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Health Alert

by Dr. Bruce West

Chronic Stress and Anxiety

Chronic stress and anxiety (S&A) can break down even Superman. It will eat at your nervous system, break down your adrenal glands, hyper-stimulate your pancreas, which causes crazy up-and-down blood-sugar swings, cause sleep deprivation, and eventually destroy family relationships. Over the decades I have found this problem to be one of the toughest to treat. And after 30 years, I am convinced of the following:

- You will never be able to resolve stress and anxiety until you **address the cause of the problem**- whether it is your job, marriage, family, social problems, health, or what have you. In the beginning it is often difficult to determine exactly what is causing your S&A. Nonetheless, determining and treating the cause of your S&A is essential.
- While you are working out the cause of S&A, you can and must take action to keep it in check. This helps your body cope, and actually makes it easier to determine, and then address and treat the underlying cause of your problem.
- Prescription drugs should be the treatment of last resort. In the most severe cases they can be used as a temporary crutch until you are able to take action, get better, and finally uncover and address the underlying causes of your S&A. All prescription drugs for S&A are fraught with problems, perhaps the most serious of which is addiction to the drugs.

Take Action

It takes some time and energy to uncover and address the underlying causes of S&A. Some people do not even want to because it might cost them their job, or it may be too personal and painful. But it must be done. And in the meantime, take action. If you can help your body, even a little, during this time, it will pay dividends and make treating the underlying causes easier.

Chronic S&A breaks down the adrenal/pancreas function. With S&A your body is constantly bombarded by adrenalin, making you more nervous and tense. The adrenalin attack signals your pancreas into an on-and-off syndrome of hyper-secreting insulin, followed by a temporary shut down. This wreaks havoc on blood sugar levels, pushing you from hypoglycemia with all its symptoms, to a diabetic state, back and forth, over and over.

And while turning this syndrome off at the cause is the only real answer, you can soften the physical effects of S&A. (*This can be accomplished with help through [Neurosomatic Programming \(NSP\)](#).)*

Nutrition to support the glands most affected is another important step. The following protocol of products by Standard Process supports the adrenal glands, pancreas and heart. These are only supplied through health care practitioners. (*Inquire about these [supplements](#).)* Use the natural anti-stress product **Drenamin** (3-9 daily), the mineral “tranquilizer” **Min-Tran** (6-12 daily), and the heart de-stressor **Cataplex G** (6-9 daily). Be sure to also take a tablespoon of Cod Liver Oil daily as brain food. This protocol will help your body cope with the S&A syndrome.

Do everything possible to sleep. This may mean taking the two natural anti-insomnia products, **Catalyn** (2 at bedtime) and **Min-Tran** (take 6-12 daily dose at bedtime). Try to exercise hard during the day. While aerobic training and weight lifting are best, even a powerful walk in full stride will help. Hard exercise is a natural de-stressor, and it will help you sleep better.

Check your temporomandibular joint (TMJ) as a contributing factor in your S&A. The TMJ (the two jaw hinges) can cause all kinds of stress without your knowledge, especially if you chronically clench your teeth. Chiropractors especially those trained in applied kinesiology are very good at dealing with this. Find one near you at www.ICAKUSA.com.

Practice deep breathing, prayer or meditation. These practices can actually save people from chronic S&A. I know this personally, as it saved me when I was a graduate student-overworked, underfed and stressed to the maximum.

Treat the Cause

The techniques in this article can save you from disaster. And you may even think you have solved your problem by using them. But most people still need to address the underlying emotional causes of their problems. There are a number of ways to do this, including all forms of counseling and psychotherapy. We have found a great way to get started, get results quickly, and at a low cost. (*Some of these natural therapies include [BodyTalk and Flower Essence Therapy](#). Take the flower essence [emotional questionnaire](#) and then order your essences at www.LifeStyleForHealth.com or purchase them at a store such as Whole Foods Market.*)

Use the techniques in this article, and call the folks at the Stress and Anxiety Center to find out about *Attacking Anxiety and Depression* (800-944-9428). They can send you a video about their work. Combined with the therapies listed here, we've discovered that techniques used by this center have worked extremely well.

The one thing you **do not want to do is nothing**. Even if you are paralyzed by your stress and anxiety, have someone help you with your nutrition. Force yourself to exercise. And get help to learn how to breathe deeply and pray. This can end the paralysis, which will allow you to finally address the underlying causes and get you well.

How Much Water is Enough for You?

Many of you have heard that you should drink eight (8 oz.) glasses of water a day. Does that make sense for everyone?

If you are a four year old child, that amount of water will cause you to float away. If you are a 250 pound man, that is just not enough. The reality is most of our population is dehydrated. The best formula that works for all of us looks like this.

Body Weight/2 = Daily Body Requirement (in oz.)

People ask me if it has to be water or can it be any liquid? Well, if you spilled something on your carpet, would you clean it up with apple juice? Water is important for cleaning out the cells just as it is important for cleaning your carpet. Keep that in mind the next time you are feeling your brain is slow or if you feel sluggish. Water is a great way to nourish the body.

Don't make your body the filter for your local water plant. Learn more about the above kitchen filter at [Wellness Water Filters](#) and receive a 5% discount when ordering at this site by using referral ID 22998 or call (800)-428-9419 and give them my name.

Food For Thought...

Happiness and high performance comes to you when you choose to live your life consistent with your highest values and your deepest convictions.