

WEEK 3
THE PHYSICAL ASPECT –

EXERCISE, ANXIETY,
FATIGUE & JOINT HEALTH

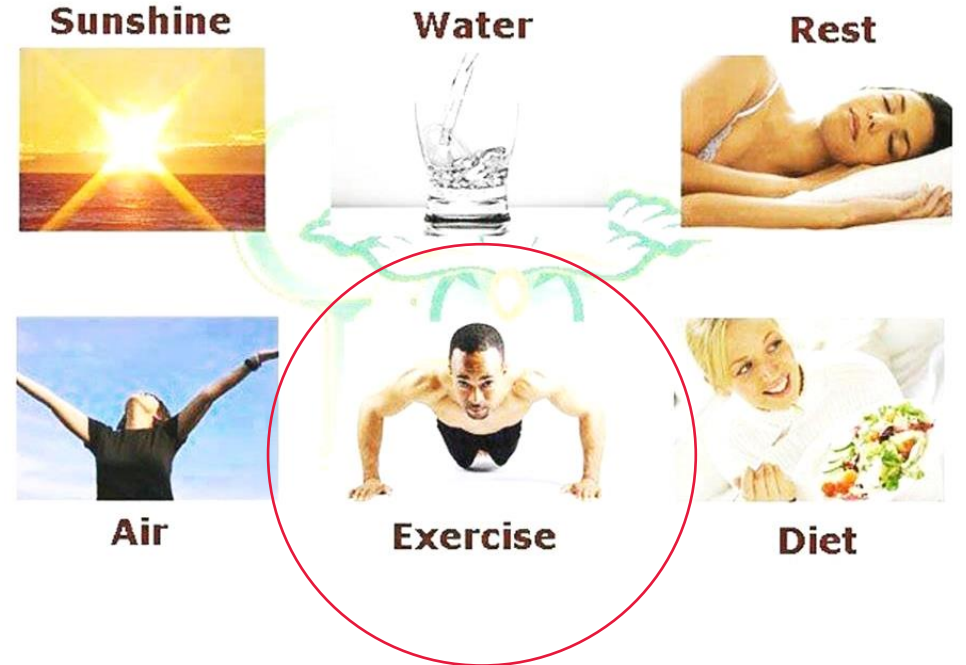
HOW ARE THEY ALL LINKED?



Symptoms covered today

- The basis of Chronic Fatigue
- Anxiety
- Joint Issues
- Bone health
- Skin health
- Sleep Quality
- Low Moods
- Cold Flushes

The 6 Best Doctors:



Oestrogen and Your Adrenals (and Libido!)

- As we lose our oestrogen, our main source now comes from adrenals
- If we're stressing our body too much we're then causing the adrenals to only pump out stress hormones, and not create sex hormones
- You lose your libido, your body goes into 'Low Moods' as without sex hormones we don't have such emotions.
- Whilst your body is in stress mode:
 - Your digestion is shut down, you don't absorb all the nutrients from your food (and possibly your supplements)
 - Your blood is thicker, leading to the chance of more heart associated issues and strokes. Your Liver releases too much sugar, creating a catch 22 situation
- Cold flushes in early evening are a symptom
- Your body is in biochemical 'red alert', and you're keeping it there with your current lifestyle

Extracted from Dr Marilyn Glenville 'The Adrenal Glands and Stress Hormones'

Let's get physical

- Listening to your body to manage exercise
- Finding the right kind of impact to increase bone strength but NOT to increase joint stress
- Reflexes/co-ordination in mind and body sharp, and flexible for joint health, and balance. Strong muscles, shield bones
- Exercise can stop food cravings - releases a chemical that can suppress appetite. If you crave carbs after exercise then your body is nutritionally deficient or over exercised
- Tired/ heaviness/ fatigue responds well to energetic exercise like Yoga & Qi Gong
- The right kind of exercise for your type of metabolism is beneficial to losing/maintaining weight - check your metabolic type guides

It's about doing it right, not over doing it!

