

Handle every stressful situation  
like a dog.  
If you can't eat it or play with it,  
Just pee on it and walk away.



# Integrative Stress Solutions

Meg Bowman, MS

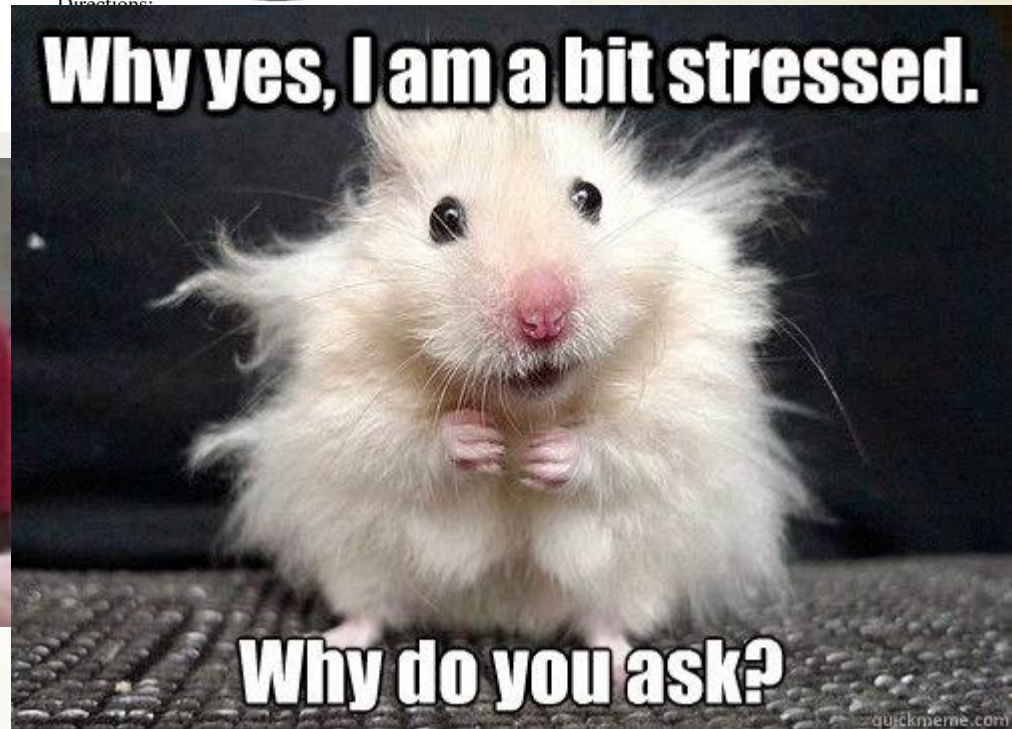




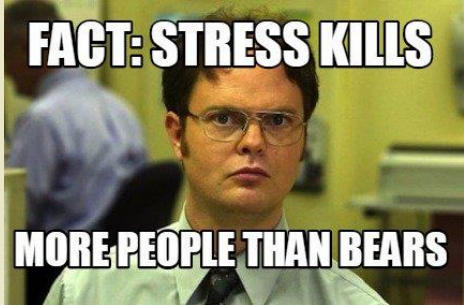
# My story



## Stress Reduction Kit



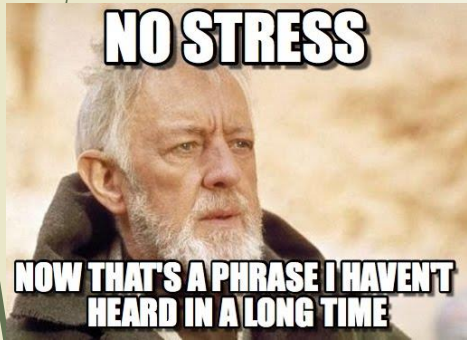
# Stress in Families with Food Allergies



- ▶ “Overall, the findings suggest that food allergy has a strong impact on HRQL in terms of social, dietary, and psychological factors.
- ▶ 'Rules' and restrictions ostensibly apply to food, but because food is such an integral part of everyday life, these restrictions extend far beyond 'mealtimes'.
- ▶ Therefore, social events are experienced differently and have a different meaning for those living with food allergy, giving rise to feelings of exclusion and difference when compared to those without allergy.
- ▶ Children, teens, and parents need to cope with normal developmental changes as well as with the food allergy, placing them under increased psychosocial stress and leading to adverse effects on HRQL and coping.”
- ▶ Dunn Galvin, A., Dubois, A., Flokstra-de Blok, B., & Hourihane, J. (2015). The effects of food allergy on quality of life. *Chem Immunol Allergy* 101:235-52. doi: 10.1159/000375106

