



Stress As the Ultimate Cause of Disease:

STEPS TO PREVENT AND RECOVER WITH JOHN KOZINSKI

The Road to Stress as the Cause of Disease

- ▶ My Journey
- ▶ Influences and Change
- ▶ Enlightening Ideas: The Three Treasures and G.A.S of Hans Selye and Insights of Ray Peat



The Three Treasures

Light

Heat

Wax and Wick



Shen/Spirit/Mind/Consciousness

Energy/Chi/Ki /Tradition Yang

Jing/Substance of the Body
/Traditional Yin

Hans Selye and the Term Stress



Stages of G.A.S

General Adaptation Syndrome (GAS)

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graph TD; A[General Adaptation Syndrome (GAS)] --> B[The Alarm Stage (Shock)]; B --> C[The Stage of Resistance]; C --> D[The Stage of Exhaustion];
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The Alarm Stage (Shock)

The Stage of Resistance

The Stage of Exhaustion

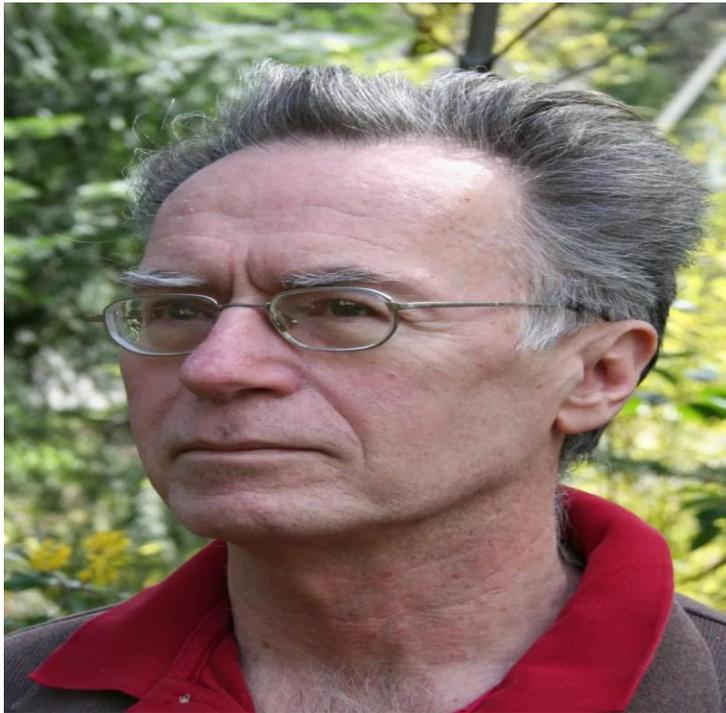
Adaptive Energy

- ▶ “Let us illustrate this point by an example. A rat is placed into a very cold room of, let us say, 2°C. It gradually learns how to conserve heat, by constriction of the peripheral vessels in the skin, an increase in basal metabolism and so forth. A priori I would have thought that the animal should now be able to live just as long in this cold chamber as at room temperature, assuming that we furnish the necessary calories to produce adequate amounts of heat.

Adaptive Energy

- ▶ Yet, experience showed that continued exposure to cold or, as far as that goes, to any other stressor, sooner or later inexorably leads to a breakdown of the adaptive powers; that is, exhaustion of what has been called the adaptation energy.”
- ▶ — Hans Selye

