



# **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**



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**3. Absorption**



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**4. Metabolism**



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**5. Elimination**



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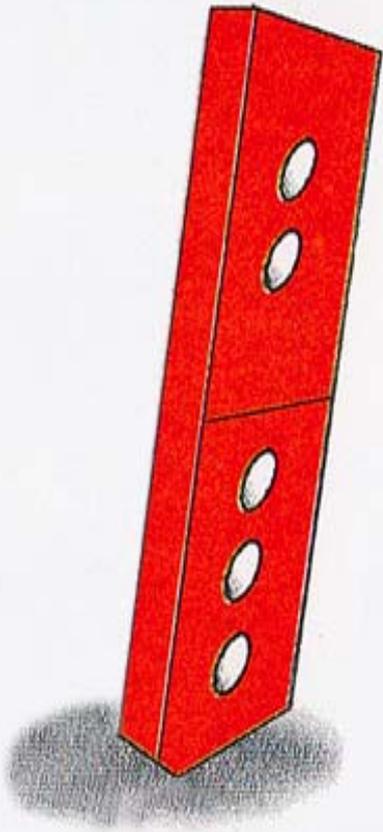
**Stress affects all aspects of nutrition!**

**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**



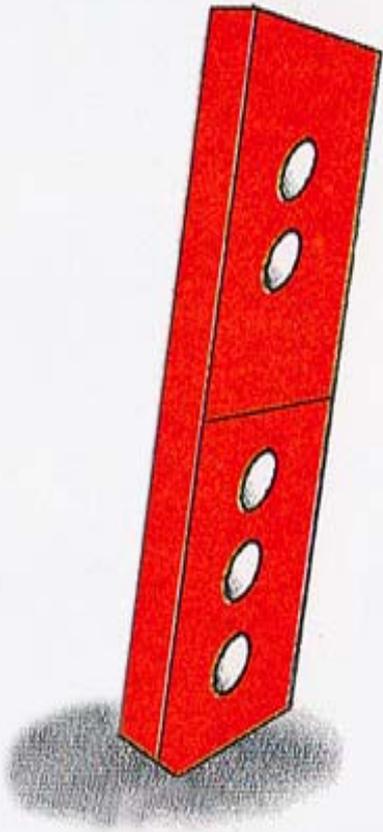
