What are the effects of stress on your skin and the way we age?

Effects Of Stress On Your Skin

Welcome back to our blog, we appreciate your time and visit in a world that doesn’t have time for much in the go, go, go. We realize that your time is golden and your visit is well appreciated.

On week 239 we are sharing a post in the relationship of personal external and internal beauty and STRESS !!. we

all know that the effects of stress on our overall wellbeing is devastating and life threatening, not much focus or readily available information on the effects on our appearance. So with that said we like to share our research and authority information that will take you to a different understanding of what happens when we are in I don’t have time mode and the rushing through lifestyle that is so common across the planet especially in the US. I hear kids saying I don’t have time, wow really. If they don’t have time who does? We live fast we die fast and that is a fact so lets take a look at the effects of stress on our overall health and includes appearances what is commonly called BEAUTY.

Thank you for the thousands of likes and shares, with gratitude, love, and respect from all of us at Isabel’s beauty blog.

It has been said that stress can manifest itself on one’s appearance in many ways, but primarily by making the skin more sensitive and more reactive.

For example, stress its linked to psoriasis or rosacea, your digestive system results in acne lesions that are more inflamed and more persistent, brittle nails and ridging of the nails, hair loss, hives, and excessive perspiration.

Stress also is a known trigger or can be a worsening factor for fever blisters, psoriasis, seborrheic dermatitis and has even been shown to impair skin barrier function and dehydrate the skin – allowing more irritants, allergens, and infectious agents to penetrate the skin and cause problems.

Beyond the direct physiological effects of stress, people under stress also tend to neglect or abuse their skin. For example, they often lack the energy and motivation to adhere to their skin care regimens, and there also might be signs of stress-related habits – such as scratching, pulling or rubbing

– that can exacerbate issues, like going to bed with face fully made up.

On a microscopic level, stress reduction can decrease the release of pro-inflammatory stress hormones and chemicals. For

example, a release of neuropeptides (or stress chemicals released from the nerve endings) can be reduced with stress management techniques. Like exercising, breathing techniques Yoga,Qi Gong walking, meditating, laughing, Yes, that is right, laughing opens up the heart and resets the way you are breathing, dancing at home on your own, and so many other ways. The intention is to rest the mind until you feel joy. This often results in skin that looks and functions better.

Stress does a lot more than make us feel awful – it can wreak havoc on your skin. We're getting some expert insight into just what it does to your complexion and how to reverse the effects.The first step is to understand what stress is. This is a great definition from sharecare.com When the demands placed on us exceed our ability to cope, we experience Stress and also is defined as the thoughts, feelings, behaviors and physiological changes that happened as a result of our response to those demands and perceptions. A whopping 82 % of women say they have had at least one physical stress symptom in the last month like a relentless headache, an upset stomach, or tightness in the chest.

The Effect of Cortisol Control and Collagen on our Skin and Health

Why is it important to control and understand cortisol? Well, very simple, cortisol is the primary hormone that our bodies secrete when we are under stress. This means that whenever we're under stress, we're exposed to cortisol. Cortisol isn't bad in and of itself. It's a normal part of our physiological

makeup of our bodies. The problem occurs when we're exposed to too much of it on a chronic basis-a scenario that is all too common in today's fast-paced, overbooked way of living, and the I don't have time personalities.Everything in moderation works and that includes Cortisol.

Because of cortisol's wide-ranging influence on other important aspects of metabolism especially those metabolic pathways associated most closely with "aging", Cortisol it is often called the "death hormone." This is a fairly accurate nickname: Cortisol is a hormone that tends to increase with age, and our increased exposure to cortisol, as we age, has been linked to breakdown and dysfunction in every tissue in the body, very powerful hormone!. So whether we're talking about skin or heart muscle or brain neurons, it makes sense to address cortisol as sort of a master switch in the metabolism of aging.

Since cortisol is basically the controller of the four metabolic pathways in the FACE program, we need to control it in order to slow down the skin's aging process, treat and prevent problem skin, and promote radiant, healthy skin. When we do this, we get unexpected perks: Controlling cortisol also produces beneficial results in terms of weight loss, improved mood, and enhanced libido! we accomplish true restful sleep and we manage to have a healthy heart and prevent arteries deterioration among many other benefits.This is not to say that cortisol is the only metabolic pathway that needs to be addressed in order to promote healthy skin, but considering its profound effect on the body's functioning, cortisol control is the most logical place to start.

One major way that cortisol earns its tag as the death hormone is through its destructive effect on collagen, the most abundant protein in the human body (about a third of all the proteins) and the chief structural component of skin tissues (about 90 percent). Collagen serves as the primary framework on which all the major structures in our body, including our

skin, are built like bones hair, ligaments, nerves collagen is a major ingredient in our body. It's what wards off lines and wrinkles, and it is the closest thing we have to a fountain of youth.

The health of our skin and bones is affected by how well we metabolize collagen that is, how well our systems make collagen available to our bodies for productive use. Collagen metabolism can be influenced by our eating habits, exercise patterns, and lifestyles. When we are under Stress of any kind, our cortisol levels increase, contributing to a faster breakdown of tissues that contain collagen, such as bone and skin,wow major damage, not worth it don't you think?. We like to mention that collagen absorption is a major deal a stress digestive system doesn't have the ability or the enzymes to absorb or break down proteins like collagen, the HCL (Hydrochloric Acid) production is affected by stress consequently the body can really absorb or assimilate collagen from food sources, like meats, seaweed, gelatin etc.

