

The physical side of stress build-up

Stress has been under study lately by all kinds of experts as its consequences seem to be taking a greater and greater toll on us. Pressures, tension and frustrations can arise at home, on the job or in any area of endeavor. Physical results of stress include everything from sleeplessness, headaches and poor digestion, to ulcers and high blood pressure.

General practice doctors report



Stress — the Physical Side

that 75% of the patients they see have some symptoms which have no apparent physical cause. Many of these symptoms are attributed to stress. So, what can you do about stress without resorting to drugs? (Drugs do not, after all, handle stress. They just create a certain "numbness" to it.)

Studies have shown that at stressful times — like when the whole family is coming home for the holidays! — our bodies use higher

levels of certain nutrients. Your pituitary and adrenal glands secrete hormones that regulate body functions, including blood pressure, and energy levels. Fatigue, depression and nervous exhaustion can occur if these glands are overworked, or are not supplied with the nutrition they require for proper functioning.

Vitamin E and B-complex vitamins are essential to the work of these glands and increased intake of these vitamins can help the body fight fatigue and irritability associated with stress. Wheat germ, yeast, kidney and soyflour are good dietary sources of these nutrients, and vitamin supplements are also available at your local health food store.

Calcium and magnesium are minerals which work together in the functioning of the brain and nervous system. Calcium deficiency contributes to nervousness and this is another nutrient that can counteract stress by strengthening our natural physical balance.

The worst thing about stress is that it gives us a feeling that we "can't cope" and this makes it even more difficult to think and act calmly. As we rush around we are more likely to grab a chocolate bar, or other low-nutrition snack than to take the time for a good meal. Tension also brings increased consumption of coffee and/or alcohol. As you can imagine, poor nutrition weakens the body's natural defences.

Physical imbalances can create severe emotional reactions. Before visiting a psychiatrist, or seeking escape with drugs, try a natural approach to fight stress. Many people find stress can't get the best of them if they get the nutrition they need.

— Courtesy of the Canadian Health Food Association

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RULES & REGULATIONS
VALENTINE'S DAY POETRY CONTEST

- Children participating must be between the ages of 8-12. The poems will be judged taking into consideration the age of the poet and the quality of the entry.
- The winner will be announced in the Outlook newspaper, Feb. 13 edition. A selection of submissions will also be featured the same week.
- Entries must be received by 12 noon Wednesday, February 11th. Decision of the judges is final.
- The poems should be no shorter than 8 lines and no longer than 30 lines.
- The poems must be on a Valentine's Day theme — about their mom or dad, or both parents.
- Send in your entry marked Poetry Contest with your age, name, phone number and address.
- The winning entry will win a dinner for three at Belamys restaurant.
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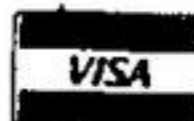
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