

Understanding

THE STRESS RESPONSE SYSTEM:

A Path to Improved Overall Health & Wellbeing



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IMPORTANT INFORMATION

The content in this document is for educational purposes only and should not be taken as professional health advice. Before making any changes to your diet and lifestyle, including medications, supplements and/or embarking on a new exercise regime, it is essential that you first consult with your personal qualified health professional.

If you want to know more about me, Janaya Karloci Naturopath or Naturopathy itself, please visit my website at www.janayakarlocinaturopath.com.au

If you have any questions, or would like to work with me please email me at wellness@janayakarlocinaturopath.com.au

I am a degree-qualified Naturopathic practitioner with a passion for helping others, mental wellness, OCD awareness and nature itself.

WHO
AM I



I am dedicated to transforming the lives of individuals of all ages who are dissatisfied with suboptimal health and wellbeing.

My goal is to help my clients overcome obstacles and improve their overall health so that they can lead peaceful, fulfilling, and empowered lives.

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I have a special interest in supporting those individuals affected by conditions of the mind. Whether dealing with stress, life transitions, anxiety, obsessive-compulsive disorder (OCD), or attention deficit hyperactivity disorder (ADHD). I am here to provide compassionate and effective support.

WHAT WILL

We Cover



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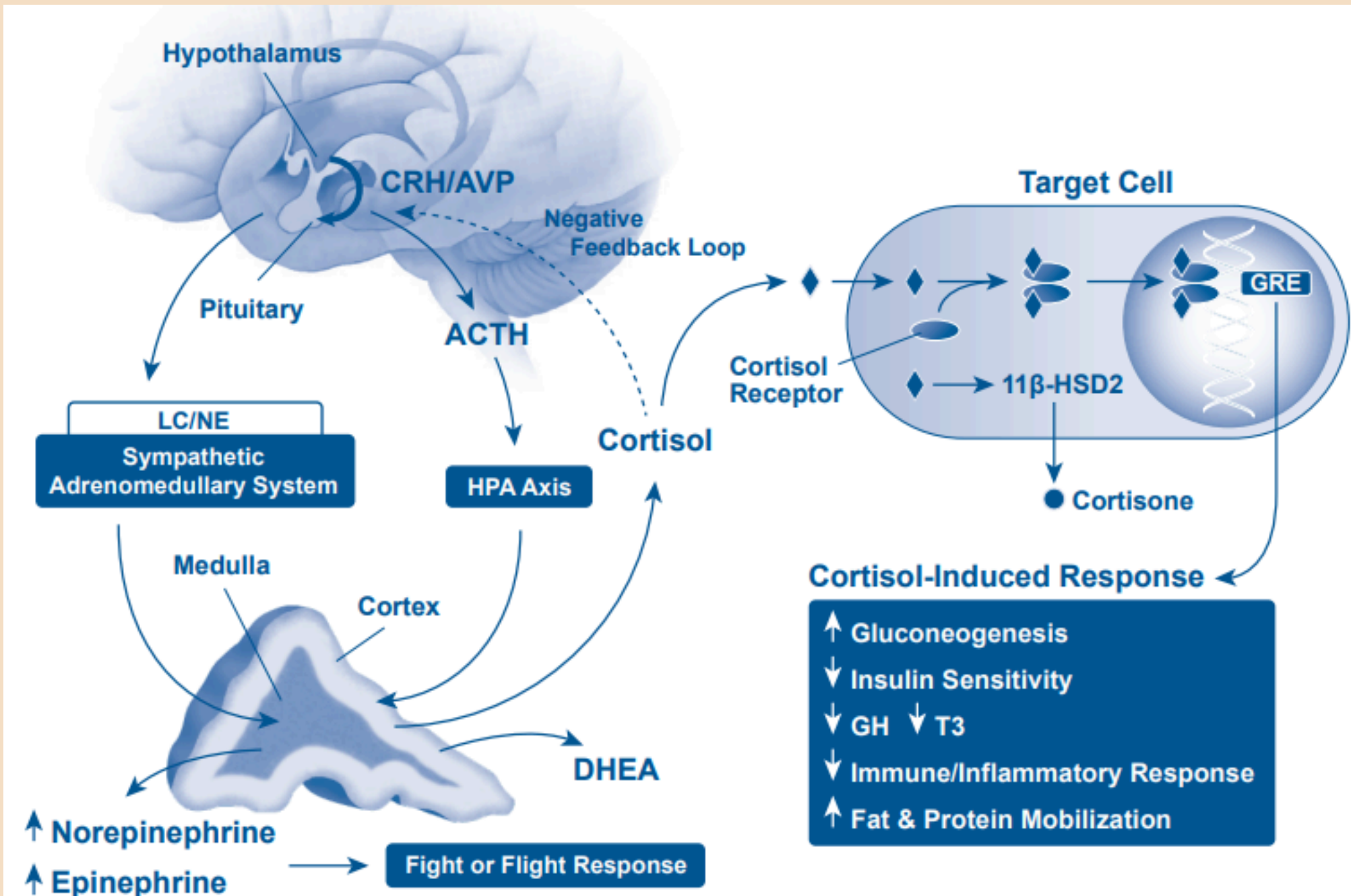
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WHAT IS THE Stress Response System



