

Vital Nutrition



Stress  
Less

# How stressed are you?

Road rage, anxiety, compulsive eating, yelling at your kids – are your adrenals crying out for help? Check out our Vital Nutrition Stress Checklist to see if stress is getting the better of you.

	Yes	No
1. I wake up exhausted and hit the snooze button a few times before I can get up!	<input type="checkbox"/>	<input type="checkbox"/>
2. I crave salt or salty foods.	<input type="checkbox"/>	<input type="checkbox"/>
3. I feel tired most of the time.	<input type="checkbox"/>	<input type="checkbox"/>
4. When I am sick it takes me ages to recover.	<input type="checkbox"/>	<input type="checkbox"/>
5. My mood is low.	<input type="checkbox"/>	<input type="checkbox"/>
6. I feel worse if I skip meals.	<input type="checkbox"/>	<input type="checkbox"/>
7. I need regular snacks, fizzy drinks, tea or coffee to keep going throughout the day.	<input type="checkbox"/>	<input type="checkbox"/>
8. I get light-headed when I stand up too quickly.	<input type="checkbox"/>	<input type="checkbox"/>
9. I have a mid-afternoon crash between 3pm and 4pm.	<input type="checkbox"/>	<input type="checkbox"/>
10. Sometimes I get a second wind in the evenings.	<input type="checkbox"/>	<input type="checkbox"/>

If lots of these symptoms seem familiar, then you are probably suffering from some level of adrenal fatigue. Although we have come to accept it, fatigue is not a normal part of life.

Making a few simple changes to your diet and lifestyle will soon help your adrenals get back into balance, so keep an eye on how you are feeling and do the questionnaire again after 7-10 days to see if it has made a difference.

# Stress Less

Most of us live life in the fast lane, running from one task to the next and doing our best to juggle the work-life balance, meanwhile relying on sugar, caffeine and convenience foods to keep us fuelled, before we go home at the end of the day to crash out.

What if there was a better way to manage the daily stressors of life and help you cope with everyday demands that made you feel more in control, less frazzled and more productive?

In our Stress Less workshop you will discover Vital Nutrition's action plan to help you take stress in your stride.

You can stay in touch with Vital Nutrition on Facebook, Twitter or online for news, views and regular recipe updates.



stay healthy!  
Jane



# Support your adrenal glands!

If you push your body too hard and tip the work-life balance too far, excess stress can play havoc with your health.

Here's our checklist for supporting and nourishing your adrenals:

- ✓ Work out your stress triggers and reduce or avoid them where possible.
- ✓ Take time out – regular breaks, even just a walk around the block at lunchtime, are essential to keep your balance.
- ✓ Be active – dance around the kitchen, get on your bike or lace up your trainers and get outside. Exercise gets the feelgood endorphins surging and acts as a release valve for stress.

## Fight or flight response kicks in when the adrenal glands are stressed:

- Saliva flow increases
- Heart beats faster and harder
- Chills and sweating
- Muscles become tense
- Quick, deep breathing occurs
- Blood pressure increases

## Vital Nutrition's stress support plan:

- ✓ Cut the **CRAP** (caffeine, refined carbs, artificial sweeteners, processed foods that is!)
- ✓ Break your fast
- ✓ Eat regularly
- ✓ Max out on good fats
- ✓ Eat some good mood foods
- ✓ Treat your treats as treats!
- ✓ Catch some zzz's



# cut the CRAP

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lose this...

because...



**C**affeine

too much makes us jittery & anxious

**R**efined carbs

a quick fix followed by an energy crash

**A**rtificial sweeteners

may deplete serotonin and depress mood

**P**rocessed foods

devoid of essential nutrients required for balancing energy and mood



# Break your fast

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If we skip breakfast, our body responds by triggering an adrenalin surge to compensate for the lack of fuel, so eat breakfast soon after waking to get your day off to a good start.

## Eggs

Boiled, poached or scrambled with pumpernickel rye bread & some watercress or spinach.

## Porridge

Jumbo oats topped with a mixture of ground seeds (sunflower, pumpkin, sesame, linseed/flax) & some fresh or frozen fruit, with  $\frac{1}{4}$  tsp ground cinnamon.

