

## Practical Stress Reducers

### *For the person who says:*

**“I wake-up feeling “hung-over” and lethargic. I’m not hungry either. Just the thought of eating makes me feel nauseous. I am notorious for making that daily stop to my local coffee shop for a “pick-me-up.”**

*Stay clear of food for a straight 12 hours per day...everyday. Example; if you daily wake up at 6am, eat no food after 6pm. Also make sure that you eat a healthy meal within ½ hour of waking for the day.*

**“The daily stresses begin “big-time” when I hit the road for my morning commute to work.”**

*Leave your house in the morning, 20-30 minutes earlier than you usually leave. Do this for 4 work weeks.*

**“I have sleep issues...difficulty falling asleep and waking, and not being able to fall back asleep. I’m left thinking about “everything.”**

*Most people use the TV as a reliever of stress, allowing for relaxation. Limit your TV watching time and engage an activity that allows for you to stand or move. Don’t watch TV in your bedroom. Do not sleep with it on. Bedtime is for sleeping, not for watching TV. Half relaxed individuals are prone to sleep disturbances, due to TV watching.*

**“I over-eat and feel guilty; something needs to be done to stop this never-ending weight gain.”**

*Review your typical portions of given foods you tend to eat, and thoughtfully reduce the amount of food you eat at each sitting. Chew every mouthful of food 36-40 times before swallowing. Do not drink beverages with your foods. Engage in a meaningful conversation that will slow your eating process down. Eat foods that require more chewing.*

**“My gums bleed when I brush my teeth. I’ve been told my gums are receding, and I frequently get canker sores...and I struggle with bad breath.”**

*We have a terrific “Oral Health Handout” that will guide you through a daily process of better gum care. Brushing your teeth is not enough. Following these recommendations will help your body reset your gums, making them more healthy and able to support your teeth. Better oral health can help your body defend against 3 major killers of those who live with compromised gums. Watch for the miracle!*