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Stress and Your Health

Critical Report: What you need to know

- ✓ Take the quiz & assess your stress
- ✓ Discover the 7 causes of stress
- ✓ Enhance your life with 12 Vibrant Health Solutions



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Stress & Your Health

There's more to stress and health than we think!

Sometimes when we feel sick, we are told "Oh it's just stress". This is true and this is also false.

It is true that stress lowers our immunity and makes us susceptible to illness; it is true that stress can make us feel irritable and exhausted.

But that's not the whole story.

Stress isn't just from psychological or emotional difficulties.
 Chemicals can be a stress.
 Food can be a stress.
 Pollution can be a stress.
 Radiation can be a stress.
 Bacteria and parasites can be a stress.

Any of these and more can be a source of stress, or as we'll call them, stressors. Stressors enter body & brain through our senses: hearing, vision, smell, taste and touch.

The brain sends a message to the hypothalamus affecting the pituitary gland which sends a message to the adrenals. Adrenals are the major masters of managing and protecting us from stress.

When the adrenals are over stressed for prolonged periods of time, burnout occurs – and that results in poor health.

Stressors can cause any of these symptoms, depending on the person:

- Exhaustion and Fatigue
- Shortness of breath, coughing, congestion
- Bloating, cramps, diarrhea, constipation
- Joint & Muscle pain, tremors
- Depression, anxiety, hyperactivity
- Heart irregularity, dizziness
- Sleep disturbance
- Brain Fog, memory loss, headaches
- Extreme reactions to foods, substances
- Cravings for salt and sugars
- Learning disabilities
- Low blood pressure
- Nausea
- Flu-like symptoms
- Infections

FIRST TAKE THE QUIZ

Causes of Stress



TAKE THE QUIZ

On the next page, take the quiz to assess what your body is dealing with.

Answer as honestly as you can – noting if the health habit is: not true for you (score 0), rarely true for you (score 1), somewhat true for you (score 2), very true for you (score 3).

When you are done add up the totals in each section and read below for what the scoring means.

TAKE THE QUIZ

How stressed are you?

Stress Areas	Health Habits	Not true for me 0	Rarely true for me 1	Somewhat true for me 2	Very true for me 3	
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Food	I have no idea what foods I'm sensitive to.					Total count for Food Stress _____
	I know what foods I'm sensitive to, but I eat them anyways.					
	I usually eat the same foods over and over each week.					
	I eat junk food					
	I drink alcoholic beverages					
	I eat sweets					
	I eat out / eat fast food a lot					
	I don't look for organic foods					
	I drink unfiltered water					
	I don't supplement my diet					
Electro-magnetic	I sleep with my cellphone near me					Total count for Electromagnetic Radiation Stress _____
	I use many wireless devices					
	I keep my cell phone on my body.					
	My bedroom has many electronics in it					
	I use a cordless or cell phone, not a corded phone					
Emotional & Psychological	Meditation and quiet time are not part of my day.					Total count for Emotional and Psychological Stress _____
	I don't exercise					
	I tend to ignore my emotions.					
	I haven't found a good way to deal with stress and irritation in my life					
	I don't think about or do things like self-care, hobbies, journaling, being in nature.					

© 2014 EcoHealth and Wellness Inc. All rights reserved		Not true for me	Rarely true for me	Some-what true for me	Very true for me	
		0	1	2	3	
Indoor Pollutants	Wall-to-wall carpeting in my home					Total count for Indoor Pollutants Stress <hr style="width: 100px; margin-left: auto; margin-right: 0;"/>
	Non-ventilated area for art work: varnishing, painting, refinishing; or in garage					
	Fumigating, using raid, moth balls					
	Using scented air freshener					
	Using scented deodorant					
	Using Scented lotions/creams					
	Using Scented soaps, body wash					
	Using scented shampoo, hair products					
	Using perfume, cologne,					
	Using scented laundry detergent					
	Using scented fabric softener					
	Using scented cleaning products					
	Use new items without washing or airing out to off-gas					
	Firewood stored in the home					
	Heating food in plastic					
	I use the microwave					
	I have mold allergies					
	My bathroom has mildew					
	My basement / home is humid and damp					
My furnace and ducts are rarely maintained or cleaned						
I know there is mold in my home						
Outdoor Pollutants	I live near a polluted area					Total count for Outdoor Pollutants Stress <hr style="width: 100px; margin-left: auto; margin-right: 0;"/>
	Smog makes breathing hard for me					
	I use or am around pesticides and herbicides					
	I have no strategy for dealing with outdoor pollution exposure.					

