

# *Stress & Nutrition*

"ACCORDING TO THE WORLD HEALTH ORGANIZATION (WHO), STRESS HAS BEEN CLASSIFIED AS THE HEALTH EPIDEMIC OF THE 21ST CENTURY".

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Founder of The Stress Nutritionist

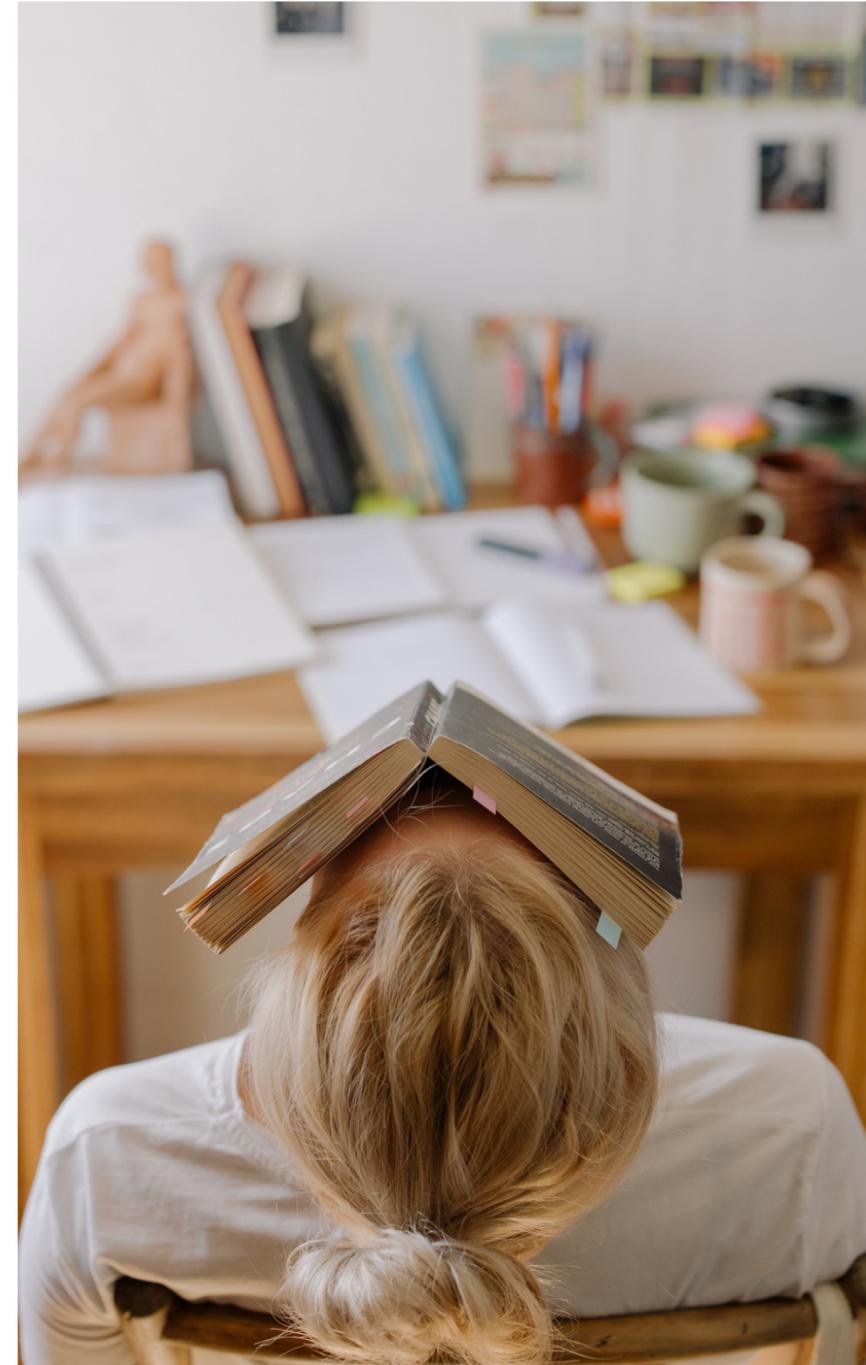




# Introduction

- WHO AM I?
  - NUTRITIONAL THERAPIST, DIPION, MBANT
  - BRITISH ASSOCIATION OF NUTRITION & LIFESTYLE MEDICINE
  - PRE-TESTING CONSULTATIONS @ HEALTHPATH (GUT TESTING SERVICE)
- WHY I SPECIALISED INTO NUTRITION & STRESS?
  - LACK OF EDUCATION IN SCHOOL
  - PERSONAL HEALTH EXPERIENCES

**WHAT DO YOU  
FIND STRESSFUL?**



# What is *stress?*

GOOD OR BAD?

