

COMBATING STRESS, NATURALLY

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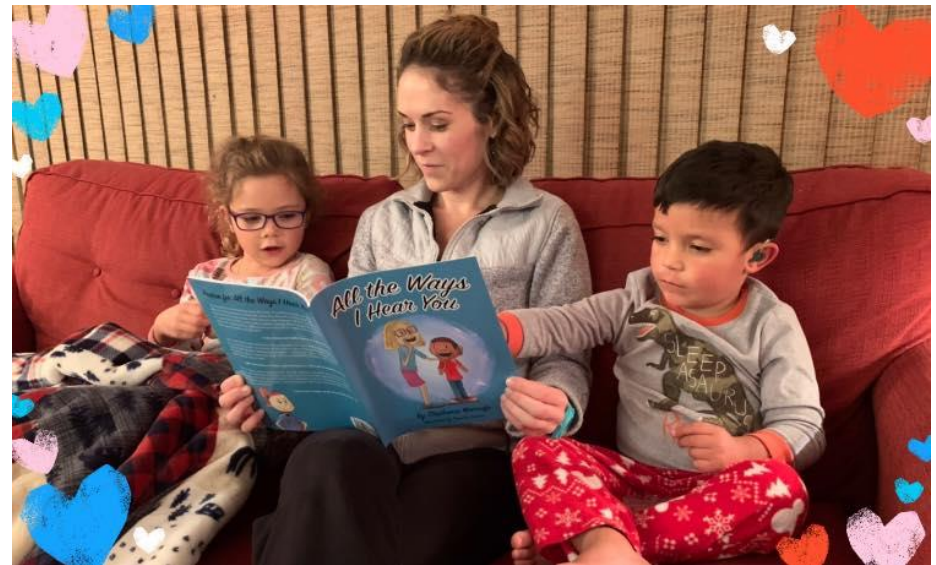
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WHAT DOES STRESS DO FOR US?

Short term effects (benefits):

- Increase alertness/focus
- Promote safety/survival (“Fight or Flight”)
- Increase blood sugar (available energy)
- Increase blood flow
- Reduce appetite
- Increase thirst

WHAT DOES STRESS DO TO US?

Long term effects (downsides):

- Hypervigilance: anxiety, paranoia, insomnia, irritability
- Hypovigilance: depression, sluggish, disoriented, “don’t care”
- Increased body fat percentage (belly fat)
- Inhibited libido
- Impaired digestion
- Possible hair thinning, thyroid downregulation
- Increased risk of leaky gut/dysbiosis
- Impaired immune system function
- Aches/pains



**QUESTION:
WHAT'S THE OPPOSITE OF "FIGHT OR
FLIGHT?"**



REST & DIGEST

SLEEP HYGIENE

NO TV IN BEDROOM

Cool bedroom

Dark bedroom

Regular hours (even on weekends)

If you have trouble sleeping:

- No screens 2-hours before bed
- Bedtime routine: tea, gentle movement (yoga, stretching, walking), warm bath or shower, prayer/meditation, etc.
- Use high intensity exercise earlier in the day
- Balanced evening meal and then only water or small protein-rich snack close to bedtime
- Avoid sweets and alcohol

WORRY/CYCLICAL THOUGHTS?

Guided meditation

Journaling

Keep a Post-It pad by your bed

Prayer

Routine

NUTRIENTS/ANTIOXIDANTS

- Melatonin 1-5 mg (sustained release also available)
- Inositol L-theanine
- Glycine
- GABA w/ L-theanine (“Zen”)
- Magnesium GLYCINATE or L-THREONATE
- Tryptophan or 5-HTP (*CAUTION*)