## Yoghurt

Add your a handful of nuts and seeds to natural live yoghurt and serve with fresh fruit.

**Lizi's granola** with extra seeds, berries and yoghurt or milk



# Eat regularly

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Keep mealtimes regular. For most people this will mean either:

- 3 meals a day **or**
- Eat every 3 to 4 hours

Figure out what works best for you and stick to it, but remember that your body's needs may vary, depending on outside factors like your stress levels and the time of the year.

If you need to snack, choose wisely to maintain energy levels and mood.

Here are a few ideas:

- Oatcakes with houmous, nut butter or cottage cheese
- Natural or Greek yoghurt & berries
- Raw veg sticks (e.g. carrot, celery, pepper strips, mange tout) with houmous
- Handful of nuts & seeds and a piece of fruit

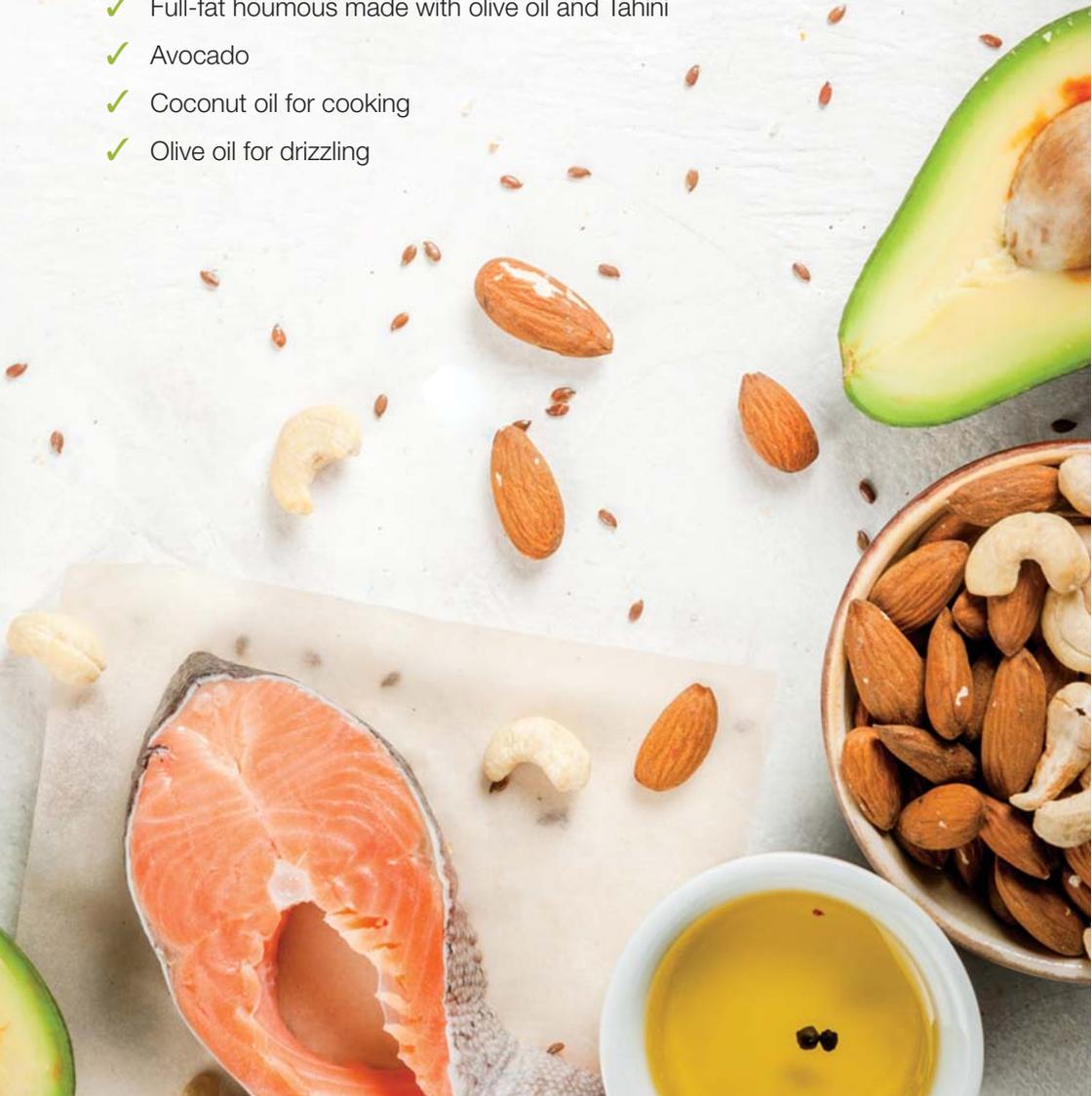


# Max out on good fats

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Adrenal hormones and feelgood neurotransmitters like serotonin and dopamine need plenty of essential fats to keep them balanced.