Eustress VS Distress

"Stress is the feeling of being overwhelmed or unable to cope with mental or emotional pressure"

Mental Health Foundation

<https://pubmed.ncbi.nlm.nih.gov/31887414/> - ACE scores and CRP

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8342545/> - ACE scores and depression



*(A subjective topic depending on  
your past)*

*An unmet need*

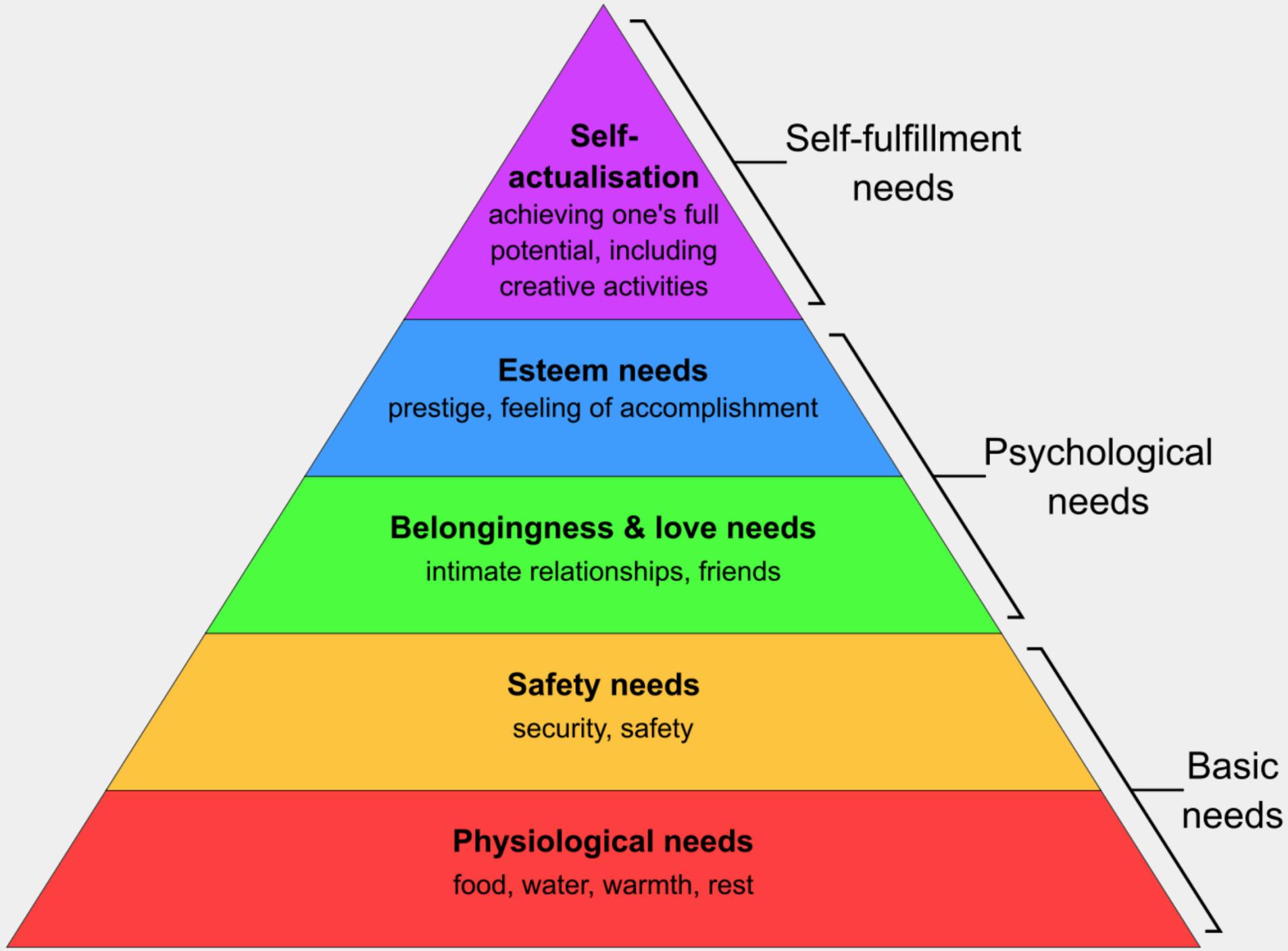
Stress occurs when a need is not met - be it physical, mental or emotional

