The Low Stress Diet
Eating For A Healthy Immune System In a Stressful World
Certain foods and eating habits can be serious stressors to the body.
“Let food be your medicine and let medicine be your food.”

—Hippocrates
Five Aspects of Nutrition
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1. Nutrients
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1. Nutrients

2. Digestion
Five Aspects of Nutrition

1. Nutrients
2. Digestion
3. Absorption
Five Aspects of Nutrition

1. Nutrients
2. Digestion
3. Absorption
4. Metabolism
Five Aspects of Nutrition

1. Nutrients
2. Digestion
3. Absorption
4. Metabolism
5. Elimination
Five Aspects of Nutrition

1. Nutrients
2. Digestion
3. Absorption
4. Metabolism
5. Elimination

Stress affects all aspects of nutrition!
Stress-related illnesses and diseases affect the GI track more so than any other physiological system in the body.

- Ulcers
- Acid reflux
- Colitis
- Irritable Bowel Syndrome
- Crohn’s Disease
- Many others
Domino #1

Depletion of Nutrients

Vital Nutrients Are Depleted With Chronic Stress
Domino #1

Depletion of Nutrients

Vitamin C
B-Complex
Magnesium
Calcium
Potassium
Zinc
Copper
Domino #2

Vital nutrients are not replaced with stress-prone eating behaviors

Poor Eating Habits
Reasons:
• Lack of time
• Processed foods
• Junk foods
• Comfort foods
• Lack of food variety
• Lack of moderation
• Other reasons
Stressed people typically eat foods that promote the stress response.
Domino #3

Foods That Trigger the Stress Response

- Refined Sugar
- Processed Flour
- Salt
- Caffeine
- Various Synthetic Chemicals
Americans consume as much as a cup of refined sugar a day in various foods they eat.
Various foods can compromise the immune system.
“The bottom line is that sugar upsets the body chemistry and suppresses the immune system. The stronger the immune system the easier it is for the body to fight infectious and degenerative diseases.”

— Nancy Appleton, Ph.D.
“Don’t be foolish enough to dig your own grave with a fork and spoon.”

—Anonymous
Eating Tips for Promoting a Healthy Immune System
Tip #1

Eat A Variety Of Food Colors
Tip #2
Choose Foods High In Antioxidants
Tip #3

Choose “Organic” Foods Whenever Possible
“Chemicals have replaced bacteria and viruses as the main threat to human health. The diseases we’re beginning to see as the major causes of death as we begin the 21st century are diseases of chemical origin.”

—Rick Irvin, Toxicologist  
Texas A&M University
Tip #4

Drink *Filtered* Water To Keep Hydrated
(eight 8oz glasses/day)
Tip #5
Reduce Your Caffeine Consumption
Tip #6
Avoid/Minimize
Genetically Modified Foods
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Genetically Modified Foods

Corn
Soy
Tomatoes

• As much as 60% of grocery store food products are Genetically Modified Organisms (GMO’s)
Tip #6
Avoid/Minimize
Genetically Modified Foods

Genetically modified foods are now associated with an increased incidence of food allergies
Tip #7

Include Fresh Herbs And Spices In Your Cooked Meals
Tip #8
Consume Free-Range Meats
Tip #8

Consume Free-Range Meats

Avoid consumption of:
Synthetic hormones, antibiotics, pesticides, herbicides, fungicides and synthetic fertilizers.
Tip #9
Consume An Adequate Amount Of Fiber
(30-40 grams/day)
Tip #10

Add Omega 3 Oils To Your Daily Diet
Tip #11
Good Food Preparation Is Essential
Tip #12
Apply Only Natural Skin-Care Products To Your Skin
A Word About Vitamin & Herbal Supplements
What Is The Bio-Availability Of Your Supplements?
The B-Complex Vitamin Is Known As The “Stress Vitamin”
“Sixty percent of all cancers could be eliminated if people ate healthier foods.”

— The American Cancer Society
“Eat at least one meal a day for your immune system.”

—Brian Luke Seaward, Ph.D.
References & Resources

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References & Resources


References & Resources


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