# Measuring Stress

- ▶ Holmes and Rahe Scale
- ▶ Cohen Perceived Stress Scale
- ▶ Scales for children and teens
- ▶ Scales specific to people with food allergies and/or caregivers



# Stress Mindsets



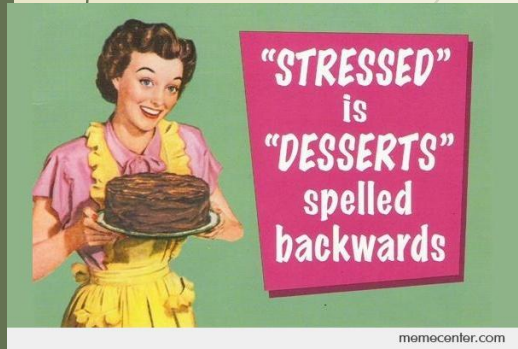
# Do-it-yourself Stress Mindsets



- ▶ Opportunity for growth
- ▶ Marathon not a sprint/40,000 feet
- ▶ Inherent benefits?
- ▶ Plate Analogy

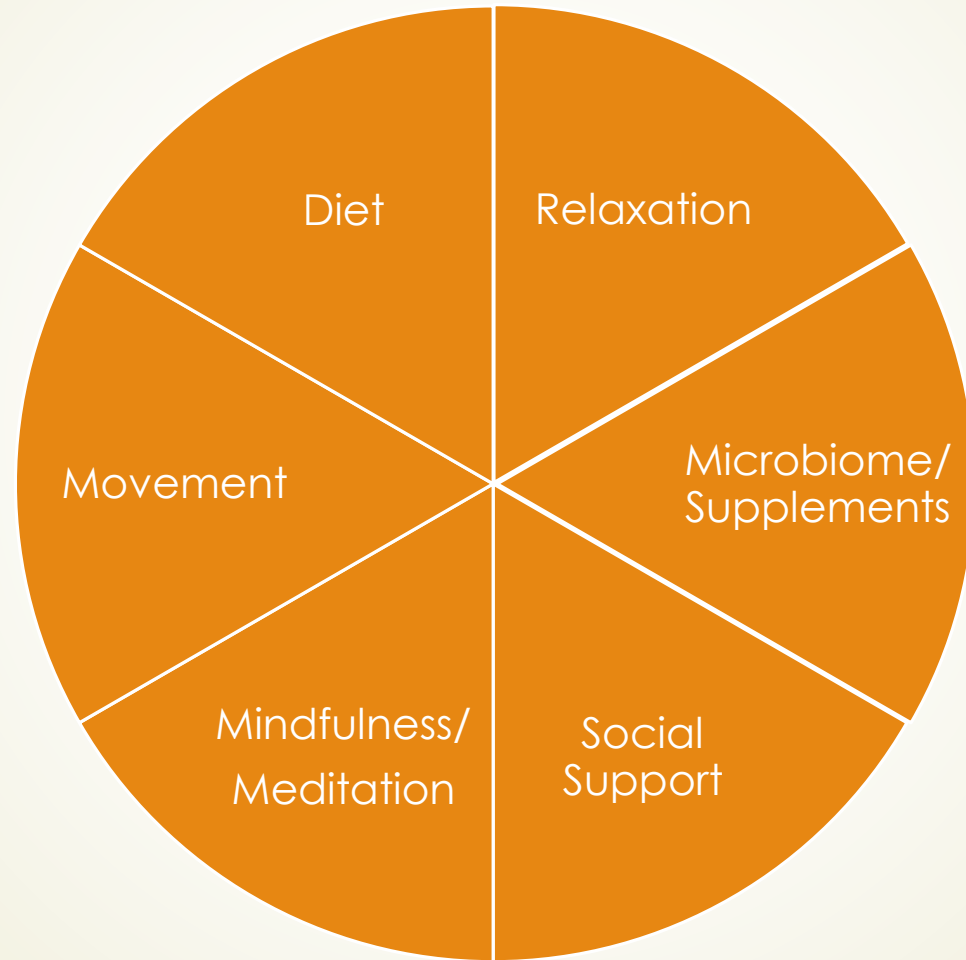


# Identifying Physical Symptoms



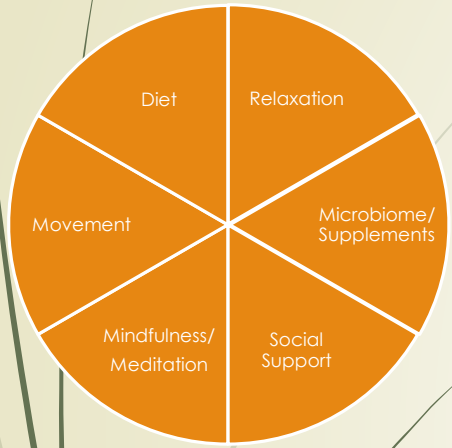
