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**Mind-Body:**  
How **Stress** and **Anxiety**  
Affect Your **Health**

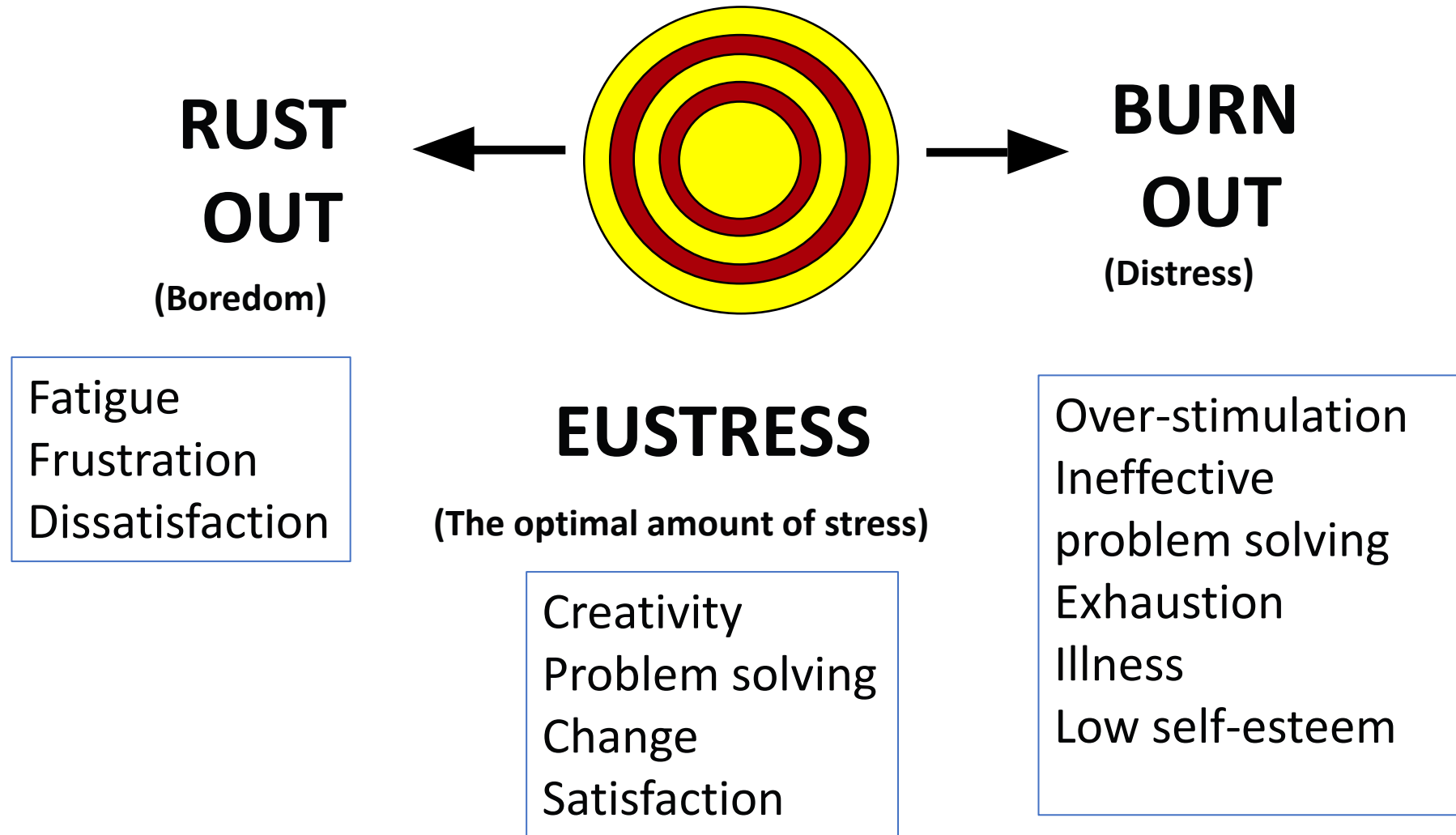


# What is stress?

- Stress is a natural and manageable part of life.
- We react physically, mentally, and/or emotionally to various conditions, changes and demands of life.
- The stress we experience is rooted in the “fight or flight” response.
- Constant demands of work or personal life can lead to stress overload.