*A threat to our wellbeing*

A situation that causes our wellbeing to be put at risk

*An inescapable problem, situation or task*

When we feel unable to solve a problem or task.



*Maslow's Hierarchy of Needs*

Low or high blood sugar

Social anxiety

High pathogenic load/infection

Loneliness

High screen exposure

Sleep deprivation

Moving House

Heavy workload

Sun exposure/lack of

Resource depletion

Nutrient deficiencies

Environment toxins

Break up/Seperation

(Bad air: Pollution/mould)

Inflammation

Lack of touch

Physical/mental/emotional  
pain

Social conflicts

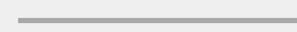
Lack of autonomy

Triggers/PTSD

# Examples

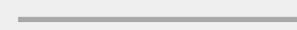
# Impact on the *nervous system*

*Sympathetic  
Nervous System*



Fight or Flight

*Parasympathetic  
Nervous System*



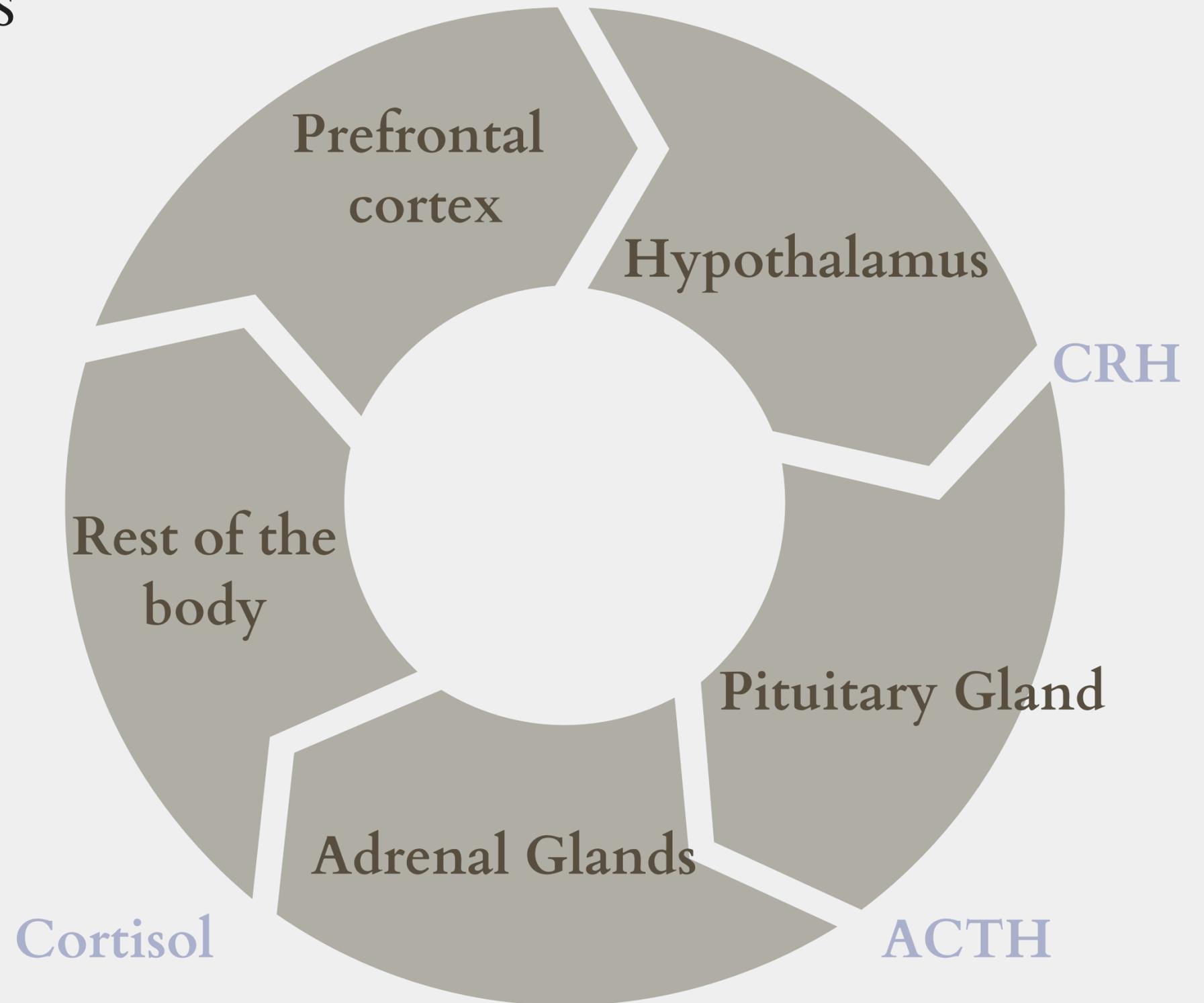
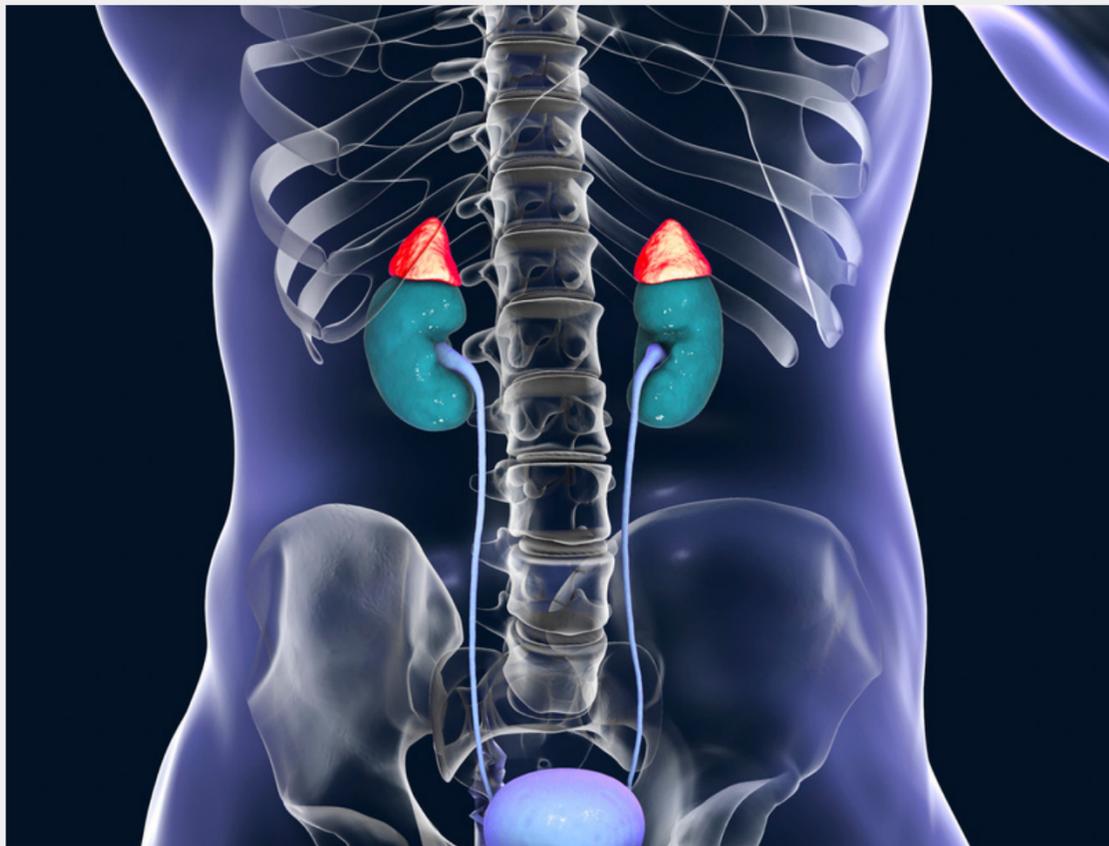
Rest & Digest