Ray Peat



www.raypeat.com

What Happens with Stress

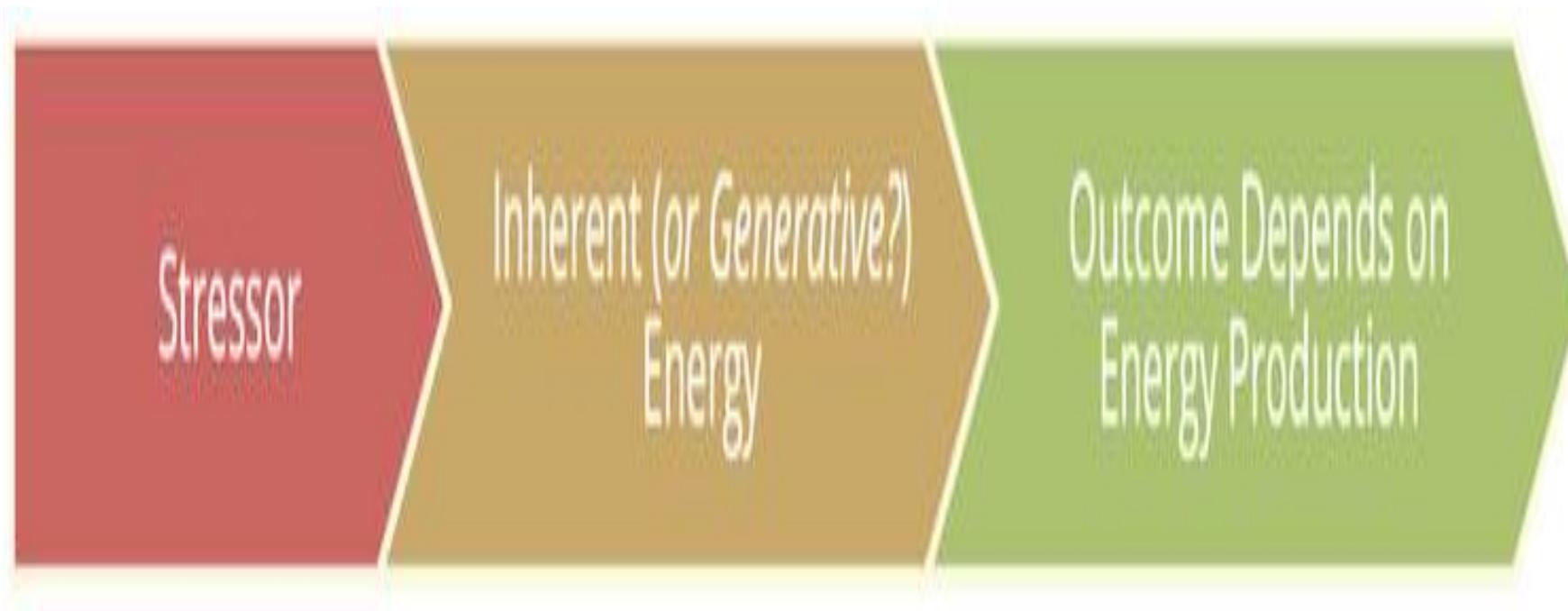
- ▶ Stress increases glucose requirements. Adrenaline is released from the adrenal glands to convert liver glycogen into additional glucose. When liver glycogen is tapped, adrenaline (and several other hormones) will mobilize free fatty acids for fuel. Adrenaline supports the metabolic rate when energy production is inadequate. Chronic cold hands, feet, and nose can be a symptom of increased adrenaline.