# The Stress Target Zone



# Preferred Stress test

- The following picture was used in a case study on stress level at St. Mary's Hospital. Look at both dolphins jumping out of the water. Both dolphins are identical.
- The researchers concluded that a person is under stress if he/she finds both dolphins look different. If there are many differences found between both dolphins, it means that the person is experiencing a great amount of stress. So, if you see too many differences between the two dolphins, you are advised to pack your bag, go home immediately and take a rest.

## Standard test

### The Holmes-Rahe Life Stress Inventory

#### The Social Readjustment Rating Scale

INSTRUCTIONS: Mark down the point value of each of these life events that has happened to you during the previous year. Total these associated points.

Life Event	Mean Value
1. Death of spouse	100
2. Divorce	73
3. Marital Separation from mate	65
4. Detention in jail or other institution	63
5. Death of a close family member	63
6. Major personal injury or illness	53
7. Marriage	50
8. Being fired at work	47
9. Marital reconciliation with mate	45
10. Retirement from work	45
11. Major change in the health or behavior of a family member	44
12. Pregnancy	40
13. Sexual Difficulties	39
14. Gaining a new family member (i.e., birth, adoption, older adult moving in, etc)	39
15. Major business readjustment	39
16. Major change in financial state (i.e., a lot worse or better off than usual)	38
17. Death of a close friend	37
18. Changing to a different line of work	36
19. Major change in the number of arguments w/spouse (i.e., either a lot more or a lot less than usual regarding child rearing, personal habits, etc.)	35
20. Taking on a mortgage (for home, business, etc..)	31
21. Foreclosure on a mortgage or loan	30
22. Major change in responsibilities at work (i.e., promotion, demotion, etc.)	29
23. Son or daughter leaving home (marriage, attending college, joined mil.)	29
24. In-law troubles	29
25. Outstanding personal achievement	28
26. Spouse beginning or ceasing work outside the home	26
27. Beginning or ceasing formal schooling	26
28. Major change in living condition (new home, remodeling, deterioration of neighborhood or home etc.)	25
29. Revision of personal habits (dress manners, associations, quitting smoking)	24
30. Troubles with the boss	23
31. Major changes in working hours or conditions	20
32. Changes in residence	20
33. Changing to a new school	20
34. Major change in usual type and/or amount of recreation	19
35. Major change in church activity (i.e., a lot more or less than usual)	19
36. Major change in social activities (clubs, movies, visiting, etc.)	18
37. Taking on a loan (car, tv, freezer, etc)	17
38. Major change in sleeping habits (a lot more or a lot less than usual)	16
39. Major change in number of family get-togethers ("")	15
40. Major change in eating habits (a lot more or less food intake, or very different meal hours or surroundings)	15
41. Vacation	13
42. Major holidays	12
43. Minor violations of the law (traffic tickets, jaywalking, disturbing the peace, etc)	11

Now, add up all the points you have to find your score.

150pts or less means a relatively low amount of life change and a low susceptibility to stress-induced health breakdown.