The HPA Axis (Hypothalamic-Pituitary-Adrenal Axis) is a complex set of interactions among the Hypothalamus, Pituitary Gland and the Adrenal Glands.

It regulates the body's response to stress, including the release of cortisol, the primary stress hormone.

Components

- Hypothalamus: Releases CRH (Corticotropin-Releasing Hormone)
- Pituitary Gland: Releases ACTH (Adrenocorticotrophic Hormone)
- Adrenal Glands: Release Cortisol



IMPORTANCE OF PROPER *HPA-Axis Function*

A Well-functioning HPA-axis is crucial for maintaining homeostasis, energy levels, digestion, immune function and overall mental health.

Signs of a Healthy SRS

- Balanced energy levels
- Good mood regulation
- Resilient immune system
- Normal sleep patterns

WHAT IS STRESS

How can it affect our health & wellbeing



SYMPTOMS AT EACH STAGE

Alarm Stage:

Cortisol and adrenaline levels spike

- Increased heart rate, energy and heightened alertness
- enhanced immune function

Resistance Stage:

Cortisol remains high but waning

- Irritability, poor concentration, anxiety, high blood pressure, insulin resistance, frustration

Exhaustion Stage:

Cortisol levels may drop

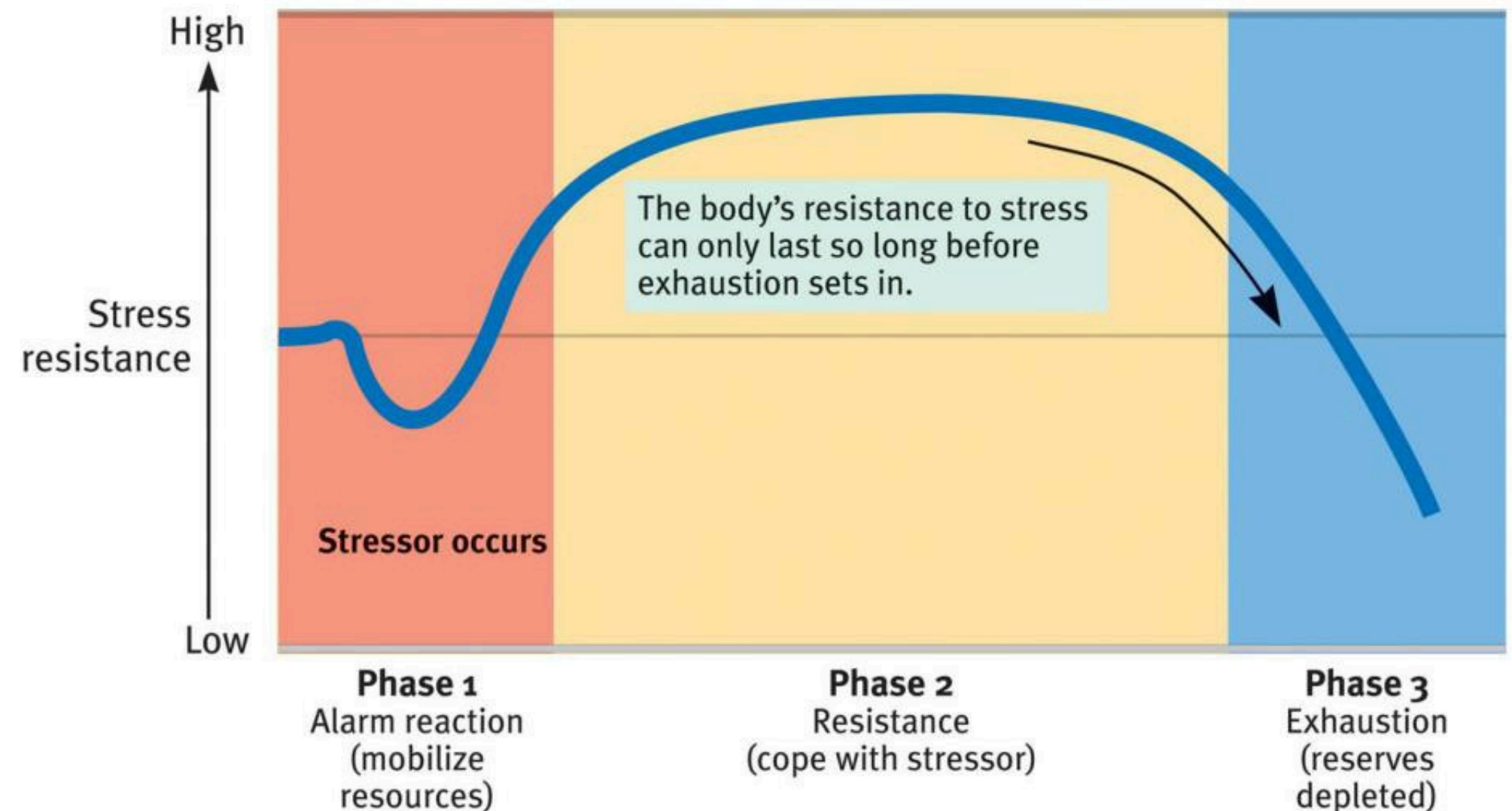
- Depression, weakened immune response, insomnia, brain-fog, poor memory and recall, reproductive dysfunction, BURNOUT