Emily talks hormones, stress & exercise

- And I forgot to say she is a Physical Trainer too!



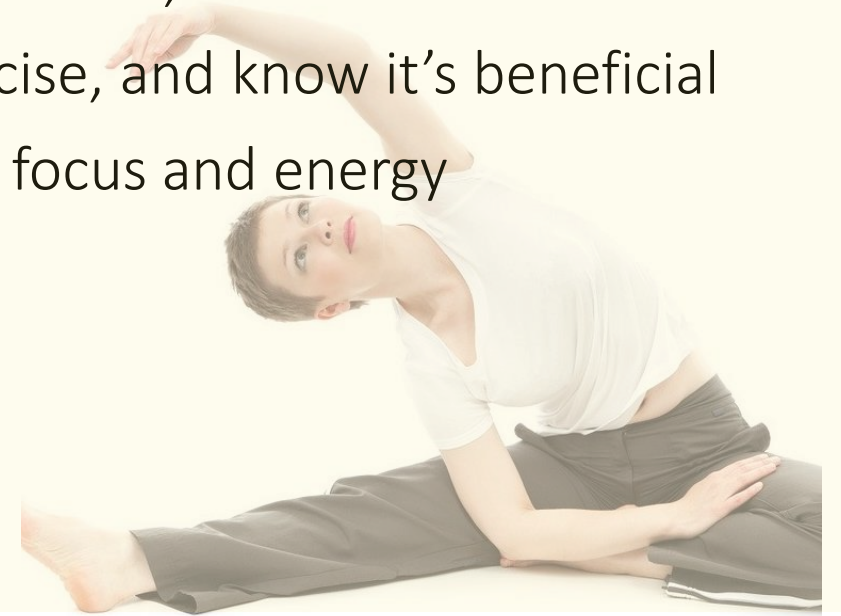
Types of exercise

- We know there are 5 areas:
 - Cardio, Flexibility, Impact, Balance, Mindfulness
 - How can we combine some of these?
 - What exercises cover which of the 5?
 - Which exercises calm your mind?



How exercise must make you feel

- You feel energised and happy post session
- You're NOT left feeling more hungry (exercise suppresses food cravings)
- You won't ache for more than one day, especially if you do this regularly
- You exercise because you enjoy it, not because you 'should', look forward to class
- You listen to your body, and the outcome of the exercise, and know it's beneficial
- You feel calmer for the rest of the day, can work with focus and energy
- You sleep well, and awake refreshed



Joint Health

- There is direct blood supply to the bones, ensure blood not acidic
- There is no direct blood supply to ligaments / tendons so we have to pack in a lot of nutrition to reach them.

- The health of your bones require Magnesium, Calcium and Vitamin D
- The health of your muscles, ligaments and tendons require Magnesium, Vitamin C Collagen (and a lot of others – hence Multi vitamin)

- The strength of your bones require Impact exercise
- The tone of your muscles require Flexibility – Can you kneel?
- Balance - Can you stand on one leg for 30 seconds or more?



Anxiety - A word that

exacerbates your mind negatively

from a simple chemical reaction



Anxiety – Separating mind from body

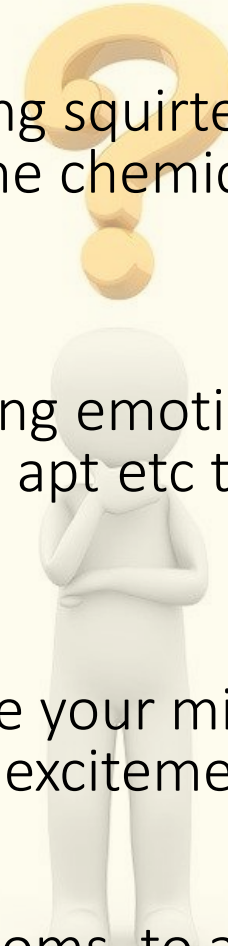
To deal with anxiety effectively is to understand what is going on physically and how we've come to create a negative association with it. In divorcing these two we can manage the physical reaction without having an emotional attachment:

- 'Anxiety' is the head word for what you are feeling. This is learned behaviour from those around you
- The physical symptoms are different between women
- You know it as a negative feeling. This is how it's being interpreted mentally by you
- The same chemical process happens for excitement too, however you have chosen to associate a negative rather than positive to this physical reaction – You can choose how to interpret



Anxiety – What is it really?