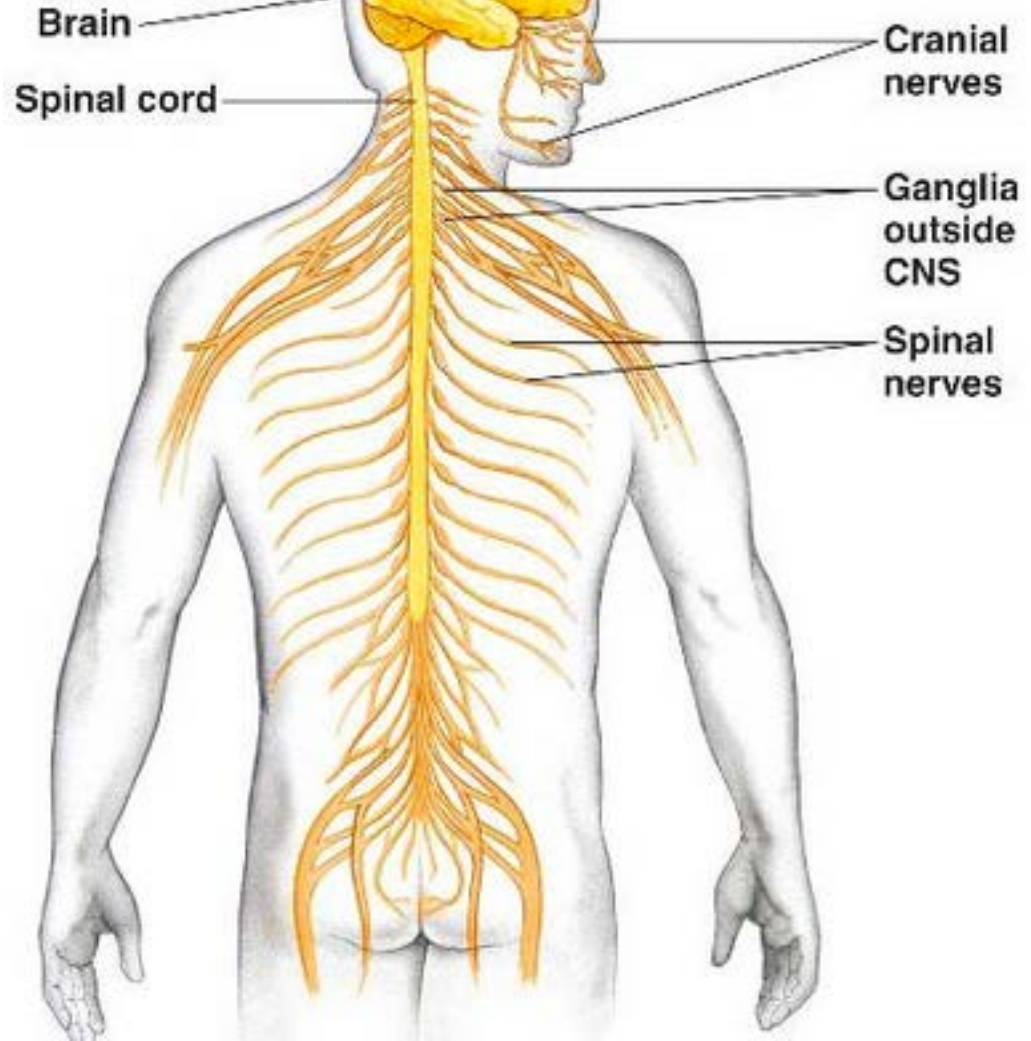
150 to 300 pts implies about a 50% chance of a major health breakdown in the next 2 years.

300pts or more raises the odds to about 80%, according to the Holmes-Rahe statistical prediction model.



