it.”

-Meister Eckhart

“I feel that all disease is ultimately related to a lack of love, or to love that is only conditional, for the exhaustion and depression of the immune system thus created leads to physical vulnerability. I also feel that all healing is related to the ability to give and accept unconditional love.”

*Bernie S. Siegel, M.D.
Love, Medicine & Miracles*

Our *Intrinsic* Capacity to *Thrive*

*Where Does the
Healing Come From?*

Resources

- Partial Reading List

Diet for a New America

Michael Robbins

The China Study

T. Colin Campbell, Ph.D.

Love, Medicine & Miracles

Bernie S. Siegel, M.D.

Nurture Nature/Nurture Health

Mitchell L. Gaynor, M.D.

Molecules of Emotion

Candace B. Pert, Ph.D.

Journey to Health

Lillian Butler and Eddie Robinson

Vibrational Medicine for the 21st Century

Richard Gerber, M.D.

Beyond the Relaxation Response

Herbert Benson, M.D.

- Websites

www.nyanp.org

www.rawsoul.com

www.naturopathic.org