

WHAT YOU DON'T KNOW ABOUT STRESS CAN KILL YOU!

© Brent Murphy – B.Pharm (Rhodes), MPS
Pharmacist

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Some of us get high off it; some of us can't bear it - but almost all of us experience it: **Stress!** Embracing stress as a part of daily life has become not only accepted, but sometimes boasted about. Many "type A" personalities are proud of how well they handle stress, and how they perform best under pressure. But there is a sinister side to stress. Stress is a killer, and a silent killer at that. New Scientist magazine¹ recently reported on research published in the *Journal of Epidemiology and Community Health*, that the pressure of meeting work deadlines results in a 600% increased chance of suffering a heart attack over the course of the next day. Furthermore, workplace competition doubled the ongoing risk of heart attack.

Previous research has shown that anger, sexual activity and emotional or personal stress can all lead to heart attacks. But this is the first time that work-related stress and deadlines have been identified as a serious cause for heart attack over such a short time period.

This research also shows that taking on extra work responsibilities over the last year increased the chance of suffering a heart attack by four times in women and over six times in men. Financial worries triple the risk of heart attack.

So why does this happen and what can you do about it?

Whenever we are exposed to stress, our adrenal glands produce cortisol and adrenaline, two hormones that allow us to perform under pressure. Without these powerful hormones, we would crack under the slightest pressure or have a nervous breakdown. But our bodies aren't designed to be exposed to cortisol and adrenaline for prolonged periods. From an evolutionary perspective, cortisol and adrenaline are "fight or flight" hormones, to which we are designed to be exposed to for short periods of time only, such as in days gone by, running away from a lion that's about to make us his prey. Modern day stress causes an almost permanent exposure to these hormones, and that's where the dangers lie:

Continued exposure to these hormones causes profound damage to our organ systems. Cortisol suppresses immune function, increase risk of diabetes, and causes memory loss. This is the reason many people forget things when under intense pressure. Adrenaline raises blood pressure and is directly toxic to the brain and heart, thereby increasing the risk of heart attack or stroke. Both cortisol and adrenaline upset the balance of brain neurotransmitters, which can result in depression, anxiety and insomnia. They can also suppress thyroid function, causing hypothyroidism and fatigue.

So what can we do to protect ourselves from the heart-damaging and other effects of stress?

To protect against stress we need to prevent the adrenals from producing excessive quantities of adrenaline and cortisol, as well as protect our hearts and brains from the directly toxic effects of these hormones. This involves a five pronged approach:

- 1) Adequate and routine sleep. Research shows that getting to bed before 10pm reduces cortisol blood levels, and that at least 6-8 hours of sleep every night prevents excessive cortisol and adrenaline production the next day.
- 2) Limit alcohol and caffeine intake: excessive alcohol consumption (more than 2 beers or 2 glasses of wine daily) results in huge peaks in cortisol the following day. This is especially true with binge drinking. Caffeine increases levels of both cortisol and adrenaline, and should be limited as much as possible.
- 3) Weight-loss & exercise. Obese people and those who don't exercise regularly have higher cortisol levels than active people of normal weight. Obesity is itself a risk factor for heart attack and typically goes hand-in-hand with high blood pressure. Controlling weight is an important strategy for handling stress. Furthermore, just 30-45 minutes of moderate exercise weekly, reduces excessive cortisol and helps cope with stress.
- 4) Adrenally supportive nutrient plant extracts from Rhodiola Rosea and Ashwagandha² (Stress Damage Control™ capsules by Solal Technologies) prevent the adrenals from producing excessive cortisol and adrenaline, whilst also directly protecting the heart and brain from raised blood pressure, heart attack and the symptoms of stress such as memory loss, fatigue, insomnia and feeling overwhelmed.

- 5) For complete heart health it is also a good idea to be taking these most important heart protective Solal products:

Ubiquinol Co-enzyme Q10, Magnesium Glycinate, Fish Oil Extract Omega 3, Taurine and Mixed Vitamin E.

For an interesting background on the discovery of Rhodiola rosea, read "From Russia with Love".

References:

1. Davis K.; Stressful deadlines boost heart attack risk; New Scientist; 14/12/2004
2. Maslova L; The cardioprotective and antiadrenergic activity of an extract of Rhodiola rosea in stress; Eksp Klin Farmakol. 1994 Nov-Dec; 57(6):61-3

For more information on this product or anti-aging products and protocols or for any health need, contact:

Solal Technologies:
Tel: 011 783 3939 • Fax: 011 783 3399
email: solal@solaltech.com

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