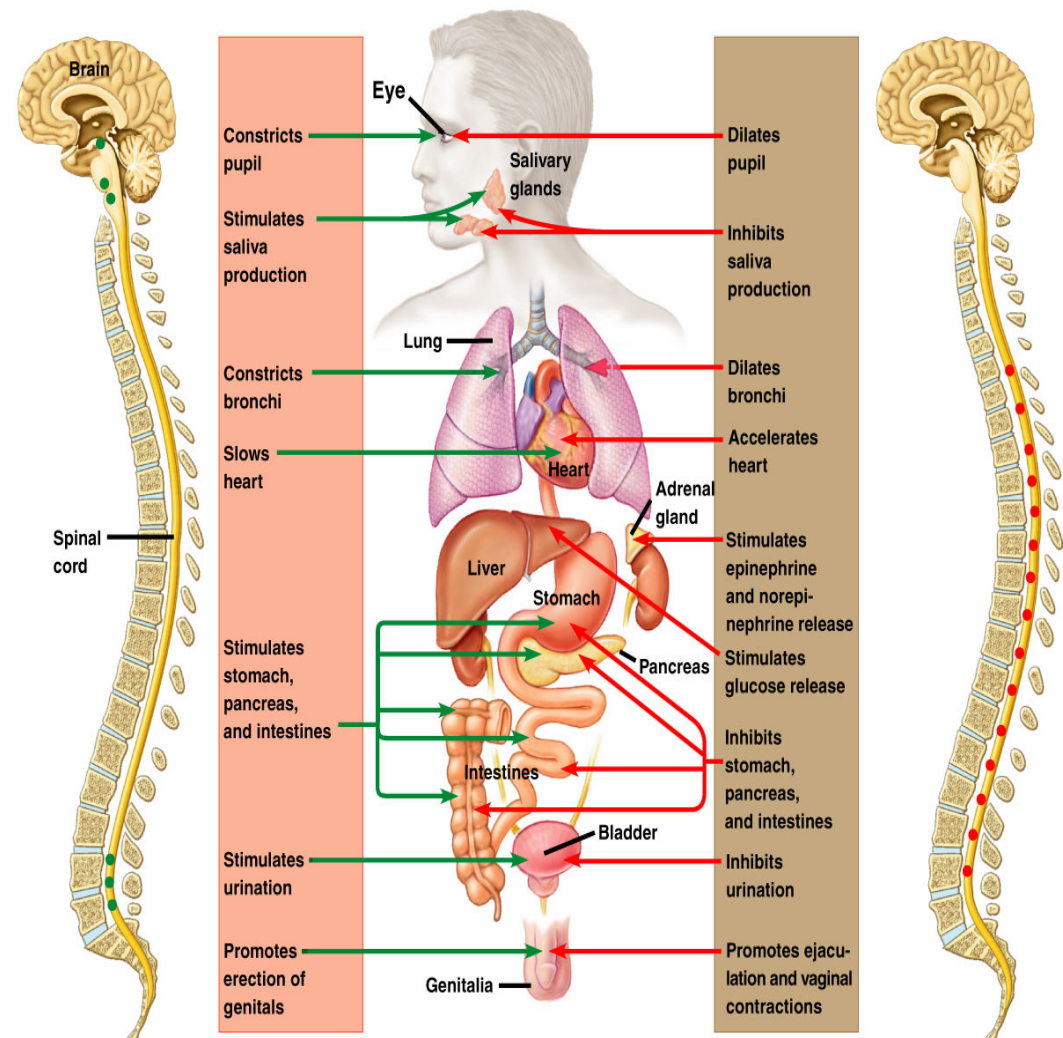
**Central nervous system (CNS)**

**Peripheral nervous system (PNS)**



**Parasympathetic division**

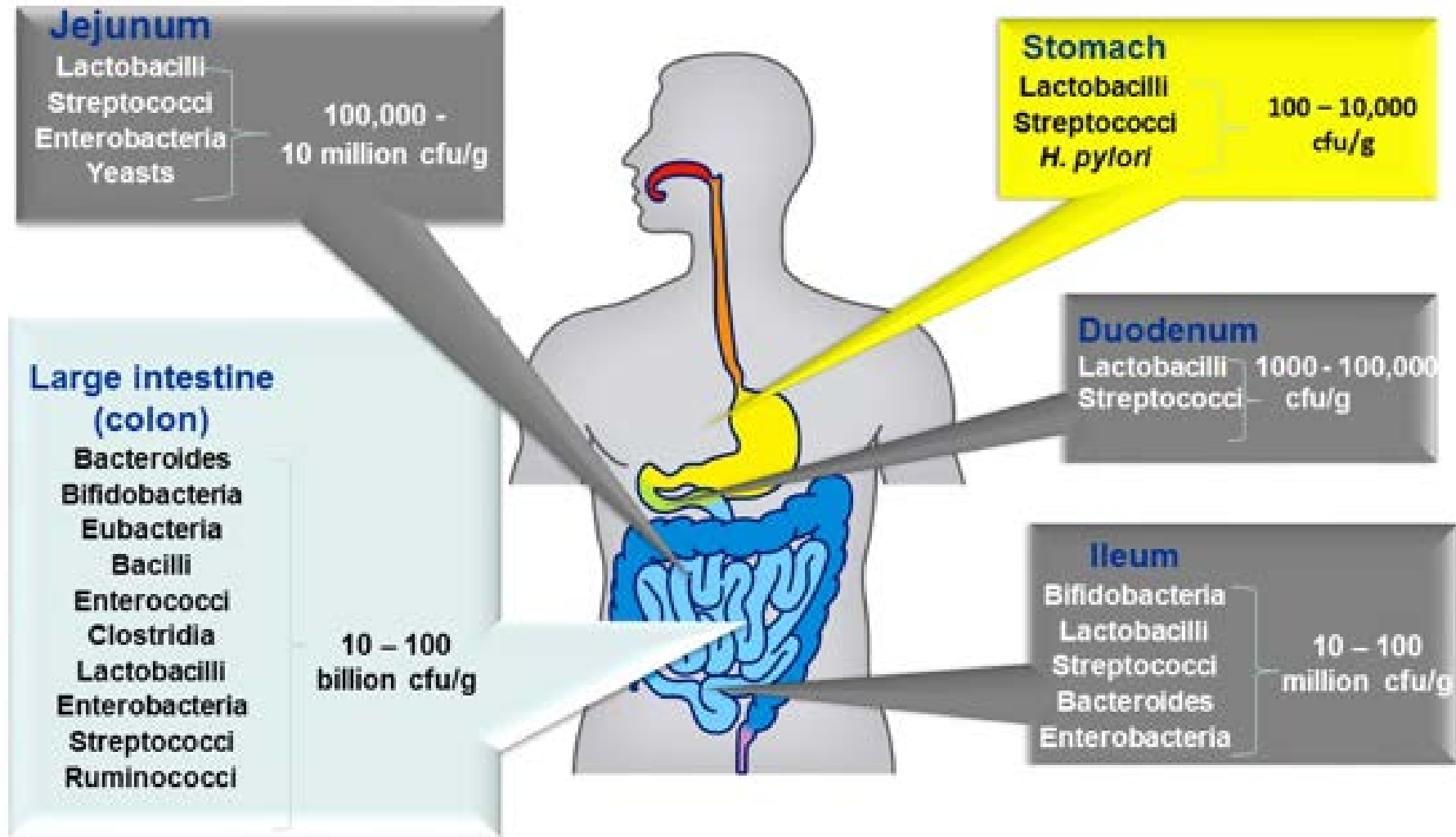
**Sympathetic division**





Fewer organisms in the upper GI (aerobic) vs the lower GI (anaerobic)

Typical  
Microflora  
of GI tract



# GUT BRAIN CONNECTION



*butterflies  
in my  
stomach*

Gut Instincts

Knot in my  
Stomach

My heart is  
in my throat



# Anxiety and Depression in people with GI Diseases

- 1641 patients from GI practices
- 84.1% reported anxiety
- 67% trait anxiety
- 27% depression

# Anxiety

- Common in all phases of life
- Most prevalent mental disorders in the U.S.
- Afflicting 28.7% of the population (life span); 19.3% over a 12-month period
- 1 in 4 people with an anxiety disorder is correctly identified, diagnosed, and treated
- Client's symptoms are not primarily due to organic factors
- Stress, fear, anxiety, depression

My anxieties have anxieties.



# What is anxiety?

- Is a normal emotion which helps us recognize real problems and solve them. In its healthy form, anxiety helps you perform at your top form when you're adjusting to, say, a new job or a new baby
- Anxiety is not normal when it lasts days beyond a specific stressful event, or when it interferes with a person's life
- Anxiety disorders are a group of psychiatric conditions that involve excessive anxiety.

