



Stress!! Can It Lead to Adrenal Fatigue? By [Luana Flacco, RHN](#)

Did you know that your fatigue issues may be connected to stress?

Does this sound like you? You are stressed and cannot sleep. You are constantly tired and crave sweets and even salty foods?



hormones, including stress hormones. But what happens when they become "overworked?"

The fight or flight response to physical danger causes an increase in the hormones adrenaline and cortisol. This is your body's normal

reaction to stress.

Stress is a physical and emotional reaction to danger either real or not. Even the day to day demands on our time cause the same stress response in our bodies as real danger.

Since your adrenal glands produce stress hormones, adrenal fatigue is a common subject matter these days.

Your adrenal glands look like walnuts that live on top of both of your kidneys. These important glands produce many

Stress can sometimes be positive when it helps us avoid dangerous situations like crashing into a vehicle in traffic. Our heart rate increases, and we are given the strength to respond on demand. After a short time, the fight or flight response dissipates, and your body goes back to normal.

But what would happen if you felt constant stress? **Continued on page 3...**

The Key Factor in Belly Fat By [Maggie Chilton, RHN](#)

What is the key factor in belly fat? Stress!

You could be a woman eating all the right things, organic, grass fed, vegetarian – and still struggle with belly fat – and you don't have to be overweight for this to happen, you can be thin too!

Now, let me be very clear, it's not that you're consuming too many calories, or eating too many carbs or even because you're not exercising – it's the stress!

By going along the traditional route of dieting and exercising more, or harder, is exactly the wrong approach to take off

this stubborn belly fat.

The stress that is inflicted on the body during this time of "starvation" the thought processes or having to watch what you eat all the time, schedule a work out in each and every day is enough to make your jiggy parts even more jiggy.

Let's explain stress here for a second just so we are clear, stress is defined as: "a state of mental or emotional strain or tension resulting from adverse or very demanding **Continued on page 2...**

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Looking for more tips for dealing with stress?

See a Holistic Nutrition Professional



Lentil Masala Soup by [Jackie Reimche, RHN](#)

This is one of my absolute favourite lentil soup recipes! High in fibre, anti-inflammatory, and delicious. Hope you love it!

- 1-1/2 tsp coconut oil
- 1/2 cup onion (finely chopped)
- 4 garlic cloves, minced
- 1 tsp turmeric
- 1 tbsp garam masala
- 1 tsp sea salt
- 1 cup cilantro (finely chopped)
- 4 cups organic vegetable broth
- 3 cups diced tomatoes
- 1 cup dry red lentils
- 1 cup organic coconut milk (canned, full-fat)
- 4 cups kale leaves (finely sliced)



Heat coconut oil in a large stock pot over medium heat. Add the onions and sauté for about 4 minutes or until translucent. Add in the minced garlic. Sauté for another minute.

Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.

Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

Healthier Hot Chocolate Adapted from [Jackie Reimche, RHN](#)

Do you love a warm cup of hot chocolate every now and then but know it's going to leave you crashing a few hours later? Try this recipe out! It's got some hidden protein and healthy fats and will leave you much more balanced. Bonus – your brain is gonna love those healthy fats. Kid-approved!

Ingredients:



- 1 cup organic whole milk or unsweetened coconut or almond milk
- 1 1/2 tbsp coconut oil
- 1 1/2 tbsp butter
- 2 tbsp collagen powder (or more!)
- 2 tbsp cocoa or cacao powder
- 1 tbsp maple syrup (or use liquid stevia for a sugar-free treat)

Add milk, butter, and coconut oil to a pot and heat until just melted. Add to blender with remaining ingredients and mix at high speed for 10 to 15 seconds.

Note: Enjoy this hot chocolate while you have a relaxing soak in the tub.

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circumstances, subject to pressure or tension. Synonyms: strain, pressure, tension, worry, trouble.”

For example, you go for a promotion at work and you get the new fancy high paying job – are you happy? Most likely you're excited, happy, feeling proud – but with that new job comes greater responsibility (stress), longer hours (stress), perhaps a team to manage (stress). You can be happy and excited but still suffer from stress.

Let's look at a few other forms of stress that we don't always equate to stress – body image, relationships, perfectionism, vulnerability, sleep deprivation.

Belly fat usually creeps up on women around 35 onwards, why? Women tend to be the caregivers, the worriers, the organizers and as we age, we become increasingly more stress reactive – less able to adapt to our daily stressors. In other words, it's not extra time in the gym we might need but an extra hour in bed or a day of pampering to help burn that stubborn belly fat.

So, what can you do today to help minimize that stubborn muffin top? Here are my 5 key steps you can implement today to get great results:

Start with relaxation – Start to incorporate activities that last up to an hour that are focused on stress reduction.

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What do you enjoy doing the most? Coffee with friends, playing with your kids, yoga (a deep restorative yoga, nothing too strenuous), a massage, a leisurely hour walk by yourself or with a friend or partner. Schedule in this time to make it happen! Add it to your online calendar or booking system and stick to it.

Get good sleep – make this your #1 priority. Sleep deprivation is a huge factor in stubborn belly fat. Turn off the tv, iPhone, iPad, computer 1 hour before bed and indulge in self-care – play your favourite relaxing music and chill out, take a hot Epsom salt bath, read a book for pleasure, meditate.



Eat less and exercise less – sounds counterintuitive? You could eat more and exercise more, but this will only add even more stress to your life, and this is what we want to avoid. Eat 3 meals a day – don't skip a meal thinking this will help you lose the belly fat – it won't – it will end up spiking your insulin levels, releasing cortisol and retaining fat. Make sure each "meal," and this can include soups and smoothies, includes a healthy fat, fiber and protein. Your evening meal can contain a small portion of starch or carbohydrate but keep it to a minimum.

You'll want to add in short bursts of movement that won't stress out your adrenals. Intense workouts should be kept to a maximum of 15 minutes 3 times a week and the rest of the week an hour walk will suffice.

Don't go too low – carbs, calories or fat. Eat some complex carbs which will release slowly and keep you satisfied for longer instead of simple carbs such as chips or pastries which are fast releasing and leave you feeling hungry half an hour later. Keep your fat the healthy kind, coconut oil, avocados, avocado oil, wild fish, organic eggs etc. Remember it's all about balance, too much of anything is a bad idea.

Get your walking shoes on – shoot for 10,000 steps a day at a leisurely pace -this will keep your cortisol low and your stress levels low. Put on an audio book, play your favourite music or simply go for a walk in nature and take in your surroundings – which will turn into a walking meditation in no time.

Keep it simple and enjoy it! Going 110 miles an hour every day with no pit stops will eventually have you having to take more time off down the road to recover. By being gentle with ourselves, slowing down and being present we keep our cortisol and insulin (our fat storage hormone) levels low and the weight off our bellies.

How can you slow down more? Are there areas you could improve upon?

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