

Help in Tablet Form:

A good B vitamin product, containing all the B's we need.

I recommend Solgar.

Ashagandha root extract, natural, powerful, to help calm us and our nerves. Solgar.

For Smokers who are undergoing stress, extra vitamin C is needed, as this vitamin, does not have the ability to stay in our bodies for long.

Vitamin C 1000 mg.

Weight Gain, is very common with people who are undergoing difficult times, oddly at this time the appetite can drop, but the weight seems to pile on.

Firstly our bodies are programmed to be primeval, meaning going back to our, adrenaline of fight or flight.

This can mean the body protects us by carrying fluid, as in embryonic, safe in the womb, so many times the weight is fluid, not indulgence in food.

Stress also triggers extra Cortisol, this slows down your metabolism, a killer for weight gain, storing fat especially around your middle.

As everything goes slowly through the system, creating also an energy loss,

L-Theanine, can help slow the cortisol down, helping your metabolism, find the balance again.
Solgar .

Also find a good daily Anti-probiotic again I recommend Solgar.

For women undergoing the Menopause as well as stress! our bones can suffer greatly at this time, so exercise is crucial at this time, no need for a gym, walking is the best, calms stress, by helping to control our breathing, strengthens our skeletal body. Prolonged stress or even depression, can weaken our bones.

Essences or Tinctures.

Australian Bush Remedy .

For stress Black Eyed Susan.

For shock Fringed Violet.

For Fear, Dog Rose of the Wild Forces.

Natural powerful blends,. Created from flower tinctures.

Available in Good Health Food shops, try Retival.

They will mail order.

Powerful Immune Support essence, available from

Yvonne@karmahealing.com

For long term stress associated with the past, fear, abandonment etc, AES, excellent de-programmer, also available from Karma healing .

For Men who have experienced, loss of empowerment, Minola from Karma healing, in Natures Viagra.

Cheval, for men and women, who are feeling depressed, exhaustion need to get out move forward.....can re-active sexual feelings, after prolonged hurt.

For children who are finding it hard to accept either loss of grandparent, divorce or any change in their lives Acceptance essence available from Karma healing, .

Teas that are Helpful:

Peppermint for upset tummies.

Ginger to help with Nausea.
Licorice ideal to help with Constipation (Yogi Tea)
Cinnamon to stimulate (Yogi Tea)
Chai gives you the feel good factor (Yogi Tea)

Yogi Tea for me are one of the best Ayurvedic Spice Infusions, they have been used in India, for centuries, all help with the emotions and digestion, wonderful wisdom on each box.

Camomile to help with calming for sleep. Prolonged stress, can also cause gum disease, so regular checks to the dentist, is crucial, as if un treatment, can cause tooth loss, then more stress !

Yoga, meditation, all forms of gentle calming and cleaning is a must, so slow the thoughts down, as the body/.mind races, we are using up vital energy, which in turn causes depletion within our bodies, that must be replaced.

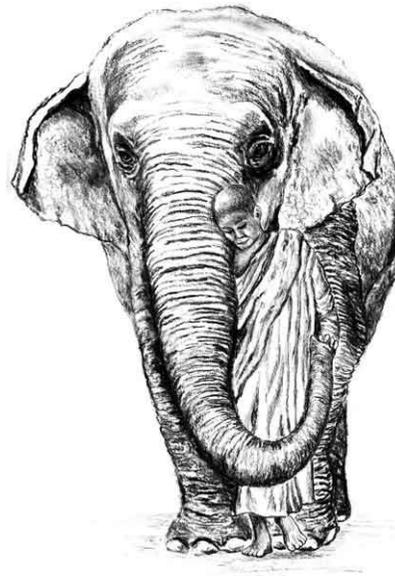
Certain crystals can also help enormously, especially for children ..

BCMA British Complementary Medicine Association.
www.bcma.co.uk

Telephone 0845 345 5977

Now you re armed with information, take control back of your life.

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Stress Fact Sheet

Here are a few recommendations that I feel would be very useful at this time, for either your or your family .

In Food Form:

Chicken has the highest value in cooked foods for incorporating "Stress busters" B vitamins.

Turmeric used to flavour either rice, or mild curries, works brilliantly on upset tummies, which can be our venerable area in prolonged stress, where our tummy becomes our weak spot, also used in India to combat Tumour growth.

Bananas we only have a set amount of energy per day, or brain needs at least 40% of the energy we produce, using out thoughts through Stress deletes our reserves, making us feel tired, Bananas contain potassium, a excellent energy booster, containing a relaxing mineral, try instead of chocolate!