Drugs and Pathogens	I don't communicate well with my MD about the medications I'm taking					Total count for Drug and Pathogen Stress _____
	I take recreational drugs and/or smoke					
	I don't visit the dentist					
	My teeth have cavities, and infections					
	I have silver (amalgam) fillings					
	I have travelled and fallen sick there					
	I have repeated flus and illnesses					
	I feel sick and don't really do anything about it, I just struggle on.					
						Overall Total:

RESULTS

The quiz took you through 7 categories of stressors. There are many other factors that can impact health in each of the categories in the quiz, but this quiz does indicate how you are able to balance the negative factors that can impede your stress levels and your overall health.

Total Score 0-54

You have a very good handle on your health and you are well aware of how to keep an healthy inner and outer environment. This ability to balance is good for your health overall. If there are any areas of concern in your health that you want to address, at the very least you know that you have a solid basis from which to continue on your journey of health and wellness.

Total Score 55-108

You have a good understanding of how to balance the negative factors that can impact your health, but you might be unaware of some of the subtleties. For example for some people an undiagnosed food sensitivity to a tomato can make the difference between having regular headaches and not having them – if it happens to be that you are actually sensitive to the nightshade family of foods (which tomato is a part) and the reaction for you is headaches. Others might become irritable for no particular reason not realizing that a chemical substance in their body lotion is actually impacting the centre in the brain responsible for emotional reactions. Try to lessen your load as much as possible, continuing with the good habits you already have.

Total Score 109-162

It's so commonplace in our society and media to accept that most of what is unhealthy for us as "normal". Yet our grandparents did not use chemical fertilizers and pesticides on their crops – they were organic – before the term became trendy. They used natural products, because chemicals were not being added to toiletries and items for daily use. There was less industry so the air, water and soil was less polluted. They had a healthier environment to live in. We don't. We can't control the outer environment, but we can control what we eat and put on our bodies and into our homes. See if you can change one or two habits in each stressor area to lessen the stress load on your health. Seek the advice of a qualified health professional if you have concerns to address.

Now let's take a closer look at each of the stressors and what to do about them!

There are 7 Stressor Categories

1. Food
2. Indoor pollution
3. Outdoor pollution
4. Electromagnetic & Radiation Pollution
5. Pathogens
6. Drugs
7. Emotional & Mental Stress

These categories are the 7 Causes of Stress

The Main, Simplest and Most Effective KEY to Good health?

Lower your total body load!

The barrel below represents your body. Each stressor is written on the barrel. As you can see there are many components to each stressor. Each stressor will slowly fill up your barrel.

The fuller the barrel,
the more symptoms and ill health you have.
The emptier the barrel,
the better overall health you will have.

The Barrel is your Body: The Total Body Load

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SYMPTOMS:

Can be a result of overflow from any of the 7 Stressors

- ☐ Shortness of breath, coughing, congestion
- ☐ Bloating, cramps, diarrhea, constipation
- ☐ Joint & Muscle pain, tremors
- ☐ Depression, anxiety, hyperactivity, brain Fog,
- ☐ Heart irregularity, dizziness, headaches, memory loss

The fuller the barrel, the Sicker you feel

Lower your total body load = Feel better

OUTDOOR POLLUTION

- Vehicle exhaust
- Mold/grasses/trees/ pollens
- Pesticides
- Industrial smog, heavy metals

PATHOGENS/TOXINS/INFECTIONS

- Bacteria
- Virus
- Parasites
- Heavy metals
- Amalgam fillings
- Root canals
- Vaccines
- Yeast
- Mold

DRUGS

- Cigarettes/Tobacco
- Marijuana/Recreational Drugs
- Prescription Drugs, antibiotics
- Alcohol
- Caffeine



FOOD

- Allergic foods (cautious/eliminate)
- Foods you crave
- Foods you're addicted to
- Junk foods/processed foods
- Food additives/preservatives/colours
- Candida-aggravating foods

