

Natural Healing Express Weekly

Column 369 Understanding Hormones and Metabolism, Part Three

Previously, we have been discussing hormones and how they physically work in the body. This week we will chat about stress disruption and weight control factors.

Allostasis is the term physicians and scientists use to describe how the body copes with stress. There are plenty of stresses in one's life. Some of them you can actually name by their name; however event related and daily stress also contribute to the pot. When a body is under stress, usually two things occur. The first is your body goes into conservation mode. Metabolism slows and even our normal "diet" makes us gain weight. I have preached this fact for years. A person under stress, particularly women, tends to gain weight to make themselves appear bigger and stronger against the stress or perceived stress. Think about a kitty when they become agitated or scared. The first thing they do is hiss of course, but secondly, they "poof" up their body to make themselves appear larger to the threat. It is my theory, that under constant and continuous stress, we do the same thing. Many times, the second desire or perhaps coping mechanism is a gravitational pull toward familiar and comforting things. For many, this is food. And, mostly it is comfort food. This is where the diet concern comes into play. But first, let's take a look at how chronic stress appears most frequently in the body:

Digestive System – Stress causes abnormal stomach acid productions and stomach pain. It causes irritable bowel syndrome with symptoms like nausea, diarrhea or constipation.

Obesity – Stress increases appetite and alters hormonal balance.

Immune System – Weakening of immune system makes you more likely to get infections.

Nervous System – Stress causes anxiety, depression, insomnia and an inability to enjoy life. Stress can also impair memory and the ability to make decisions.

Cardiovascular system – Stress increases the risk for heart attacks and strokes.

When your body stay under constant stress, your metabolism, like when you go on a diet, is dramatically altered. The hormonal disruptions actually boost appetite causing weight gain. And, your body actually believes it is in famine mode. Next week we will discuss the hormone “cure” and answers to this dilemma.

Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732 or 317 409 1500 email: skscham@aol.com Address -204 W Main St, Lena, IL 61048. Website: www.naturalhealingexpress.com Facebook: Natural Healing Express