- ✓ Oily fish 3 x week (mackerel, herring, trout, sardines, salmon)
- ✓ Nuts and seeds (almonds, brazils, hazelnuts, cashews, walnuts, sunflower seeds, pumpkin seeds, hemp, chia or flaxseeds)
- ✓ Full-fat houmous made with olive oil and Tahini
- ✓ Avocado
- ✓ Coconut oil for cooking
- ✓ Olive oil for drizzling



# GOOD MOOD FOODS

Serotonin keeps us cool, calm and collected, while dopamine gives us our get up and go. Good food can help keep these important neurotransmitters in balance.

## Serotonin

Calm, relaxed & happy

Low levels = **low mood**

**Crave carbohydrate**, when low serotonin

**Can't sleep** when deficient

Made from **tryptophan** found in oats, milk, yogurt, cottage cheese, eggs, fish, poultry, sesame, chickpeas, sunflower seeds, pumpkin seeds, spirulina, bananas, and peanuts.

## Dopamine

Motivated and enough get up & go

Low levels = **low energy, poor motivation**

**Crave caffeine** when low dopamine

**Can't get out of bed** in the mornings when deficient

Made from **tyrosine** found in almonds, avocados, bananas, dairy products, pumpkin seeds, and sesame seeds



# Treat your treats as treats!

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## **Sit down, relax, chill out, take it easy!**

Here at Vital Nutrition we believe that good food should be enjoyed and treats are an important part of a balanced diet.

All we ask is that you choose your treats wisely and really savour them.

Instead of gobbling chocolate, biscuits, crisps and junk food every day, choose 1 or 2 days a week when you will treat your treats as treats.

*Don't rush, don't binge, just enjoy!*



# catch some zzz's

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Sometimes we need a little helping hand to get a good night's sleep, Try some of these ideas to help you snooze soundly without counting sheep.

1. Have a relaxing bedtime routine and start to wind down a few hours before bedtime. Read a book, have a bath or listen to some relaxing music.
2. Switch off tablets, TVs and laptops from about 8pm as the light from these devices can interfere with sleep.
3. A small snack at supper time containing nutrients like magnesium and tryptophan may help you to sleep better.
4. Make your bedroom a relaxing place and never watch TV in the bedroom.
5. Cut out caffeine from about 5pm. Caffeine can take several hours to clear from your system, so drink herbal teas instead.

## Sleepy supertime snacks...

Choose one of these light snacks a couple of hours before bedtime to help you unwind and relax.

- 2 oatcakes & almond nut butter, cottage cheese or houmous
- Natural yoghurt & berries
- A small banana
- A kiwi
- Handful of almonds



Jane McClenaghan has been a Nutritional Therapist for over 25 years and has helped thousands of people make easy, manageable changes to their diets for the good of their health.

Jane runs nutritional cookery classes and wellbeing workshops for workplaces, community groups and schools. She is well known throughout Northern Ireland as the voice of nutritional reason on BBC Radio Ulster and U105. Her philosophy of health and wellbeing is one of balance – simple changes that can fit into anyone’s lifestyle.



Jane is author of *Vital Nutrition* and *The Vital Nutrition Cookbook* and recently was awarded the UK CAM (Complementary & Alternative Medicine) Award for outstanding practice – the first time this award has been given to someone from Northern Ireland.



## Jane's books

### ***Vital Nutrition***

*How to eat for optimum health,  
happiness and energy*

### ***The Vital Nutrition Cookbook***

*Recipes for energy and vitality*

at Easons, Waterstones, Amazon and online at

**[www.vital-nutrition.co.uk](http://www.vital-nutrition.co.uk)**