# Domino #1



**Depletion of Nutrients**

**Vital  
Nutrients  
Are Depleted  
With  
Chronic  
Stress**

# Domino #1



**Depletion of Nutrients**

**Vitamin C**  
**B-Complex**

**Magnesium**

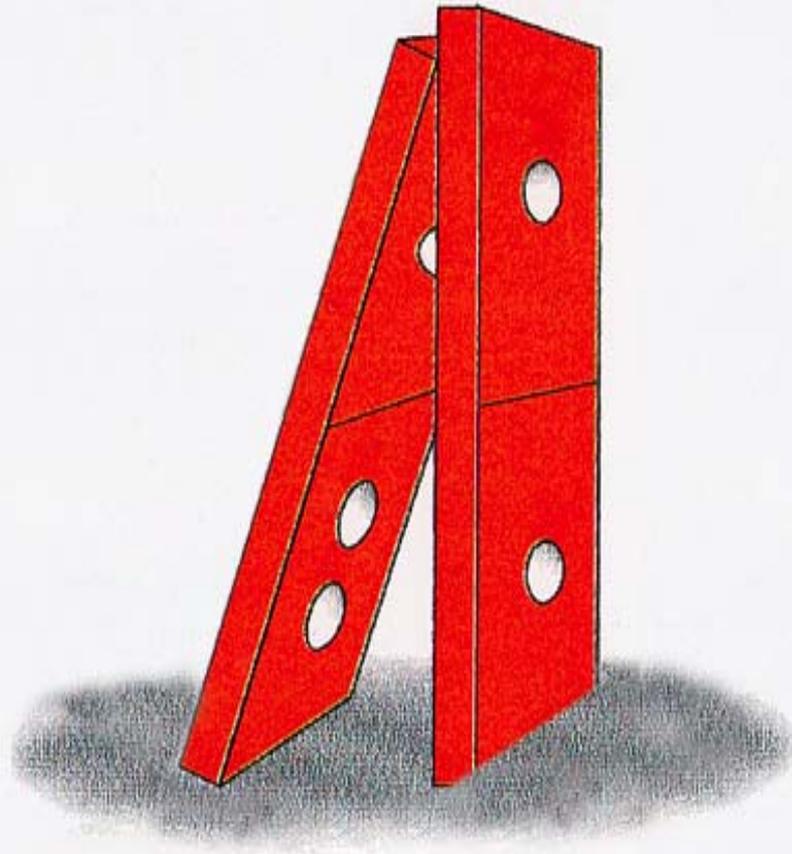
**Calcium**

**Potassium**

**Zinc**

**Copper**

# Domino #2



**Poor Eating Habits**

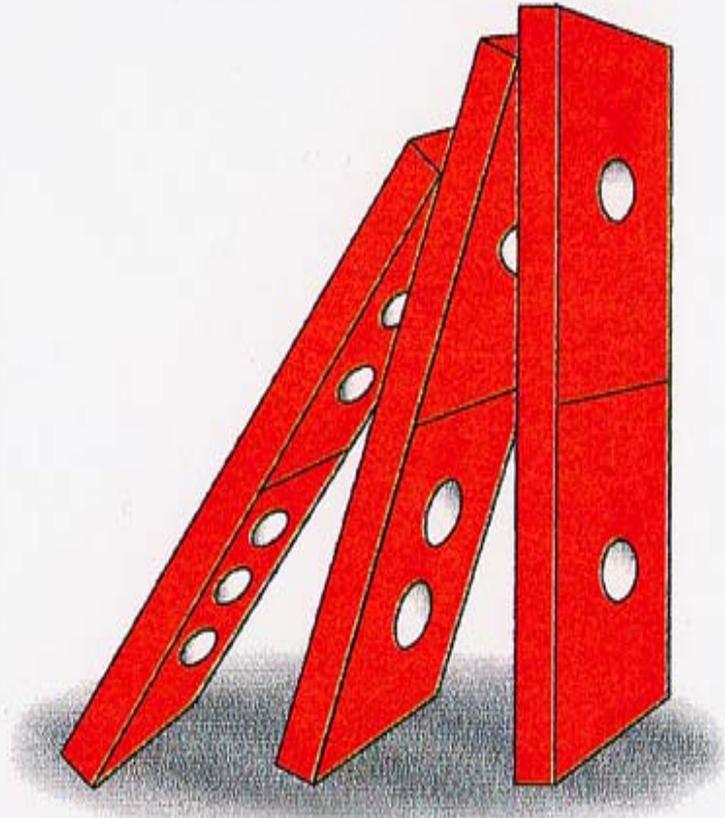
**Vital nutrients  
are not replaced  
with stress-prone  
eating behaviors**

# Reasons:

- Lack of time
- Processed foods
- Junk foods
- Comfort foods
- Lack of food variety
- Lack of moderation
- Other reasons