BOTANICALS

- Chamomile
- Passionflower
- Valerian
- Kava kava
- Lemon balm
- Lavender
- CBD



TRY GOLDEN MILK

1 C almond milk

1/4 C coconut cream

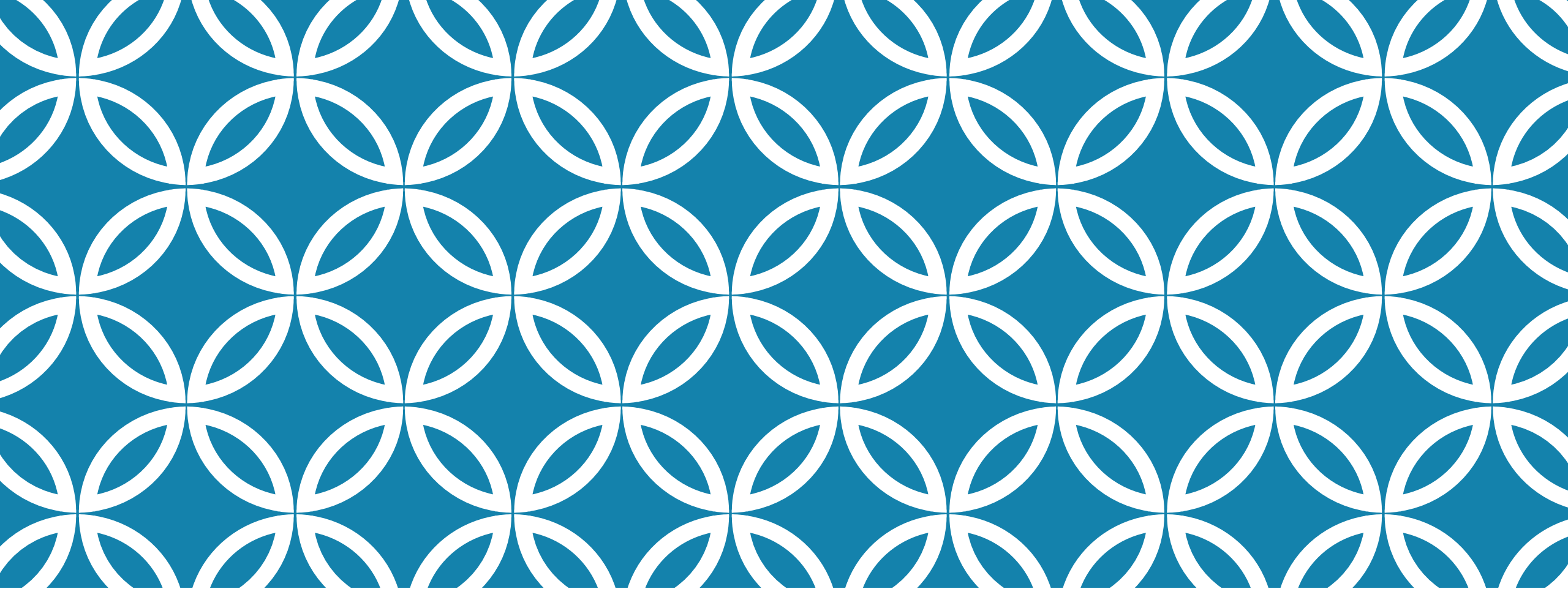
1 tsp turmeric powder

1/2 tsp cinnamon

1/4 tsp ginger

1/4 tsp vanilla

Warm almond milk & coconut cream on stovetop, bring to boil, then reduce to simmer. Whisk in all spices and vanilla. Sweeten slightly, if needed (honey, stevia).



DAYTIME STRESS

WE ARE OVERLOADED



ADRENAL HYPERTROPHY **(TOO MUCH OF A GOOD THING)**

Higher rates of melancholic depression

Agitation/Mood swings

Insomnia

Loss of appetite

Weight gain (around middle)

Puffy face, acne, other skin changes

Elevated blood pressure/rapid heart rate

Poor libido

Excessive thirst

Muscle Aches

“Tired but Wired”



WHAT MAY HELP?

Stabilize blood sugar:

- Eat within 30 minutes of waking (fasting may provoke cortisol response)
- Reduce caffeine or change delivery method (“bullet proof” or collagen)
- 64 oz of water, daily
- 30-60 minutes of movement

Stabilize adrenal outputs:

- methylated B-vitamins
- Adaptogens: Rhodiola, Schisandra, Holy Basil
- Phosphatidyl Serine

LOW CORTISOL (“ADRENAL FATIGUE”)

Fatigue

Gain or loss of weight

Muscle wasting/weakness

Shortness of breath

Changes in skin (drying, wrinkling, yellowing)

Down regulation of thyroid function

Constipation

“Brain fog”

Headaches, all over aching



WHAT MAY HELP?

Stabilize blood sugar:

- Eat within 30 minutes of waking (fasting may provoke cortisol response)
- Reduce caffeine or change delivery method (green tea)
- 64 oz of water, daily
- 30-60 minutes of movement

Support adrenal output/management:

- Ashwaganda, Ginseng
- Licorice (tea, tincture, extracts)
- DHEA (*CAUTION)
- Methylated B's, Vitamin C

IN THE MOMENT STRESS RELIEF

“200 mg of Zen”

Lavela WS1265 (Integrative Therapeutics)

Kalmerite (Wise Woman Herbals)

Liposomal L-Theanine (NutriDyn)

MagMind (Jarrow)

DEPRESSION/LACK OF MOTIVATION

Inflammation Support:

- Essential fatty acids (fish oil – EPA dominant)
- Turmeric, Boswellia, Quercetin, Humulus/Hops, Rosemary, Ginger

Blood sugar stability

Natural light and fresh air (*Happy Light/SAD lights)

Professional mental health support

Respite/In-home Support

Human Connection

HOW'S YOUR BREATHING?

Sleep Apnea

Screen Apnea

Sympathetic Breathing (rapid, shallow)

Shoulder/chest breathing

TIME TO VISIT THE DOC?

Hypothyroidism or Autoimmune Thyroiditis/Hashimoto's (TSH, free T4, TPO, anti-TG, reverse T3)

Anemia or Iron Deficiency (CBC, ferritin, iron panel)

Hormone Imbalance (cycle day 3-5 and 21 for women, anytime for men)

- Women: Estradiol, FSH/LH, testosterone (free & total), progesterone (day 21)
- Men: testosterone panel, estradiol

Inflammation Markers (hs-CRP, sed rate, ferritin)

Blood Sugar Stability (fasting & 2 hr – PP glucose & insulin, HA1C)

Nutrient Deficiencies: Vit D, B12, folate, iron (again)

ADDITIONAL FUNCTIONAL PROVIDER TESTING

Salivary Cortisol Testing

Urinary Organic Acids

Comprehensive Digestion Analysis

DUTCH Testing (comprehensive hormones)

Food Intolerance Testing

Micronutrient Analysis



HOLISTIC SERVICES

Acupuncture (solo or community)

Massage

Biofeedback

Cranial Sacral

Yoga Therapy

Much more that I'm not thinking of, I'm sure!

YOUR TURN!

