



# Mindpower Healing & Hypnosis

## Effects of Stress on the Body

### **The way we think directly informs our body on how to operate.**

When we begin to make healthy mind choices, our body will respond. Here are some effects that stress can have on your body:

- ★ Increased cortisol production: Associated with weight gain (especially in the belly), inability to lose weight or gain muscle, premature aging.
- ★ Decreased nutrient absorption: Due to decreased enzymatic production from the stomach, pancreas and liver, decreased bile flow from gallbladder, decreased oxygenation and gastrointestinal blood flow.
- ★ Increased nutrient excretion: Urinary loss of calcium, magnesium, potassium, zinc, chromium, selenium, and various microminerals.
- ★ Decreased gut flora populations: Healthy intestinal bacteria are destroyed by stress, which can lead to immune problems, skin disorders, nutrient deficiencies, and digestive distress.
- ★ Increase in salt retention: Can lead to high blood pressure.
- ★ Decrease in thermic efficiency: Your ability to burn calories is diminished.
- ★ Decrease in thyroid hormone: Can lead to a decrease in metabolic activity throughout the body.
- ★ Increase in blood cholesterol: Stress by itself will raise LDL levels.
- ★ Increase in blood platelet aggregation: A major risk factor in heart disease.
- ★ Decrease in sex hormones: Can mean lower sex drive, low energy, decreased muscle mass.
- ★ Increase in inflammation: The basis of many significant ailments, including brain and heart disease.
- ★ Increase in gastric emptying time: Can lead to constipation; also a risk factor in diseases of the colon.
- ★ Decrease in gastric emptying time: Can lead to diarrhea and larger food particles prematurely entering the small intestines, a probable factor in food allergies, sensitivities, and various disease conditions.

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- ★ **Increased swallowing rate:** A fast swallowing rate is a likely factor in digestive upset.
- ★ **Increased food sensitivities and allergies:** Plenty of anecdotal evidence, most likely due to decreased immunity and leaky gut.
- ★ **Increased hydrochloric acid production:** Increases probability of ulcers.
- ★ **Decrease in growth hormone:** A key hormone in growing, healing and rebuilding body tissues; helps to burn fat and build muscle.
- ★ **Increase in insulin resistance:** Chronic low-level stress may cause target cells to become unresponsive to insulin, a factor in diabetes, weight gain, heart disease and aging.
- ★ **Increase in erratic function of LES:** Lower esophageal sphincter opens inappropriately, causing gastric reflux (also known as heartburn).
- ★ **Increase in oxidative stress:** Prematurely ages the body; a precursor to numerous diseases.
- ★ **Increase in risk of osteoporosis:** Bone density has been shown to decrease in stresses and depressed women; stress increases urinary excretion of calcium, magnesium and boron.
- ★ **Decrease in mitochondria:** These are the energy powerhouses of the cell; when the number of these tiny cellular organelles are diminished, we literally produce less energy; can lead to chronic fatigue.