- Body – what is going on physically is that Adrenalin is being squirted too easily. When I feel a symptom I link with ‘anxiety’ I tell myself ‘the chemical is squirting too easily , ignore it’.
- Mind - Question whether in that moment you are attaching emotions, if there is no reason too i.e. you don't have a job interview, hospital apt etc then do you actually need to ‘feel’ anxious?
- Body - Don't allow a chemical process in your body to rule your mind and emotions. This chemical process is EXACTLY the same for excitement too.
- Mind – Manage your interpretation of the physical symptoms, to avoid creating more symptoms. You can step out of your catch 22 situation. Learn and accept this process at this time. Your body ‘recalibrates’ over time to handle and calm down



Anxiety – What you can do about it

- Eat little and often – this will suit some people – too long without food will cause an adrenal release and unbalance blood sugars
- Remove stimulants to help ward off over active adrenal release
- Supplements – Magnesium (aka Nature's Tranquiliser), the Vitamin B's, Ashwagandha (this calms the adrenal release)
- Korean Ginseng improves the adrenal function, Agnus Castus (lowers oestrogen/increases progesterone slightly) and in clinical trials has proved to reduce anxiety
- Essential oils – Geranium and Clary Sage – for stress and hormone balancing. Both are in Blossom cream, pure oils can be added to a carrier oil and used as a massage or shower oil
- Find one form of exercise that calms your mind (without over exertion) this will relieve overwhelm
- Restorative Yoga/ Qi Gong calm the mind, and support adrenal health
- Journal your exercise v anxiety levels, plus food v mood, can you spot patterns?



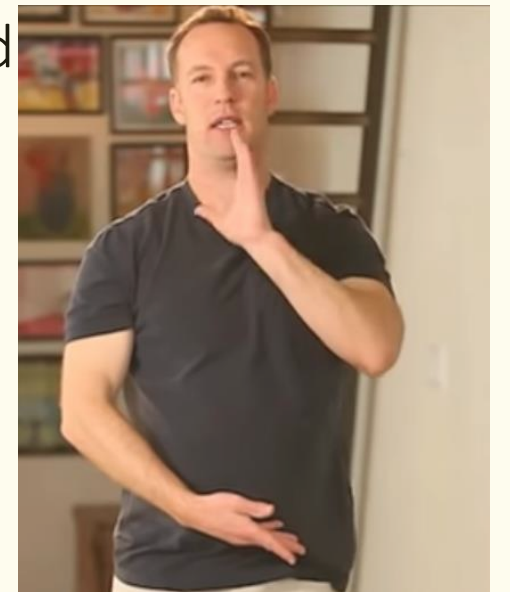
Anxiety – Calm your mind and body

- Try this mind and body calming exercise... you can do it in the loo!
- Qi Gong – Meditation through movement Look out for the video in your email or click on image



Calming your mind and body together

- Trying to do one without the other is where people can fail if they can't calm their mind on its own. If a mindfulness app doesn't work for you combine physical with mindful – this is where Yoga/ Qi Gong excel
- Don't punish your body to calm your mind, exercise to the point of exhaustion then 'too tired to think', this is too physically draining and unsustainable and exacerbates adrenal fatigue and anxiety
- Harmonise your 'Chi'! This is your energy in mind and body, thoughtful/mindful exercise incorporates specific breathing, this calms your mind quickly and rejuvenates your body for long term health benefits