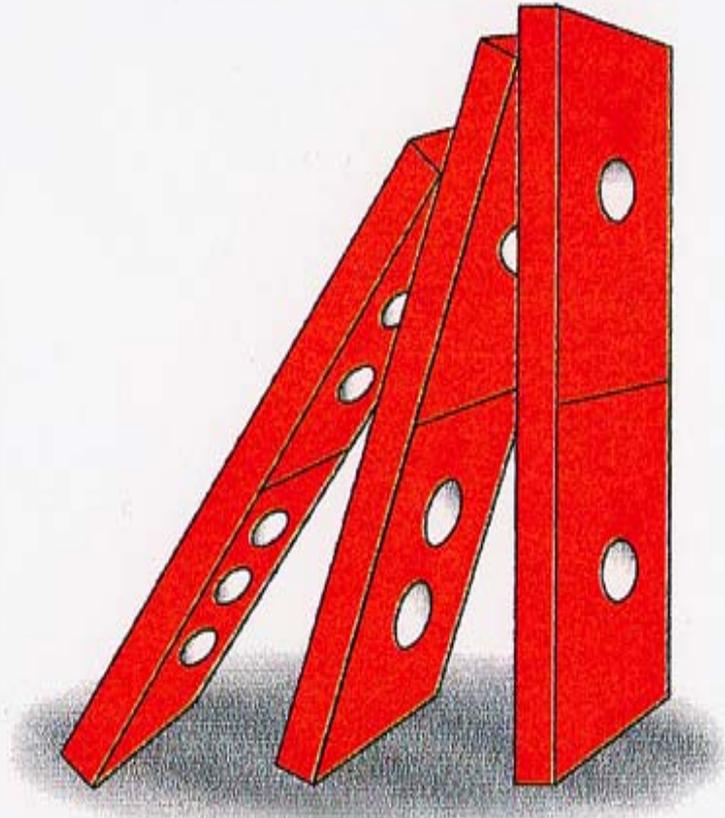
# Domino #3



**Foods That Trigger  
the Stress Response**

**Stressed  
people typically  
eat foods  
that promote  
the stress  
response**

# Domino #3



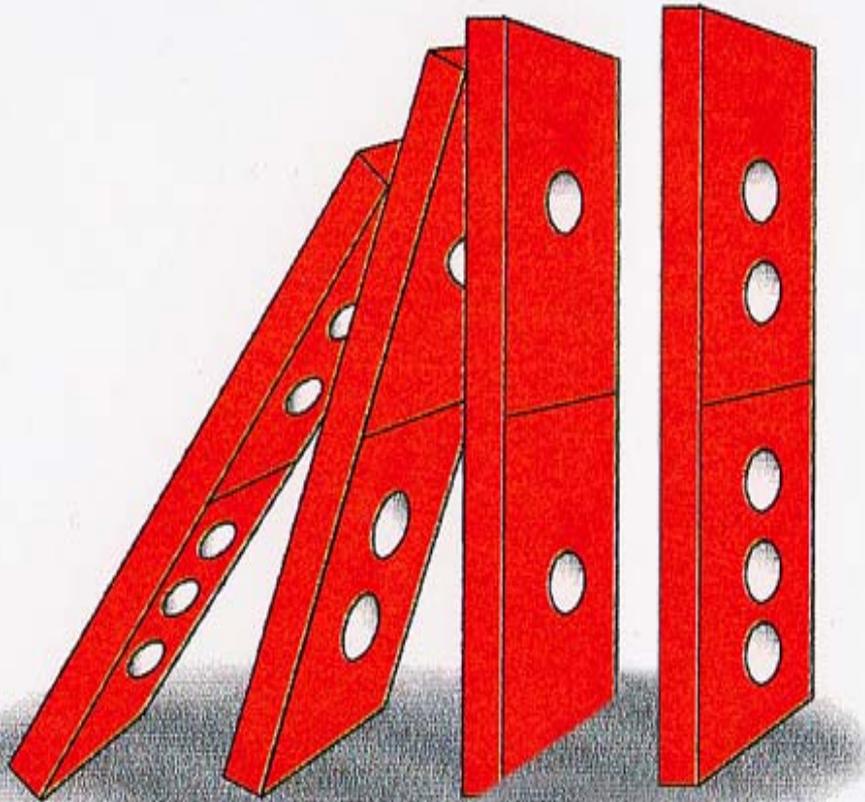
**Foods That Trigger  
the Stress Response**