Suppression of serotonin & dopamine





# Hypothalamic-Pituitary-Adrenal (HPA) Axis



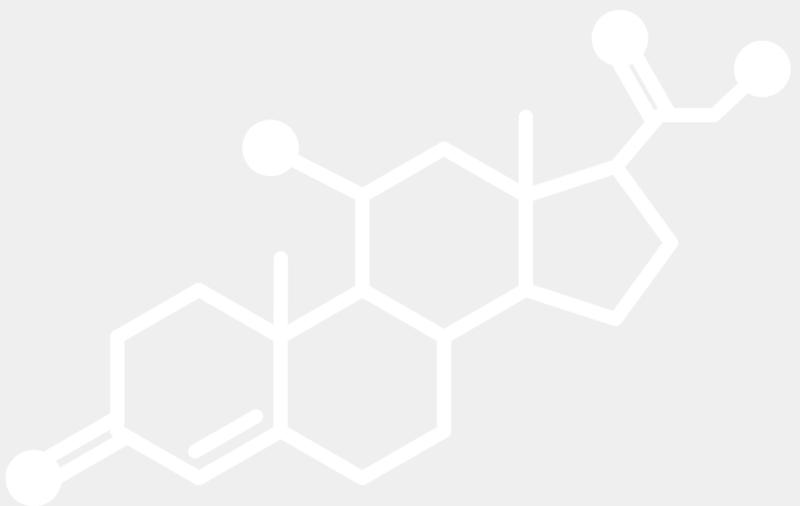
## Strung out

## Burnt out

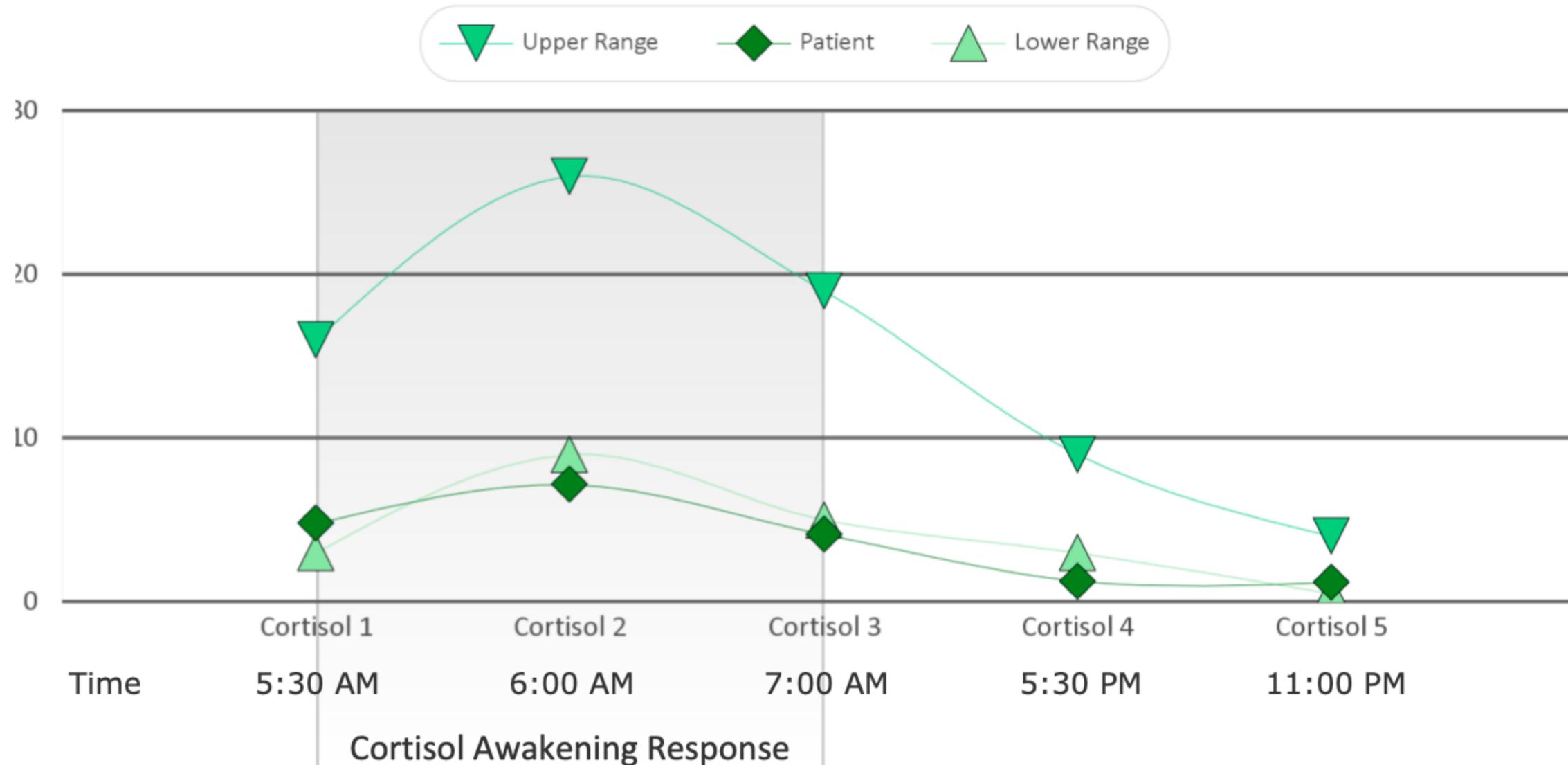
HPA Axis	Brain/NS over active & hyper reactive	Brain/NS are underactive and under reactive
Symptoms	<p>Anxiety Disorders                      Insomnia                      Depression with Anxiety                      OCD                      Addiction                      Gut Issues                      Obesity/Diabetes                      Hyperthyroidism</p>	<p>Adrenal Fatigue/Burnout                      Hypersomnia                      Depression (no anxiety)                      Chronic Fatigue                      Fibromyalgia                      PTSD                      Hypothyroidism                      Gut Issues</p>
Strategy	Calm down brain/NS	Improve adrenal adaptation & reactivity



