



# STRESS, HEALING & WEIGHT LOSS

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There are some that will not lose weight with the ketogenic diet because of STRESS. There are different types of stress.

- Not enough quality food – all calories are not alike, choose organic, grass fed, wild caught
- Low calories – can create a stressor to the body of starvation
- Not enough nutrients for normal physiological function
- Mind set – negative attitude will create cortisol response therefore an insulin response
- Blood sugar/cravings – eat too many small meals throughout the day keeps insulin levels high
- Sleep – interrupted sleep is a stressor and will inhibit fat loss and healing
- Relationships – stressful relationship will keep the body in hormonal imbalance
- Physical injuries & pain – injuries will slow down the body's ability to release fat
- Anxiety – will stimulate a cortisol response
- Stress – physical, chemical, emotional
- Hormonal – stress creates hormonal imbalance which is responsible for optimal health and weight loss

Stress will create a cortisol response which raises the insulin response. It's hard to burn fat or heal a broken body in the presence of stress or inflammatory hormones. Part of the stress mechanism includes detoxification, which is part of the body's attempt to deal with a changing environment.

Detox is dependent on protein. Either from what you consume or where it is stored (in muscles and gut lining). It needs it to make inflammatory mediators called cytokines and something you probably heard of called c-reactive protein.

As you can see managing stress is vital not only to weightloss but also to your overall health. Take the first and last 10 minute of the day to create a positive mind set with gratitude.

## **A few stress releasing strategies include:**

- Gardening
- Walking
- Prayer
- Meditation
- Coloring books
- Painting
- Humming
- Gratitude journal
- Yoga
- Sex
- Exercise
- Check email 2 times a day morning & afternoon
- Check text messages 2 times a day morning & afternoon

- Grounding
- Essential oils
- Listen to Binaural Beats
- Put your phone on airplane mode at night and during work
- Wear anti-glare glasses when working in front of the computer
- Wear blue light blocking glasses at night
- Himalayan salt lamps