



Active Nutrition

Newsletter May 2013



Stress is making us Fat

Hi All

Well May is almost done – where has 2013 gone?



I was looking at research around stress and the more I investigated the more concerned I have become about the importance for everyone to reduce their stress levels. Not only can chronic stress (on-going stress) contribute to the onset of various illnesses but it also can wear you down reducing productivity, upset daily routines and cause relationships to suffer.

Stress can also cause you to gain weight by disrupting your metabolism, slowing it down, resulting in weight gain even when food consumption has not increased. We often crave more fatty, sugary and salty foods when we are experiencing chronic stress which are also the food types we indulge in when eating “emotionally”.



Under stress our bodies will cause us to store more fat. Research has found that this fat is mainly stored around our abdomens which is not only aesthetically undesirable but also puts us at greater risk of heart disease.



Strategies to combat stress should be part of your daily routine. Exercise is a great way to get rid of the build-up of stress, but this is not always practical in certain situations during the day such as when you are stuck in traffic or in a business meeting so developing your own mechanisms is important. Using deep breathing or relaxation exercises can give relief without anyone around knowing what you are doing. Other strategies such as stretching or yoga are things that can be done at home. Even a warm bath or

getting some sun on our skin (vitamin D is good for many aspects of stress reduction) at this time of year, and nothing beats a fast walk at lunch time to clear the mind. Whatever strategy you find works for you - use it.

Eating healthy foods high in nutrients, low in fat, sugar and salt is helpful to counter stress as is avoiding smoking and high alcohol consumption, both of which can add to the total stress levels.



My Article From 10th May 2013

Deal With Stress the Healthy Way

We live in a world where stress is part of modern life. Stress comes in many forms such as sitting in traffic, difficult working environments, relationships and family illness. Sometimes it is a momentary thing but often it can be on-going for days or weeks. It is this type of stress that is killing us.

Stress can trigger a response to a perceived danger, stimulating the release of hormones cortisol and adrenalin. It is called the fight or flight response and for our ancestors it was vital for survival in situations when they were faced with wild animals or a warring tribe where they had to quite literally fight their way out or run for the hills. Once the danger has passed our systems are designed to return to normal. Today we are seldom faced with these scenarios but our bodies still respond in the same manner.

When the hormones are released, the body immediately increases blood sugars and breaks down fatty tissue to provide instant energy. At the same time it speeds up the heart rate and shuts down the digestive system so the body is prepared to protect itself. But when the body is exposed to the hormones for extended lengths of time we get accelerated tissue breakdown, increased blood sugars, suppressed immune systems and increased fat storage.



Conditions that can result from our systems remaining in a state of stress can include depression, heart disease, obesity, hair loss and anxiety disorders to name a few. In some cases it is attributed to diabetes and cancer.

Finding ways to reduce stress is important.

Some find exercise or stretching a great way

to relax and bring the body back into balance whilst others enjoy gardening or listening to music. Sometimes it is only a temporary solution, but giving your body and mind a break from what the stressor is can be very important.

Alcohol and smoking are often and mistakenly used by people to relax.

Research has shown that smokers have a higher base level of cortisol in their systems which results in a higher level of stress even when relaxed.

When under stress good nutrition is a key to help reduce the devastating effects on the body.

Avoiding fat, sugar and salt laden foods is important as is increasing foods high in antioxidants, fibre and nutrients.

For further information contact me info@activenutrition.co.nz



If you wish to book an appointment to discuss your personal nutrition requirements you can contact me:

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Recipe of the Month



Mango Smoothie (serves 1)

High in nutrients and fibre – great for breakfast when you are in a hurry – also gluten free!

1 mango, chopped
150ml low fat natural yogurt
1 tsp. chia seeds

½ banana, chopped
½ cup ice
2 tsp. LSA

Place in blender until smooth



Quote of the Month

“Health is like money, we never have a true idea of its value until we lose it.” ~Josh Billings

Diana