



HealthyBodyHealthyLife
with *Melissa Koerner*

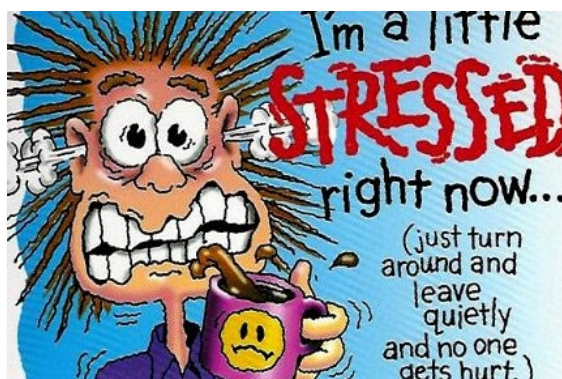
Total Transformation Module 3 – Part 1: What is Stress?

With Nutrition, Fitness & Integrative Medicine Health Coach Melissa Koerner

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6 Major Kinds of Stress

- Mental/Emotional (Trauma)
- Nutritional
- Physical/Movement
- Sleep Deprivation
- Poor Digestion
- Environmental/Toxins



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When Stress Becomes Distressing

- Whether your stress is physical, mental, emotional or environmental, stress triggers the release of the **stress hormone cortisol**.
- Too much cortisol **damages** the lining of your gut, which can lead to **leaky gut** and **dysbiosis**.
- Excess cortisol promotes **inflammation everywhere** in your body.

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Some Stress is Healthy, Too Much is NOT

- Some degree of stress is normal and even **healthy**.
 - Your stress response is designed to **protect** you from harm—it's **not** designed to make you sick and fat.
 - When you have more stress than you can **handle** (mentally, emotionally, spiritually, physically, nutritionally etc.) this results in an **excessive** amount of stress hormones like cortisol and adrenaline flooding your system.
 - When you don't effectively manage the outpouring of stress hormones your body become **imbalanced**.
 - Imbalance leads to **inflammation**, **poor sleep**, severe food **cravings**, **overeating** and serious **weight gain**.

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The key to overcoming health challenges (or preventing them in the first place) and being your healthiest is to **manage** your stressors **holistically**. And this is what the **Healthy Body Healthy Life Total Transformation** is designed to help you do!

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The Stress-Fat Connection

- Ever wonder why you can be eating and exercising and **still** not lose weight?
 - **Too much** mental/emotional stress could be your culprit!
- Constant mental/emotional stress, especially later in life, often results in our bodies **storing** excess body fat.
- Stress-related fat often **accumulates** in your belly first.
 - Fat cells have specific stress-hormone receptors for *cortisol* and there are **more** of these receptors in our abdominal fat cells than on any other fat in the body.
 - Once the fat cells in your midsection are **full**, the fat accumulation spreads to **other** parts of your body.
 - The kind of fat that builds up in your belly can be **life-threatening** to the body.

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Why Your Body Stores Fat When It's Stressed

- During moments of **mental/emotional stress** *adrenaline* and *cortisol* get released and used up to give your body the boost it needs to prepare for action - "fight or flight."
- After the stressful situation, your body wants to **replenish** the depleted hormones and fuel up.
 - Your body **craves** sustenance, but in our rush for immediate gratification, we **don't** reach for healthy foods like an apple or carrot.
 - Instead, we crave **high-sugar** and **high-fat** foods like cookies, candy, ice cream and chips—foods that **quickly** restore the diminished fuel supply.
 - The fat cells from the **abdomen** get restocked first, which is why unrelenting stress perpetuates a cycle that contributes to **excess** stomach fat.

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Emotional Stress Keeps You Fat

- Unexpressed or unresolved emotional stress tells your body to **keep** body fat **firmly** in place.
- Here's why: Cortisol and adrenaline drastically impact our metabolism and **inhibit** fat breakdown.
- It's common for women to put on body fat when they're **upset** and lose body fat when they're **happy** and they **eliminate** their emotional stress.
- So, learning to **manage** your stressors is KEY to losing your excess weight and reversing your chronic health issues.

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Next Up...

**Module 3 – Part 2:
Eliminate Your Energy Robbers**