# SALIVA CORTISOL TEST



## Cortisol Diurnal Rhythm



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4028159>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6893582/> - wholefood diet and cortisol (nutrients/2019) - steady carbohydrates + Increasing nutrient density of the body

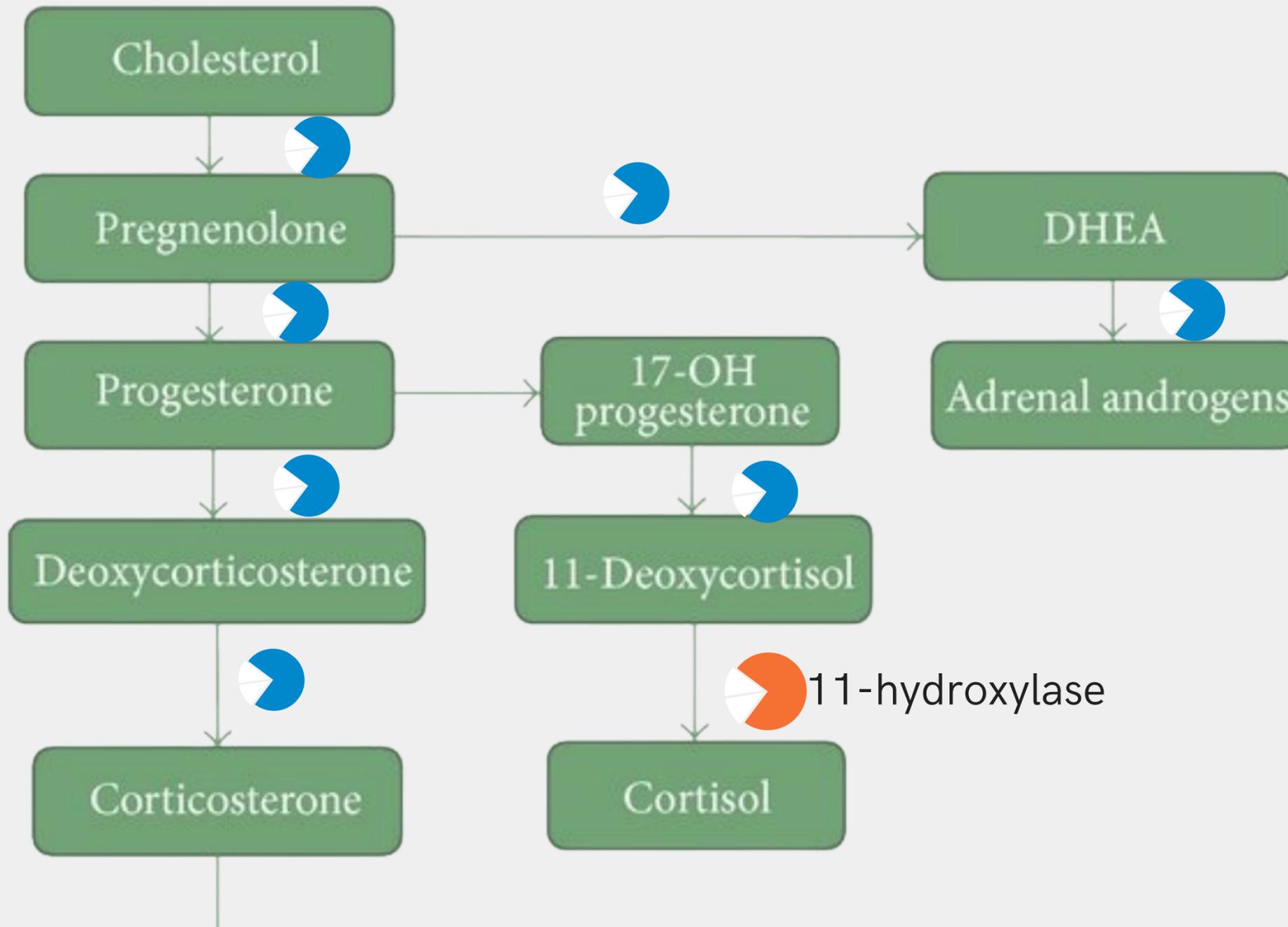
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7507034/> - probiotics (2020, Zang *et al.*)

# Coping Mechanisms

- Sugar/Refined Carbs
- Fried Foods/High Fats
- Caffeine
  
- Smoking
- Workaholism
- Relationship Pressure
- Alcohol/Partying/Drugs
- Painkillers
- TV/Social Media



# Cortisol Biosynthesis



## *Enzyme Co Factors*

Vitamin C

B-complex (B5)

Minerals (Mg, Zn, Se, Ca)



# GENERAL EATING FOR RESILIENCE

## *Blood Sugar Balance*

Ensuring a steady release of glucose into the blood-stream.

## *Whole-food diet*

Increasing fibre & nutrient density. Reducing oxidative stress.

