

May 2017

*Armed with knowledge,
I am committed to
creating a healthy
body, mind, and spirit.*

Healthy Outlook

My name is Carol Koegel I am passionate and committed to learn, practice and share all that I can to be healthy and whole. I will be providing new information each month that I hope you will find useful and interesting. I will always try to give credit to my sources and welcome any comments or questions you may have.

STRESS

Good Stress & Bad Stress

According to experts, stress is a burst of energy that basically advises you on what to do. In small doses, stress has many advantages. For instance, stress can help you meet daily challenges and motivate you to reach your goals. Stress is also a vital warning system, producing the fight-or-flight response. When the brain perceives stress, it starts flooding the body with chemicals like epinephrine, norepinephrine and cortisol. This creates a variety of reactions such as an increase in blood pressure and heart rate. Plus, the senses suddenly have a laser-like focus so you can avoid physically stressful situations – such as jumping away from a moving car and avoiding danger. In addition, there are various health benefits that come with a little bit of stress. Researchers believe that some stress can help to fortify the immune system. For instance, stress can improve how your heart works and protect your body from infection. In one study, individuals who experienced moderate levels of stress before surgery recovered faster than individuals who had low or high levels. Stress is key to survival. It is an inevitable part of life, but too much stress can be detrimental.

Chronic Stress is now linked with just about every health problem out there.

Cortisol

Cortisol is often called the primary “stress hormone” because it’s one of the main hormones we release when we’re under any sort of pressure and our evolutionally based fight-or-flight response kicks into gear. Although most think of cortisol as a bad thing – such as contributing to acne, weight gain or high blood pressure – there’s a lot more to cortisol levels than just our stress response and its unwanted symptoms. We need it to live!

To learn more about balancing Cortisol naturally visit; otmpagosa.com and look under the BLOG tab at the top of the page for the May 2017 post Healthy Outlook on Cortisol. You can also pick up a printed copy at the store on your next visit.

Roasted Broccoli



For this recipe, complete with nutritional information, visit our website; otmpagosa.com and look under the RECIPE tab at the top of the page.

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