# The Anxiety Disorders

- Panic attack
- Panic Disorder without agoraphobia
- Panic Disorder with agoraphobia
- Obsessive-Compulsive Disorder
- Substance induced Anxiety Disorder

- Post-Traumatic Stress Disorder
- Generalized Anxiety Disorder
- Phobias
- Anxiety Disorder due to a general medical condition
- Anxiety Disorder Not otherwise specified

# Etiology of Anxiety

- Cognitive theories – neg. thinking, irrational ideas
- Genetics –
- Biochemical factor –
  - epinephrine -> nervous
  - Neurotransmitters – excessive serotonin, norepinephrine, dopamine ->anxiety
  - GABA
- Changes in the society, value, culture
- Food, exercise
- Certain drugs, both recreational and medicinal, can lead to symptoms of anxiety due to either side effects or withdrawal from the drug.

# Symptoms of Anxiety

Anxiety is often accompanied by various physical symptoms, including:

- **Twitching or trembling**
- **Muscle tension**
- **Headaches**
- **Sweating**
- **Dry mouth**
- **Difficulty swallowing**
- **Abdominal pain (may be the only symptom of stress especially in a child)**



# Additional Symptoms of Anxiety

- Dizziness
- Rapid or irregular heart rate
- Rapid breathing
- Diarrhea or frequent need to urinate

- Fatigue
- Irritability, including loss of your temper
- Sleeping difficulties and nightmares
- Decreased concentration
- Sexual problems

# Conventional Approach to Treatment

- Cognitive-behavioral therapy – to reduce automatic negative perceptions and irrational beliefs
- Relaxation training
- Behavioral approaches- ie desensitization
- Pharmacotherapies – fluvoxamine (Luvox), Prozac, Paxil, Beta-blockers, MAOIs, benzodiazepine



# Anxiety: What are you Eating?

## RESTORE WITH FOOD



## Diet and Microbiome



“Diet has the most powerful influence on gut microbial communities in healthy human subjects.”

About 75% of the food in the Western diet is of limited or no benefit to the microbiota in the lower gut. Most of it, comprised specifically of refined carbohydrates, is already absorbed in the upper part of the GI tract, and what eventually reaches the large intestine is of limited value, as it contains only small amounts of the minerals, vitamins and other nutrients necessary for maintenance of the microbiota.

Bengmark S. “Nutrition of the Critically Ill: a 21st-Cent perspective”  
*Nutrients* 2013, 5, 162-207

# Remember the GUT-Brain connection!

## Prebiotic Rich Foods

- Jerusalem artichokes
- Onions
- Chicory
- Garlic
- Leeks
- Bananas
- Fruit
- Soybeans
- Burdock Root
- Asparagus

- Honey
- Maple syrup
- Chinese chives
- Peas
- Legumes
- Eggplant
- Green tea
- Yogurt
- Cottage cheese
- kefir

## Probiotic Rich Foods



# Nutraceutical support

- Vitamin B complex
- Magnesium (taurate)
- Calcium
- Potassium
- Zinc
- 5-HTP
- Essential fatty acids
- Vitamin C
- Ashwagandha
- Kava Kava Root
- Passiflora
- Lemon Balm
- Valarian
- Lavender essential oil
- Roman Chamomile essential oil
- Bergamot essential oil

# Stress Management

- Accepting that some stress is inevitable and knowing that it can be coped with
- Finding and implementing effective, positive strategies to deal with every day concerns
- There are many, so try the ones that work the best for you
  - “Stress Busters”
  - Deep breathing exercises
- Avoiding negative or destructive behaviors



## Lifestyle Support

- Physical activity- WALK daily
- 8+ hours of sleep
- Meditate
- Prayer
- Laugh
- Self Love

## Professional Support

- Evox
- Neurofeedback
- iMRS PEMF full body mat
- Liquid Sound Table
- Massage
- Structural Energetic Therapy