- ▶ Use your body as a tool to identify and manage your stress.
- ▶ Physical Symptom Exercise

# Integrative Strategies for Stress



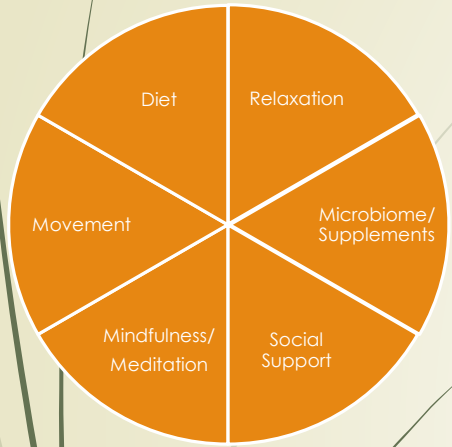


# Diet



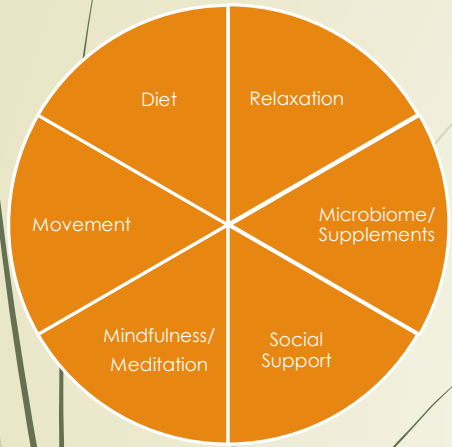
- High in micronutrients (vitamins and minerals)
- Sufficient good fats
- Anti-inflammatory
- Low-glycemic

# Relaxation



- Coloring books
- Systematic relaxation
- Bathing
- “Forest bathing”
- Golf
- Massages
- Karate
- Boxing