Stress Hormones

- ▶ Adrenaline/Epinephrine
- ▶ Cortisol



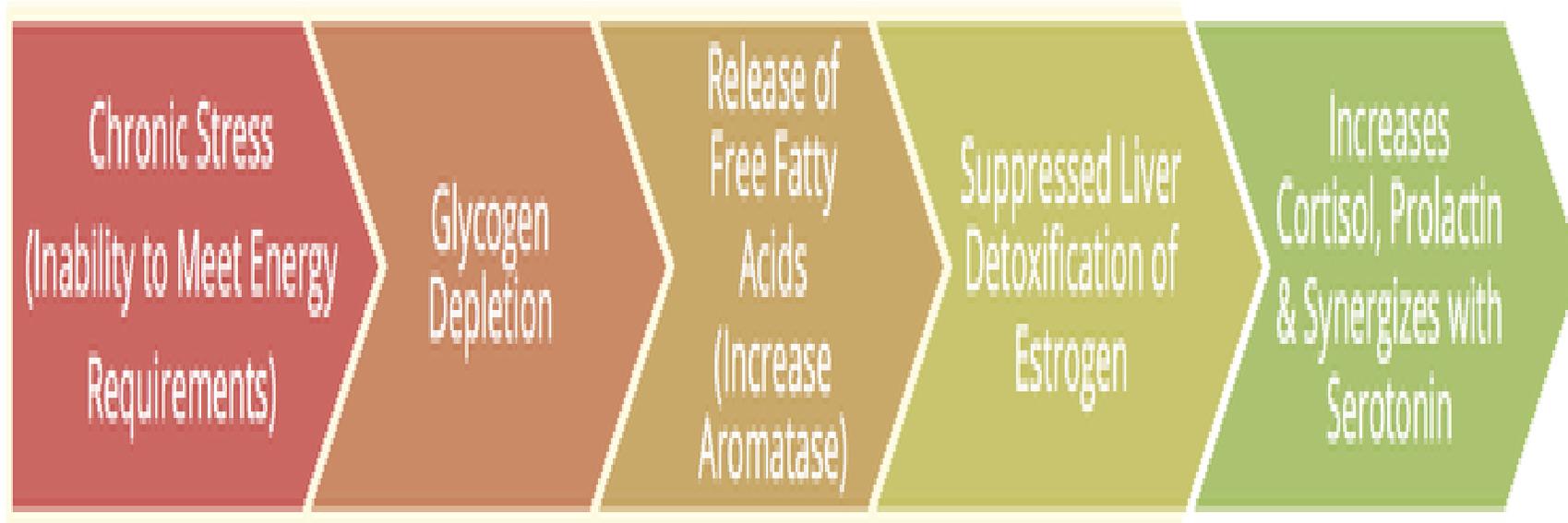
Adaptation



Chronic Stress

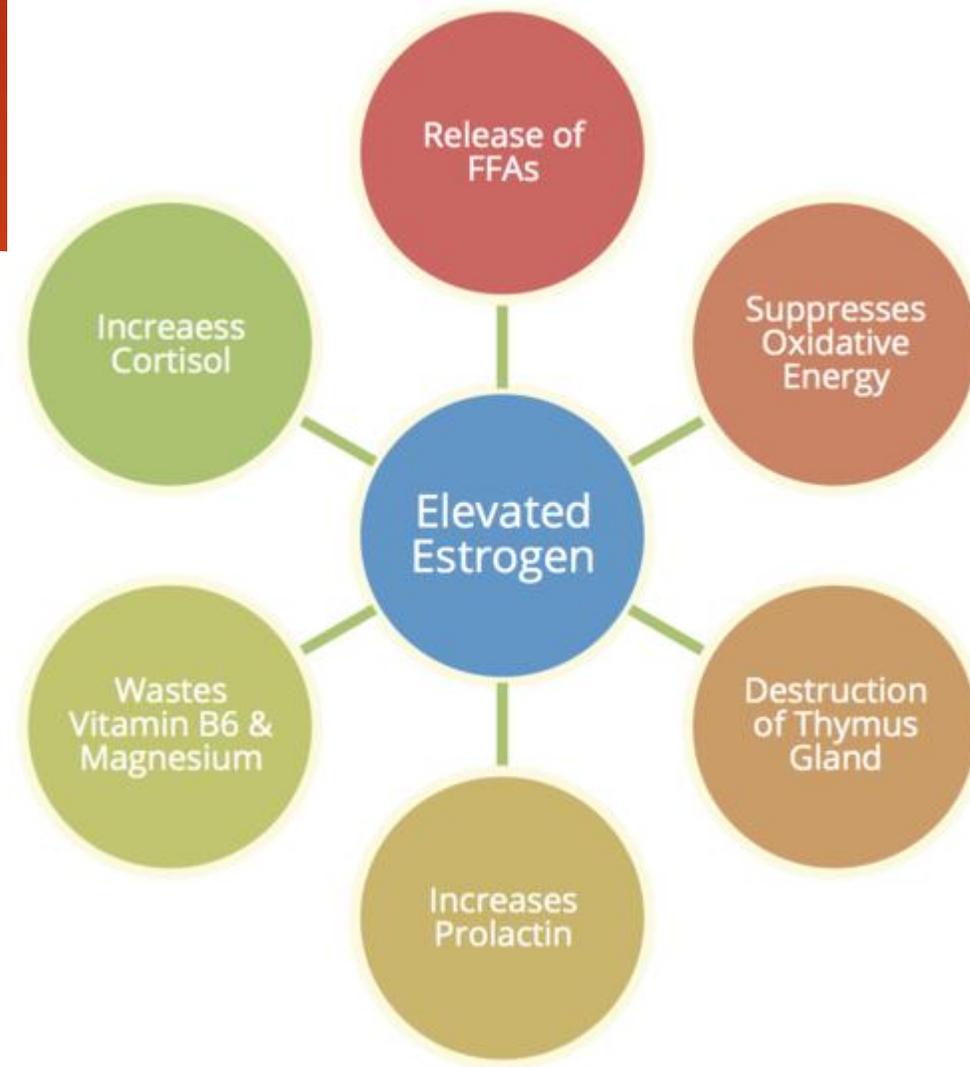


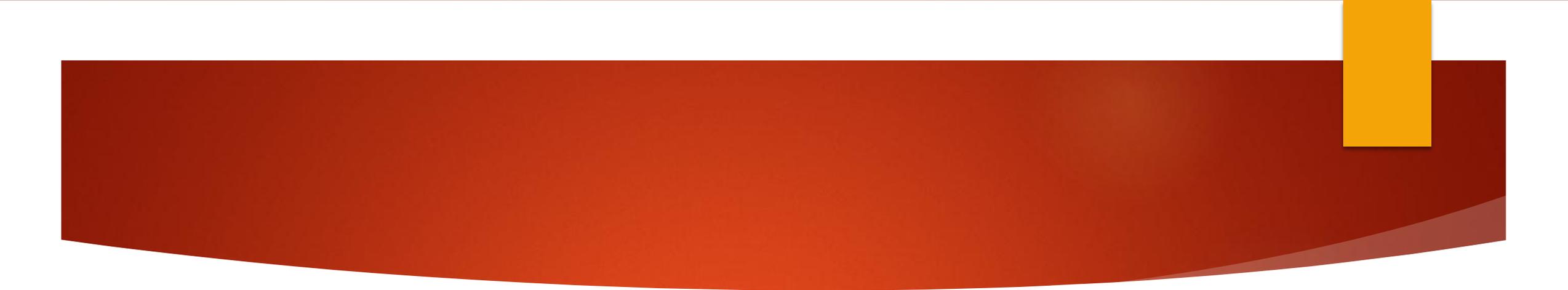
Estrogen



What is Estrogen?

- ▶ Estrogen is not the female hormone
- ▶ Estrogen is present in both males and females and increases during chronic stress or malnutrition.
- ▶ Inflammation increases the aromatase enzyme, producing new estrogen.
- ▶ Estrogen mimics the anti-metabolic "shock" state in the stress reaction.



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- ▶ Stressful situations **require more glucose**. Once something has interfered with our ability to produce energy (a great stress), adrenaline is released to **mobilize glucose from the liver** to provide the missing glucose to help overcome the stress:

The Next Step



The Calcium Connection



GUT TOXINS



Gut Solutions

- ▶ Activated Charcoal
- ▶ Grated Carrot Salad
- ▶ Cooked White Mushrooms
- ▶ Antibiotics or natural antibiotics (oregano oil)
- ▶ Limit fiber (raw foods, grain fibers)

Running on Fat Promotes Stress

- ▶ Using fat as a source of energy is a feature of aging; it is truly a secondary fuel... I know, shift of paradigm... Again.



Polyunsaturated Fatty Acids



Kinds of Stress

- ▶ Diet Stress



Books on Ancel Keys' Experiment

- ▶ The Biology of Starvation by Ancel Keys: Volume 2
- ▶ The Great Starvation Experiment: The Heroic Men Who Starved so That Millions Could Live by Todd Tucker

The Benefits of Saturated Fats



Benefits of Carbs and Sugars For Stress



Benefits of Salt



Full Spectrum Macrobiotic/Longevity Eating

- ▶ Grains/Potatoes/Sweet Potatoes
 - * Cooked and Raw Local Vegetables
 - * Natural Meats, Poultry, Fish, etc.
 - * Natural Dairy Products from Smaller Farms and from Grass Fed Cows, Goats, Sheep and Other Animals

Full Spectrum Longevity Diet

- ▶ Natural Seasonings (Salts, Herbs, Spices)

Local and Seasonal Fruit

Beans and Nuts

Natural Sugars (maple syrup, honey, etc.)

