

## **Dr. Uche Odiatu – Stress Reduction Tips**

### **Top three practical tips to help reduce stress**

#### **Exercise**

- Many of us think of exercise as something you do to get a flat stomach. But studies from Harvard University have shown the value of exercise in calming the amygdala, boosting hormonal balance and boosting neurotransmitters.
- It has been shown that as little as five minutes of physical activity significantly decreases muscular tension.

#### **Deep Breathing**

- Simple deep breathing techniques have been shown to help the brain disengage with stressful stimuli immediately, thereby dissipating the effects of stress.
- Within a single breath, neural activity switches from sympathetic to parasympathetic allowing your brain to gear down.

#### **Nutrition**

- 90% of Canadians don't have the right quality of nutrients in their diet. And if you don't get the right nutrients, the body has an increased level of angst because it's not happy with the correct quality of materials. This leads to heightened levels of background sympathetic, autonomic neural system dysfunction.
- The 2008 journal of the American College of Cardiology showed irrefutable evidence that the food we eat can either ramp up inflammation or dial it down.
- Half of what is on your plate should be fruit and vegetables. One quarter should be grain products, and one quarter should be meat or equivalent protein.
- If you stick to that kind of diet you will have an anti-inflammatory diet and thereby reduce the stress in your body.