- **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.*

# Domino #4



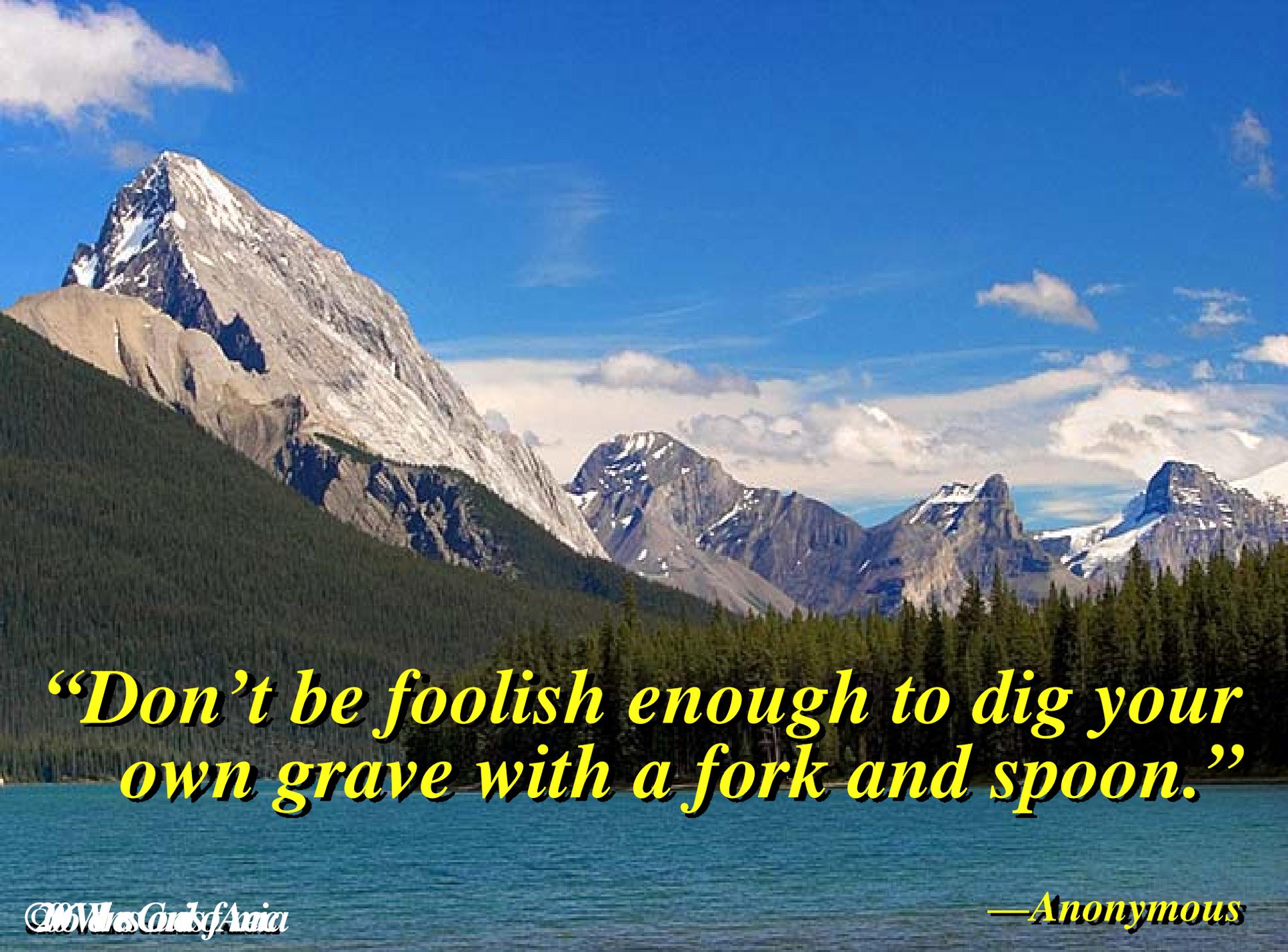
**Immune System Becomes  
Compromised**

**Various foods  
can compromise  
the immune  
system**

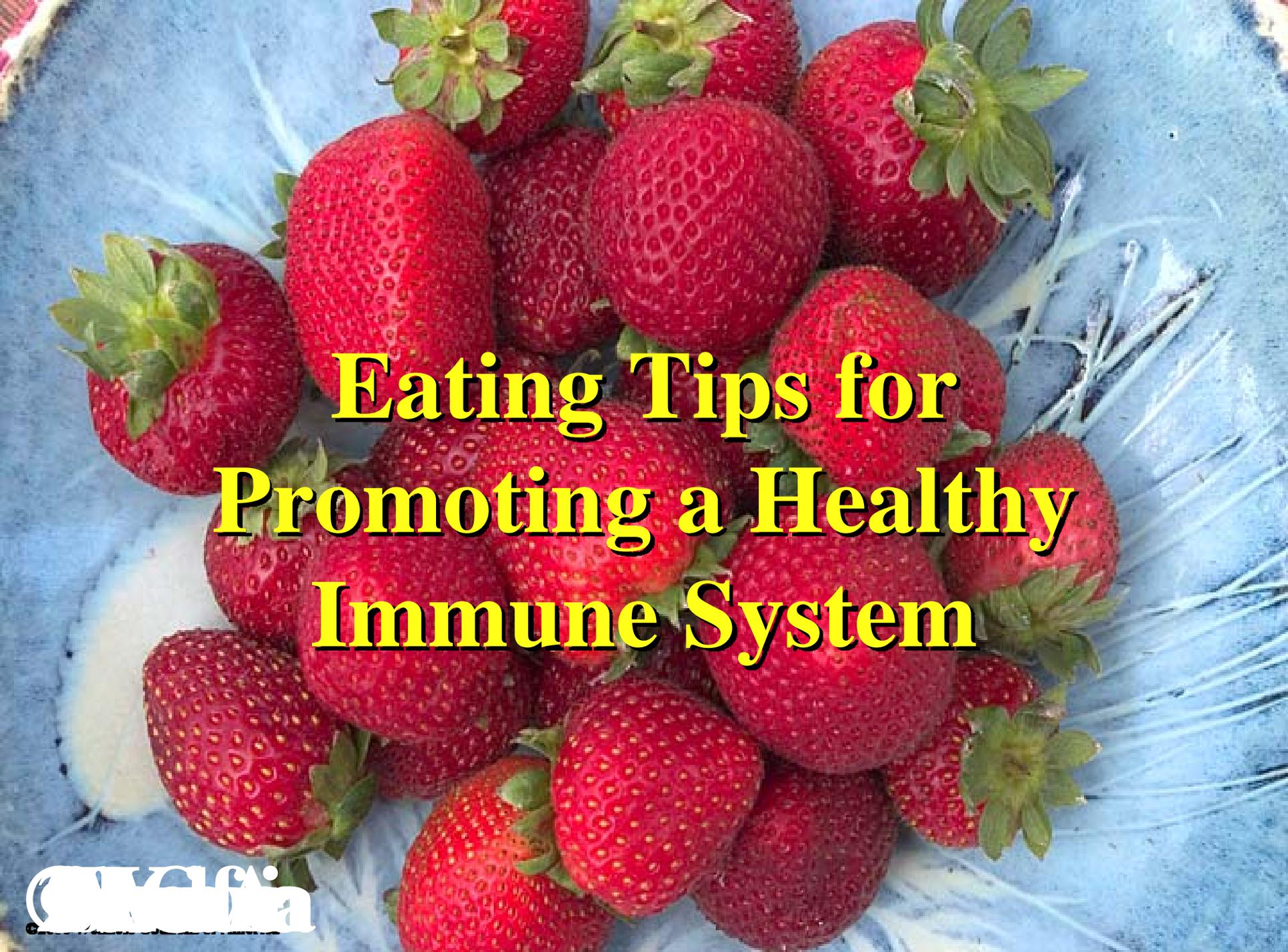


***“The bottom line is that sugar upsets the body chemistry and suppresses the immune system. The stronger the immune system the easier it is for the body to fight infectious and degenerative diseases.”***

***—Nancy Appleton, Ph.D.***



*“Don’t be foolish enough to dig your own grave with a fork and spoon.”*

A close-up photograph of a basket filled with fresh, ripe strawberries. The strawberries are bright red with visible seeds and green leafy tops. They are arranged in a dense cluster, filling most of the frame. The basket's woven texture is visible in the background.

# **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 21<sup>st</sup> 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**



# **Tip #6**

## **Avoid/Minimize**

### **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

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**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.*

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