Fermented foods and Beverages

Longevity Diet Continued

- ▶
 - * Limit or avoid Pufa's
 - * More Local Foods
 - * Less Factory Processed

Other Kinds of Stress

- ▶ Exercise Stress
- ▶ Sexual Stress
- ▶ Irregularity Stress
- ▶ Noise Stress
- ▶ Psychological Stress

Kinds of Stress

- ▶ Light Stress
- ▶ Seasonal Stress
- ▶ Sleep Stress
- ▶ Medicine Stress (including Alcohol and Nicotine)

Causes of Mental Stress

- ▶ Psychological
- ▶ Work
- ▶ Financial
- ▶ Body Image
- ▶ Other Ideas that Generate Stress

Signs of stress and Low Metabolism

- ▶ Impossible to Keep Warm
- ▶ Night Sweats
- ▶ Constipation
- ▶ Loss of Menstruation
- ▶ Digestive Issues (Acid Reflux, Stomach Irritation,)
- ▶ Irritable Bowels
- ▶ Candida

More Signs

- ▶ Erectile Dysfunction
- ▶ Reduced Sex Drive
- ▶ Loss of Menstruation
- ▶ Infertility
- ▶ Frequent Urination
- ▶ Night Sweats
- ▶ Anxiety

And More

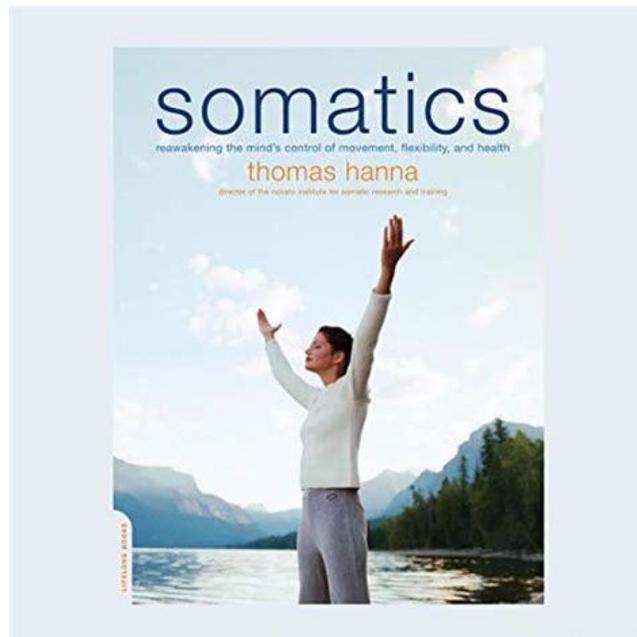
- ▶ Irritability
- ▶ Wakes at 4 A.M
- ▶ Lightheadness
- ▶ Constipation
- ▶ Gastroparesis
- ▶ Acid Reflux
- ▶ High LDL cholesterol and possible total cholesterol

Techniques to De-Stress

- ▶ A Nourishing Diet That Covers All Nutritional Bases
- ▶ Yoga
- ▶ Chi Gung and Somatics
- ▶ Breathing
- ▶ Meditation
- ▶ Going Outside
- ▶ Being in the Sun/Red Light Therapy
- ▶ Adequate Rest
- ▶ Relaxing Activities

Somatics: The Stress Postures

- ▶ **Somatics: Reawakening The Mind's Control Of Movement, Flexibility, And Health by Thomas Hanna**



Common ways to Deal with Psychological Stress

- ▶ The Outside-In Paradigm
- ▶ Positive Thinking
- ▶ Change Your Health(In Asian medicines, the condition of several organ energies create mental stability, calm and psychological balance)

The Three Principles

- ▶ The Principle of Consciousness
- ▶ The Principle of Mind
- ▶ The Principle of Thought

Recommended Reading

- ▶ The Inside Out Revolution by Michael Neil
- ▶ The Missing Link: Reflections on Philosophy and Spirit by Sydney Banks
- ▶ Syd Bank's approach is through developing an understanding of how the mind works.

Traditional teachings focus on developing deep insights into the three principles by harmonizing the body and mind along with an understanding of mind, spirit and emotions.

- ▶ Tranquil Sitting: A Taoist Journal on Meditation and Chinese Medical Qigong 1st Edition by Yin Shih Tzu
- ▶ Decoding the Dao: Nine Lessons in Daoist Meditation: A Complete and Comprehensive Guide to Daoist Meditation Paperback by Tom Bisio

Recommended Reading

Traditional Foods are Your Best Medicine by Ronald Schmid
(Buy the original version, good overview of the benefits of traditional foods)

Nutrition and Physical Degeneration by Weston A. Price

Slides:

<https://www.dannyroddy.com/weblog/hairenergyoxididativestresselectrobiology>

Stress Snacks

- ▶ Starch or Natural Sugar
- ▶ Protein
- ▶ Fat
- ▶ Salt

Tonic Herbs



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