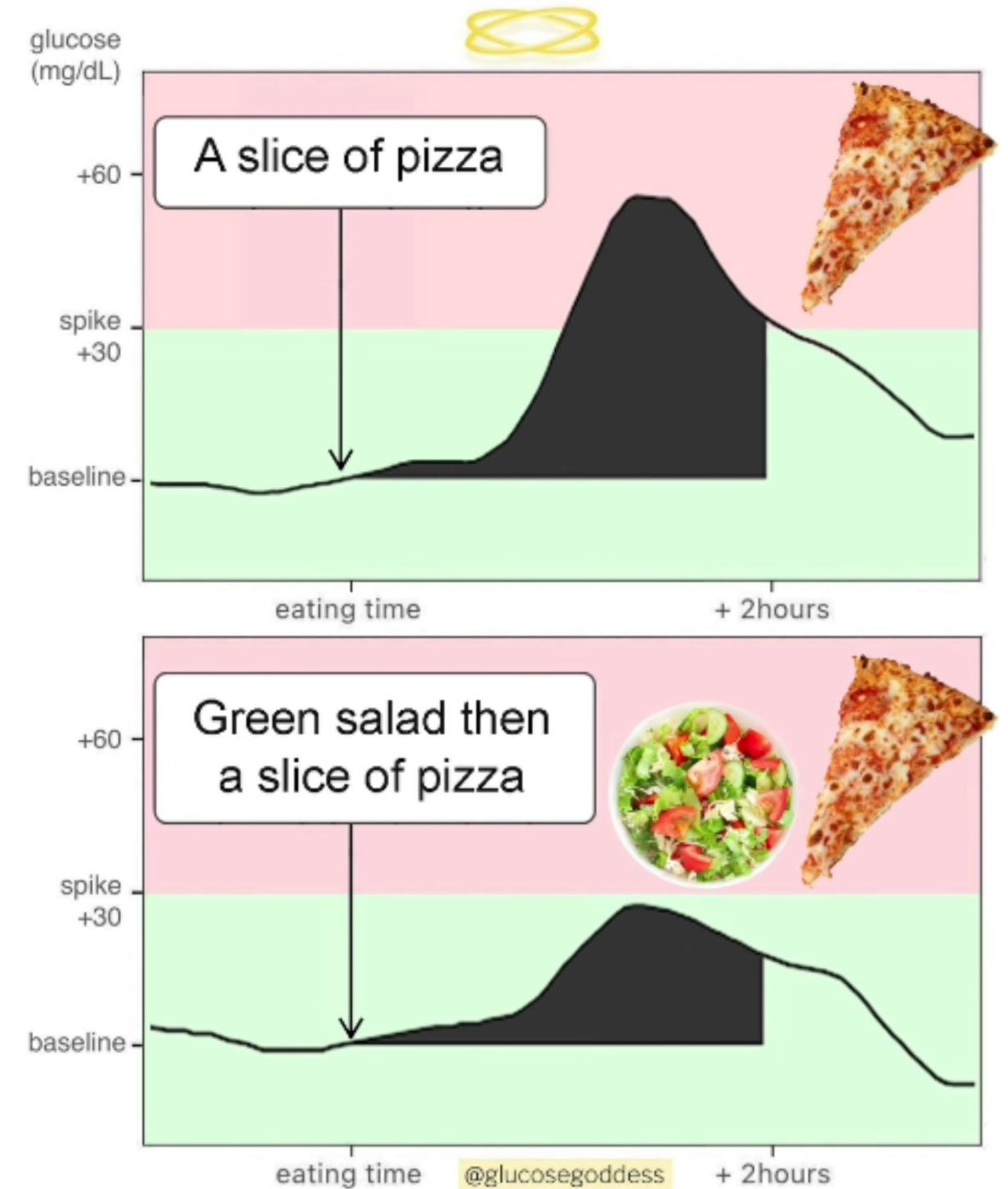
## *Probiotics/Gut Health*

Improving the health of the microbiome.

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# Superfoods

*Ashwaghandha*



Extract 300mg twice daily - significantly reduced symptoms of stress, anxiety & cortisol in 2 months.

Indian J Psychol Med. 2012 Jul;34(3):255-62.

*Rhodiola*



Extract 300mg twice daily - significantly reduced symptoms of stress, anxiety & cortisol

Indian J Psychol Med. 2012 Jul;34(3):255-62.

*Maca*



Extract 300mg twice daily - significantly reduced symptoms of stress, anxiety & cortisol

Indian J Psychol Med. 2012 Jul;34(3):255-62.

# Lifestyle factors

ANYTHING THAT WOULD OTHERWISE INCREASE CHANCES OF SURVIVAL, PROCREATION OR SOCIAL STANDING



## *Nature*

Modulates microbiome, Increases gut resiliency, encourages mind to relax

## *Exercise*

Modulates microbiome, immune system and burns excess stress hormones

## *Sleep/Rest*

Recoop, rest & recover to give a chance for your body to regulate itself.

## *Sunlight*

Modulates microbiome, Encourages Vitamin D synthesis + serotonin modulation

## *Socialising/Fun*

Positive social interactions with your community, family & friends that makes you feel safe/secure.

## *Purpose & Meaning*

Encourages synthesis of dopamine & serotonin, Feelings of motivation, supports good stress

*Any Questions?*

"There will be some stresses in life that are *unavoidable* and although they may be unpleasant at the time, they are the reason for our life *successes*."

# Thank you!

Smoothie Time!

## *Contact Us*

*Free 30 min consultations*  
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## *Follow for tips*

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