"Image courtesy of Mungfali via Getty Images."

DISRUPTION OF THE HPA-AXIS

General Adaptation Syndrome

General Adaptation Syndrome



HPA-AXIS DYSFUNCTION'S FURTHER EFFECTS ON THOSE WHO EXPERIENCE *Conditions of the Mind*

OCD: Increased cortisol levels may exacerbate obsessive thoughts and anxiety, creating a vicious cycle that further disrupts the HPA-axis and increases cortisol production.

Anxiety: Dysregulated HPA-Axis can heighten anxiety and panic attacks.

Depression: Chronic stress and low cortisol levels are linked to depression.

ADHD: Stress can worsen focus and impulsivity.

Autism: Increased stress sensitivity can aggravate symptoms.





WHAT IS *Burnout*

Definition: A state of physical, emotional and mental exhaustion caused by prolonged stress.

HPA-Axis Dysfunction: Chronic stress leads to impaired cortisol production, impaired immunity and adrenal fatigue. An inability to cope with any stress, no matter how small.

Symptoms: Extreme fatigue, lack of motivation, cynicism, feeling completely and utterly overwhelmed.

SIMPLE, PRACTICAL, REALISTIC WAYS TO SUPPORT SRS FUNCTION AND *Prevent Burnout*

- Make the time to Rest and Relax
- Eat a whole food diet like the Mediterranean Diet
 - Include regular intake of omega-3 fatty acids
 - Avoid excessive caffeine, sugar and processed foods.
- Make Mindfulness, Stress Management Practices and Exercise a Daily Routine
 - Start small and work your way up.
- Get adequate sleep
- Stay hydrated
- Take Herbal and Nutritional supplementation specific to your individual needs.

PROFESSIONAL HOLISTIC SUPPORT FOR THE *Stress Response System*

Herbal Supplementation

- Adaptogens
 - *Withania somnifera* (Ashwaganda)
 - *Rhodiola rosea*
- Adrenal Tonics
 - *Rehmannia glutinosa* (Rehmannia)
- Anxiolytics / Sedatives
 - *Passiflora incarnata* (Passion Flower)
 - *Melissa officinalis* (Lemon Balm)
 - *Scutellaria lateriflora* (Skullcap)
 - *Valeriana officinalis* (Valerian)

I do insist on seeing a professional Qualified Naturopath for herbal and nutritional supplementation recommendations and dosages specific to your individual needs.

Nutritional supplementation

- Magnesium
- Vitamin Bs
- Coenzyme Q10 / Ubiquinol
- EPA & DHA Omega 3



CONCLUSION

Q&As

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