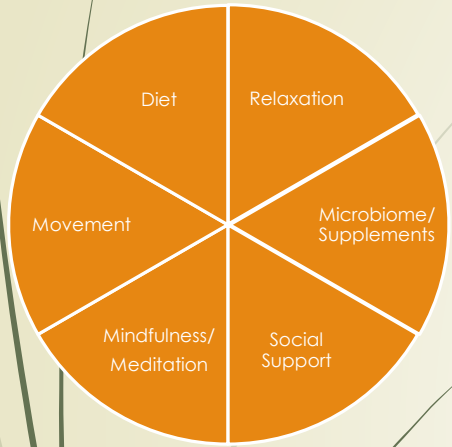
# Movement



- Walking
- Yoga
- Tai Chi/Qi Gong
- Vagus nerve stimulation



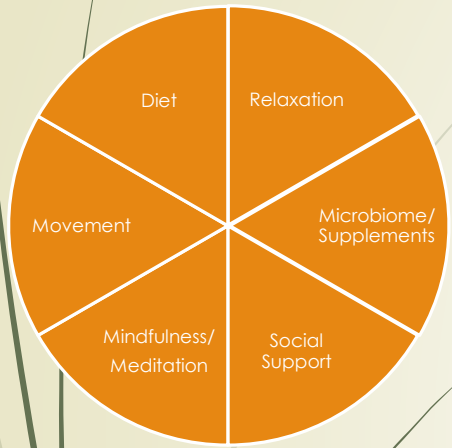
# Mindfulness/Meditation



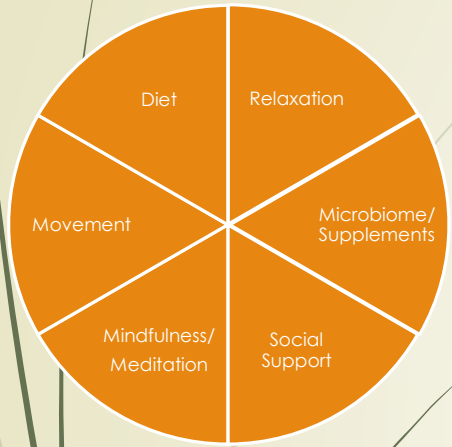
- Mindfulness vs. Meditation
- Easy options
  - Chocolate trick
  - Stoplight trick
  - Yoga nidra
  - Guided meditation
- Traditional seated meditation
- Technology assisted mindfulness
  - Spire
  - HeartMath

# Social Support

➤ Social wellness and your health



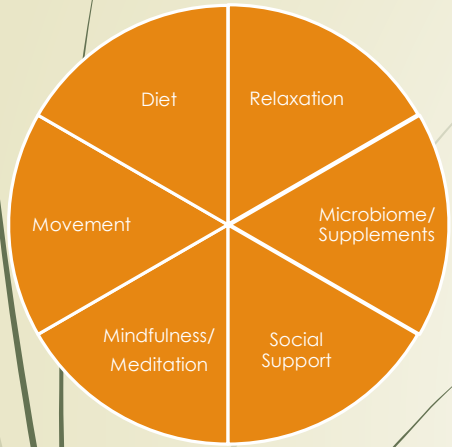
# Microbiome/Supplements



## ➤ Microbiome/Probiotics

- Bifidobacterium longum R0175
- Lactobacillus helveticus R0052
- Xymogen Probio Defense (M, S, zinc, selenium)\*
- Pure Encapsulations Probio Mood (contains M, S, maltodextrin)
- Bacillus spores (MegaSporeBiotic\*, Just Thrive, PeakBiotic, KlaireLabs Biospora, Garden of Life Primal Defense (M,S))

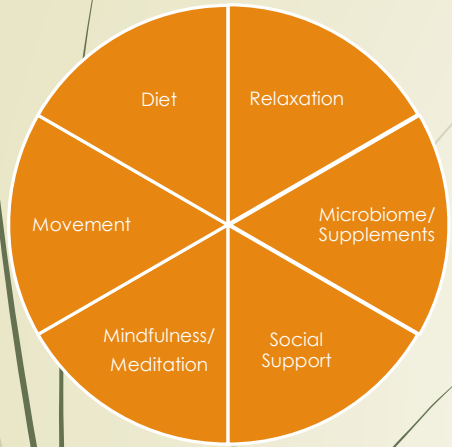
# Microbiome/Supplements



## ➤ Micronutrients

- Antioxidants (ACE/Selenium)\*
- B-vitamins (B1, B2, B5, B6, B12/Folate)
- Minerals (calcium and magnesium)
- Plant sterols
- Fish oil/Omega-3

# Microbiome/Supplements



## ➤ Herbs

### ➤ Nervines

➤ Nervine stimulants

➤ Nervine relaxants

➤ Lavender

➤ Chamomile

➤ Lemon balm

➤ Valerian

### ➤ Adaptogens

➤ Ashwagandha

➤ Rhodiola

➤ Holy Basil/Tulsi





Questions?

# Probioticadvisor.com

The screenshot shows the Probiotic Advisor website interface. At the top, there is a navigation menu with links for Home, Probiotic Essentials 1, Probiotic Essentials 2, The Probiotic Advisor, Probiotic Myths, and Healthy Microbiota Blog. Below the navigation is a search bar with the text "Enter search term" and buttons for "Search" and "Reset". The search results are for "Hypercholesterolemia". There are three colored boxes: a green box labeled "Recommended", an orange box labeled "Inconclusive", and a red box labeled "Not Recommended". Below these boxes, the text "Recommended Strains" is visible.

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## Probiotic Advisor Search

Enter search term

### Hypercholesterolemia

Recommended Inconclusive Not Recommended

Recommended Strains