INDOOR POLLUTION

- Mold
- Dust/ Pet Dander
- Air Fresheners
- Perfumes/Scented body products
- Cleaning & Laundry Products
- New carpet/furniture off-gassing
- Fresh (VOCs) and old (lead) paints
- Natural gas stove/wood stove

ELECTROMAGNETIC RADIATION

- Cell phones and cellphone towers
- Cordless phones
- Wireless internet, wireless gadgets
- Computers, laptops, i-pads
- High tension wires
- Electrical appliances/ devices/ TVs etc
- Dirty electricity from plugs
- X-Ray/CAT scan

Mental/Emotional Factors

- Loss of loved one or possessions, chronic threat of loss, social isolation, abuse, effect of media.
- Feelings of hate, suspicion, envy, fear, guilt, worry, heartache, work/school pressures, pain
- Limiting attitude, thoughts, beliefs

12 Vibrant Health Solutions



SIMPLE AND EFFECTIVE



1. **Take consistent and informed action.** Educate yourself about your health and follow through.
2. **Lower the total load of various stressors on your body** by decreasing your daily exposure to each of the stressors in the barrel as much as possible.
3. **Investigate the cause of symptoms.** When you notice you don't feel well, ask yourself:

- Where was I?
- What was I doing?
- What did I eat?
- What was I exposed to?



4. Make your bedroom an Oasis

1/3 of your life is spent asleep. Sleep is when your body rejuvenates and recovers. It's important to have a safe place to recover to.

Steps to a Bedroom Oasis

- Eliminate synthetic carpet

- No Dust-collecting shelves and items
- No off-gassed mattress
- No pets in the room
- No electronics
- Keep the room dark
- No scented products
- Unscented laundry products for bedding
- Only keep objects around that you like and bring you good memories
- Let fresh air in the room once in a while
- Don't bring negative thoughts with you to sleep. You can deal with it in the morning

5. **Eat organic as much as possible.** Organic refers to food grown without synthetic pesticides, herbicides, fungicides, hormones, fertilizers, or other synthetic or toxic substances or GMO. Eat plenty of whole-foods, beans, nuts, seeds, vegetables, fruits.

Avoid the following as much as possible:

- GMO: corn, soy, canola
- White flour, sugar, rice, bread, milk
- Alcohol, coffee
- Refined and processed foods
- Foods to which you are sensitive or allergic (determined from testing or an elimination diet)

6. **Use Supplements.** Although food does have nutrients, the soil it is grown in is nutrient-depleted, so you are not getting optimal amounts of nutrients through food.

Take a good multi-mineral and multi-vitamin supplement that you tolerate well.

7. **Filter your air and water.**
Filter your drinking, cooking



and bathing water.

Remember, if you don't use a filter, then your body becomes the filter!

8. **Stop using scented products** for cleaning and for toiletries

The scents in most products are not natural. They are synthetic chemicals. When you breathe these in they go directly through your olfactory



sense to your brain. When you spread them on your skin (as in

lotions or soaps) they are being absorbed right into your body through your largest organ – your skin.

9. **Detoxify on a regular basis, as we are exposed to stressors all the time.** Detox from stressful situations by taking breaks away. Detox from physical toxin in these helpful ways.

- Drink plenty of filtered water. You can add lemon to support your liver.
- Eat as much organic food as you can
- Use a sauna regularly
- With qualified supervision, undergo a detox protocol for the detoxification organs such as liver, kidney, Gallbladder, lymph.
- Vitamin C is a great detoxifier.



10. Find the right Health Care Team

It's essential to find the right health care team. This might be more than just one person. It could include an MD, a natural health practitioner, a dentist, a coach or therapist.

Look for health professionals who:

- Listen to your history
- See you as an individual
- See you as part of your environment
- Aren't afraid to think outside the box
- Are complementary or integrative-focused



- Understand dental issues such as mercury fillings, root canals, and their effects on overall health
- Are knowledgeable about various aspects of health: hormones, infections, chemical & environmental sensitivities or can make referrals
- And most importantly, that they believe in being a positive support for your health journey as you make new choices for better health

11. Reduce your exposure to Electromagnetic Radiation (EMR) EMR has been known to leach minerals from cells, cause cardiovascular stress. Radiation from cellphones and wireless has been classified a Class 2 carcinogen by the World Health Organization.