Julie Ann explains yoga – she started at 52

- Yoga for Menopause with Julie Ann Garrido
- Look out for the link in your email or click image below



Yoga (Qi Gong, Tai Chi, martial arts)

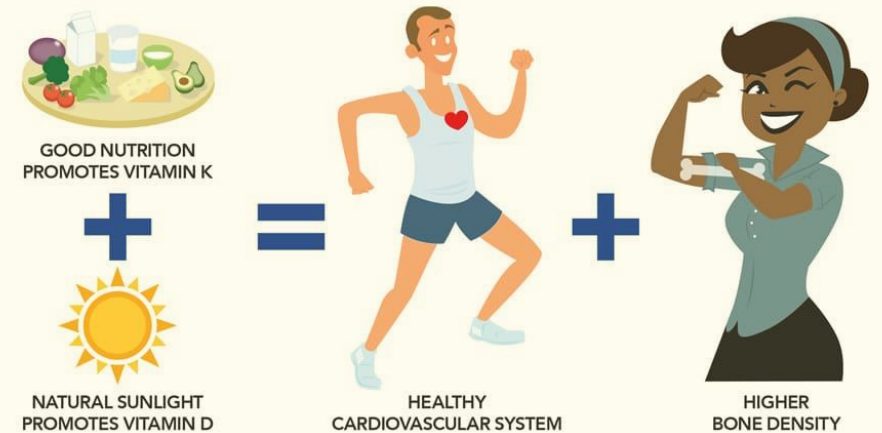
- The benefits are Flexibility, Strength, Balance, Mindfulness
- Open your joints, softens and strengthens muscles
- Allows you to stimulate the energetics of your body, including blood flow, and lymph drainage – Stimulates the meridians of your body which I do w/ Shiatsu
- Extremely calming, and helps balance out emotions/hormones
- Restorative to adrenal health
- Certain poses to alleviate certain symptoms
- Don't dismiss as too simple



This week's supplements

- Bone/Joint Health – Magnesium, Vitamin D, Calcium, Multi Vitamins, Glucosamine Sulphate. Bromelain if you have osteoarthritis (along with Turmeric)
- Muscle Health – Magnesium, Multi vitamins, Omega 3 , Omega 6 (Evening Primrose/Starflower)
- Tendons , Ligaments and Skin – High dose vitamin C to promote Collagen growth. Can also take a Collagen supplement
- Anxiety – Ashwagandha (calms adrenal function)

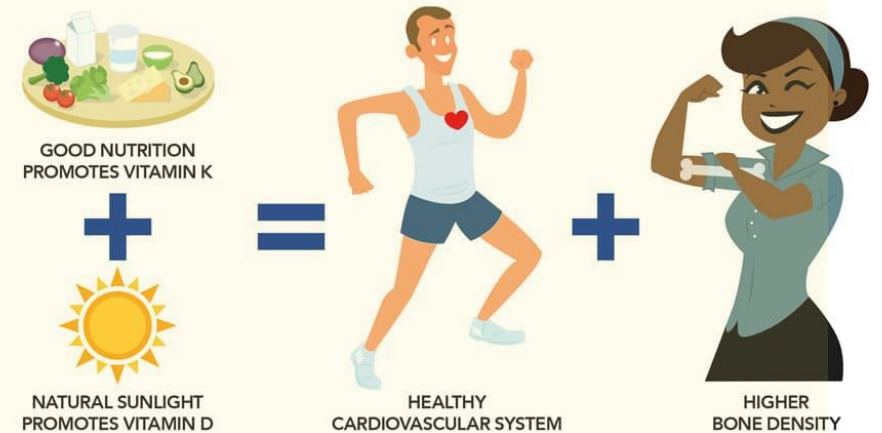
Check contra-indications to taking supplements eg Turmeric



SUPPLEMENTS

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NEXT WEEK

It's all about you...



A bedtime relaxation Yoga position

- Do for 10 to 20 minutes, even in bed! Check out the link in your email or click image below

