

## **Health Implications of Stress on the Body - by Jane Smolnik, ND**

Have you been under excessive or prolonged stress? Are you tired, not sleeping great? Can't relax your mind from tension or worry? How's your digestion? Your hormones? Are you gaining belly fat? Aging too quickly? Perhaps you realize it is time to learn more about this and see what you can do to support your body! If you've been under excessive or prolonged stress, your health has been affected. There's a cascading effect that occurs as the body utilizes more metabolic resources and energy to respond to the imposed threat, and there are fewer resources available for regular functions of rest, renew, repair, digest, and sleep.

Today's stresses can mainly be hidden stress, such as mental worry, tension, fear, anxiety, emotional stress, financial stress, even media stress! Toxins, poor dietary choices, micro-organisms, and EMF stress from electronic equipment, cellphone towers, satellites, etc. can create hidden stress.

Are you an over-achiever? I'm referring to the go-getters, drivers, leaders, and high functioning achievers. They can be very out-going, seem to thrive on stress and success. The list goes on....

**“Every stress leaves an indelible scar, and the organism pays for its survival after a stressful situation by becoming a little older.” Hans Selye (1907-1982)**

Dr. Hans Selye was an Austrian/Canadian endocrinologist who conducted extensive research on stress and its effect on the body. This quote summarizes his belief on how stress affects the human body by aging and other natural body responses that occur when we encounter various stresses in our daily lives.

## **Know the stages of Stress:**

**1. Acute Stress** - the initial reaction when we are faced with a perceived threat or danger. It immediately activates the fight or flight response and releases the 'stress hormones' such as adrenaline, noradrenaline and cortisol. These hormones enable you to do things you might not otherwise be able to. It reduces the ability to digest, increases the heart rate, changes glycogen into glucose getting more sugar in your blood stream for energy.

**2. Adaptation Stage** - when we have been under stress for extended periods of time, the body hasn't had a chance to fully relax and go back to its normal functions. Your body's defenses become weaker as it needs to allocate energy to the repair of damaged muscle tissues and lower the production of the stress hormones. Although the body has shifted to this second phase of stress response, it remains on-guard, particularly when the stressors persist and the body is required to fight them continuously, although not as strong as it could during the initial response.

**3. Exhaustion Stage** - During this stage, the stress has occurred for prolonged periods and the body starts to lose its ability to combat the harmful impact of the stress hormones. The adaptive energy is all drained out. This can be considered burn-out, stress overload, or exhaustion, which leads to more health problems if not corrected.

## **The Cascade of Health Effects**

Your blood sugar can be difficult to control. Many people experience hypoglycemia and insulin resistance, which are precursors to hyperglycemia and diabetes.

Chronic digestive problems occur and no matter how many supplements you take to try to correct it, until you relax the stress response, it does not have enough metabolic resources to digest properly

All the endocrine glands can be pulled down in their ability to function well to create hormonal balance.

Sluggish metabolism happens, weight gain in the form of belly fat is produced by too much cortisol in the system.

Circulation can become a challenge as stress tears occur in the endothelial lining of the arteries which can create more plaque and inflammation.

Our nitric oxide production is decreased and the ATP or energy production of our cells is reduced.

We can have more pain, inflammation, and feel more fatigued. This increases our risk for heart disease.

Immune Function is compromised, which can result in our easily catching colds, flu's respiratory conditions, and in taking a long time to recover from them.

Sexual function and the sex hormones can become a problem as well! Your body is designed to help you, so it will reduce circulation to the reproductive organs first as they are not vital to life! Both the desire for sex and the ability to perform can be diminished. Testosterone and DHEA hormones can be greatly reduced.

**There IS Something We Can Do!** Learn about the health damaging effects of stress and how it can AGE your body! De-stressing your life and your body is essential! But HOW do we relax the stress response and return to a normal homeostasis?

A healthy, adrenal friendly diet is essential, good quality supplements that are right for your needs, as well as some programs that can change the way you respond to stress and learn to relax your thoughts and reactions are important for continued success. It can take anywhere from a few months to 2 years to rebalance the body after adrenal stress and exhaustion.

**Light Therapy** is an amazing health tool used to support the process, relax the stress response in the body, and strengthen and rebalance the entire system. One reason that we always recommend using the de-stress channel, setting B or Alternate B, is that we must relax the Stress response in order for the body to come back into balance and have more metabolic resources available to its normal functions of resting, repairing, renewing, digesting, sleeping, etc.