Follow these steps to reduce your exposure to this prevalent stressor:


- Don't wear your cellphone on your body, use the speaker function when on your mobile, and don't sleep with your phone nearby
- Use wired, not wireless, internet.
- Limit use of wireless devices, don't use a cordless phone

12. Prevent emotional burnout by making time for yourself.

We sometimes put this off because we're conditioned to believe that focusing on ourselves is selfish. It's not. We can't take care of our responsibilities if we aren't taking care of ourselves. When we get into the pattern of ignoring our own needs, we grow resentful, irritable and begin to either feel overwhelmed or under-supported or both. When we rejuvenate by taking time to attend to our needs, our dreams and our own lives – an amazing thing happens.

We relax. We're happier. We feel we have more time. We are able to take on our responsibilities with a fresh energy.

Take the time to examine your beliefs and root out the ones that cause you distress and negativity. Take stock of your life and recognize the negative influences and replace them with healing, positive influences. Surround yourself with who and what you love. Recognize that you are more than just a body. You are a living vibrant being with many dimensions, gifts and blessings.



MYTH: Only psychological and emotional stress can cause burnout

FACT: Any stressor can cause burnout.

FAST FACTS

45%

45% of U.S. adults are dealing with at least one chronic condition. It is likely similar for Canadians.



70%

Scientists say healthy living and early detection could prevent up to 70 percent of all cancers.

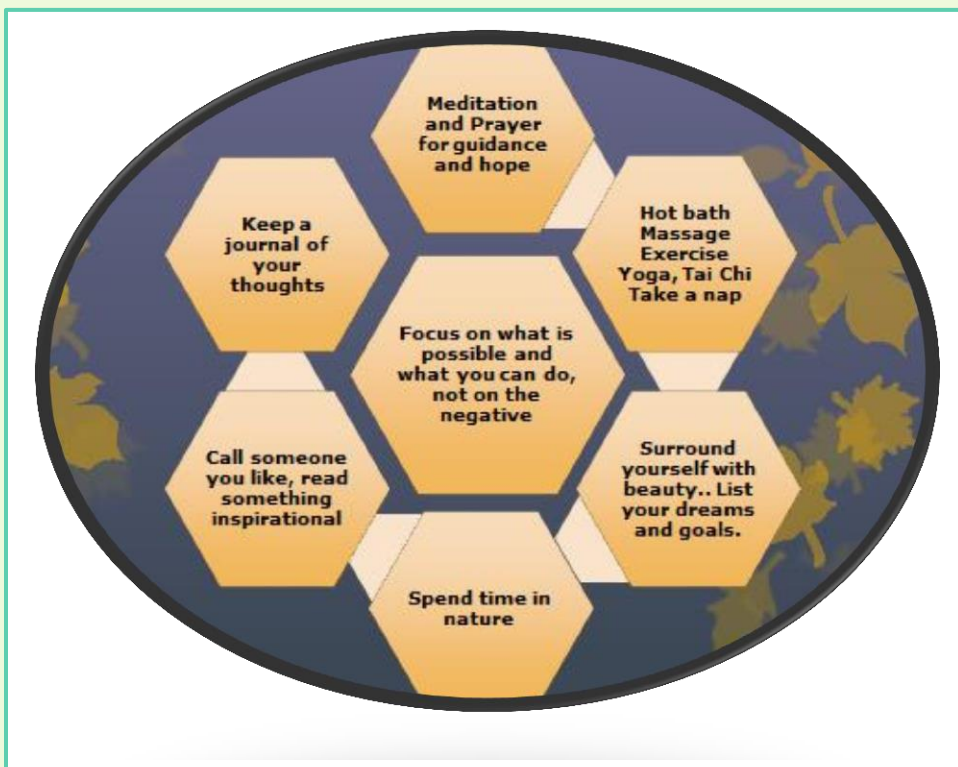
GOOD HEALTH IS WITHIN YOUR REACH

The groundwork of all happiness is health – Leigh Hunt

Less stress and good health can be achieved!

We all have some things we have control over to bring more goodness into our lives and less negativity, toxins and stress.

When we make the right choices we step out in a powerful and positive way onto a vibrant path for our health, life and our future.



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