



Julie Scott Nutrition

Energize Your Life!

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Unwind Your Stress

Nutrition and Mind-Body Strategies

The constant stress in our lives results in elevated cortisol in the blood. Elevated cortisol is linked to many diseases as well as health disturbances. Below are the foundational nutrition and mind/body strategies for combating the effects of stress. If stress has already been occurring for an extended period of time, additional targeted supplementation may be needed – this should be evaluated by a nutrition professional.

Nutrition Strategies

- 1) Protein
 - Beans or legumes, nuts (almonds, walnuts, macademia nuts, pecans), seeds (pumpkin, flax, sunflower, chia), eggs, fish – low mercury choices, traditional soy products (not processed) such as tofu, edamame and tempeh,
 - Organic grass-fed free range poultry, small amounts of organic grass fed beef, buffalo, lamb, goat (no more than once or twice a week and no more than 3-6 oz per serving)
- 2) Magnesium
 - Foods – almonds, whole grains, green leafy vegetables, tofu, legumes, seeds, nuts.
- 3) Omega-3 Fatty Acid
 - Cold water fish like: Salmon, Mackerel, Herring and Halibut, Sardines
 - Vegetarian Sources: Walnuts, Flaxseeds, Hemp seeds, Soybeans

LifeSkills

- Belly Breathing
- Expressing Gratitude
- Tense to Relax
- Visualize Success
- Slow Down
- Smile/ Laughter
- Stop Doing What Doesn't Work
- Just Say No
- Accept What You Cannot Change
- Know that things will change
- Life – A two prong approach, care for yourself and be kind, generous and helpful

Other Techniques

- Qi Gong, Meditation, Tai Chi, Emotional Freedom Technique, Prayer, Yoga, Finding Meaning in Life
- Exercise
- Sleep