If we study how the autonomic nervous system works, we understand WHY this is essential. Then we can use specific frequencies to assist in rebalancing quickly and efficiently.

### **Specific Frequencies to help in each area of concern**

**Blood Sugar balance:** Many people can become 'hypoglycemic' first after prolonged stress. If not taken care of properly with diet and using the lights, it can escalate into 'hyperglycemic' conditions. To rebalance the blood sugar: **3 port systems:** Setting B or B Alternate for 20 minutes, then 1 and 4 for 5 minutes each. Custom Frequencies: Setting B or Alternate B then: 5000/10 min., 727, 787, 880, and 2127 for 4 minutes each. **This is #19 on the Shine With Light Frequency List.** Use large body pad across abdomen covering liver, spleen, and pancreas.

**Digestive Problems:** We cannot restore proper digestion with supplements alone UNLESS you relax the stress response! It is essential. Try these settings: **3 port Systems:** B or Alternate for 20 min., then 2, 4, and 6 for 5 minutes each. **Custom Frequencies:** B or Alternate for 20 minutes, then 20, 727, 787, 802, 880, 1550, 5000 for 4 minutes each. **This is #14 on the Shine With Light Frequency List.** Use large body pad over belly, covering stomach, but also cover the belly button and lower abdomen.

**Endocrine Glands:** To strengthen the Pituitary, Hypothalamus, Pineal, Thyroid, Pancreas, Adrenals, and Gonads, you can use the light system regularly to support hormone regulation and balance throughout the body. **3 port systems:** B or Alternate for 20 min., then 1, 5, and 6 for 5 minutes each. **Custom Frequencies:** B or Alternate for 20 min., then 73, 635, 662, 645, 763, 1342, and 5000 for 4 minutes each. **This is #17 on the Shine with Light Frequency List.** Using the eye mask over the eyes is essential, medium pad over heart, large pad over abdomen or adrenals

**Heart and Circulatory System:** Using the lights alone will increase the natural production of nitric oxide in the body. With specific frequencies, we can improve endothelial, or lining health, strengthen arteries and veins, and increase circulation. **3 port systems:** B or Alternative for 20 min., then 2, 4, and 6 for 5 minutes each. **Custom Frequencies:** B or Alternate for 20 min., then 787, 880, 1500, 2112, 2170, 2589, 2720 for 4 minutes each. **This is #24 on the Shine with Light Frequency List.** Medium pad can be placed over the heart area. Other areas to include would be the large pad across the top of the legs, also around the ankles and feet if poor peripheral circulation is a problem.

**Immune System:** The increase of nitric oxide produced from using the lights regularly will help strengthen the immune system. Using specific frequencies will also help. Supporting lymphatic flow is an important part of the immune system.

**3 port system:** B or alternate for 20 min., then 2, 4, and 6 for 5 minutes each.

**Custom Frequencies:** 9999, 5611, 5000, 4014, 3176, 2929, 2720 for 4 min . **This is #89 on the Shine With Light Frequency List..** Place pad over thymus, heart area, spleen, lymph points, upper chest, under arms, top of thighs, behind knees.

**Sex hormones/function:** Increasing circulation to reproductive organs is essential! Strengthen hormone balance, support the liver! **3 port system:** B or Alternate for 20 min., then 1, 4, and 5 for 5 min. each. **Custom Frequencies:** B or Alternate for 20 min., then: Men for Prostate health: 2050, 2128, and 2250 for 6 min. each, then 465, 666, 787 for 4 min. (#20) Women's Health: 465, 727, 787, 802, 880, 1550, 9999 for 4 min. each (#21). Place pad over reproductive organs.

**Support Liver Health: 3 port system:** B or Alternate for 20 min. then 2 and 4 for 5 min. each. **Custom frequencies:** 1550, 1351, 922, 880, 802, 291, 2056 for 4 min. each. **#35 on The Shine with Light Frequency list.**

**Stress and Adrenals:** To relax the stress and strengthen the adrenal glands. **3 port system:** B or Alternative for 20 min., then 1, 6, and 7 for 5 min. each. **Custom Frequencies:** 8, 20, 95, 2250, 6000, 8778, 9999. **This is #40 on the Shine With Light Frequency List.**

**BONUS: Instant Vacation!** Creating Harmony within.

**Custom frequencies:** 432, 5,000 for 5 minutes each, then 9999 for 6 – 1 minutes.