From Wikipedia: https://en.wikipedia.org/wiki/Cortisol

Cortisol is a steroid hormone, in the glucocorticoid class of hormones, and is produced in humans by the zona fasciculata of the adrenal cortex within the adrenal gland (kidney). It is released in response to stress and low blood-glucose concentration.

It functions to increase blood sugar through gluconeogenesis, to suppress the immune system, and to aid in the metabolism of fat, protein, and carbohydrates. It also decreases bone formation.

Hydrocortisone (INN, USAN, BAN) is a name for cortisol when it is used as a medication. Hydrocortisone is used to treat people who lack adequate naturally generated cortisol. It is on the World Health Organization's List of Essential Medicines, the most important medications needed in a basic

health system if you are inclined to medications

Wound healing

Cortisol and the stress response have known deleterious effects on the immune system. High levels of perceived stress and increases in cortisol have been found to lengthen wound healing time in healthy, male adults. Those who had the lowest levels of cortisol the day following a 4 mm punch biopsy had the fastest healing time. In dental students, wounds from punch biopsies took an average of 40% longer to heal when performed three days before an examination as opposed to biopsies performed on the same students during summer vacation.This is in line with previous animal studies that show similar detrimental effects on wound healing, notably the primary reports showing that turtles recoil from cortisol.

Electrolyte and water balance

Cortisol acts as a diuretic, increasing water diuresis, glomerular filtration rate, and renal plasma flow from the kidneys, as well as increasing sodium retention and potassium excretion. It also increases sodium and water absorption and potassium excretion in the intestines.

Sodium

Cortisol promotes sodium absorption through the small intestine of mammals. Sodium depletion, however, does not affect cortisol levels so cortisol cannot be used to regulate serum sodium. Cortisol's original purpose may have been sodium

transport. This hypothesis is supported by the fact that freshwater fish utilize cortisol to stimulate sodium inward, while saltwater fish have a cortisol-based system for expelling excess sodium.

Potassium

A sodium load augments the intense potassium excretion by cortisol. Corticosterone is comparable to cortisol in this case.For potassium to move out of the cell, cortisol moves an equal number of sodium ions into the cell. This should make pH regulation much easier (unlike the normal potassium-deficiency situation, in which two sodium ions move in for each three potassium ions that move out—closer to the deoxycorticosterone effect).

Memory

Cortisol works with epinephrine (adrenaline) to create memories of short-term emotional events; this is the proposed mechanism for storage of flash bulb memories, and may originate as a means to remember what to avoid in the future. However, long-term exposure to cortisol damages cells in the hippocampus; this damage results in impaired learning. Furthermore, it has been shown that cortisol inhibits memory retrieval of already stored information.

Factors reducing cortisol levels

- Magnesium supplementation decreases serum cortisol levels after aerobic exercise, but not after resistance training.
- Omega-3 fatty acids have a dose-dependent effect in slightly reducing cortisol release influenced by mental stress, suppressing the synthesis of interleukin-1 and -6 and enhancing the synthesis of interleukin-2; the former promotes higher CRH release. Omega-6 fatty acids, on the other hand, have an inverse effect on interleukin synthesis.
- Music therapy can reduce cortisol levels in certain situations.
- Massage therapy can reduce cortisol.
- Laughing, and the experience of humor can lower cortisol levels.
- Soy-derived phosphatidylserine interacts with cortisol; the correct dose, however, is unclear.

Regular dancing has been shown to lead to significant decreases in salivary cortisol concentrations.

- Withania somnifera (Ashwagandha) root extract.

.

Overtime
Sick
Tired
Dread
Health
No Time
Headache
Bills
Payments
Stress
Stress
No Sleep
Debt
Work
Fear
Worry
Job
Anxiety
Retirement
Savings
Anxiety
Expectations
Overdue
Time Management
Fear
Late Nights

Acne breakouts

Acne breakouts are stressful enough – especially when they happen the day before a date or other big event, but it turns out stress itself could be causing those pesky blemishes. “Overproduction of the stress hormone cortisol sets the stage for acne flare-ups by promoting oily skin and interfering with your body’s ability to regulate inflammation.”not to mention it helps you gain weight in the midsection of your body (muffin top) Hummmm not so nice. So what’s a girl to do? To calm your complexion, we suggest aside from the few tips we share here about resetting yourself to different activities and perception of the situations that cause you stress.You can start using an organic skincare that contains natural anti-inflammatories such as green and chamomile teas, cucumber and any product that is cooling and soothing, stress is acid and creates heat, so cooling down is where is at. We will give you links to a great system for one Dr Nicolas Perricone his whole system is about inflammation, great skin care and supplements also.

http://www.perriconemd.com

Dehydrated Skin Due To Stress

DEHYDRATED

www.healthdigezt.com

HYDRATED

• ACNE
Flushing out toxins with water may reduce breakouts

• PAINFUL SUNBURNS
Hydration calms sunburn symptoms and restores a fatigued body.

• DRY, RED NOSE
Staying hydrated in dry environments protects fragile nasal skin.

• LONGER HANGOVERS
Drinking water is thought to reduce hangover durations.

• EYE BAGS
Dehydration weakens delicate under eye skin, making eye bags more prominent.

• HEALTHY SCALP
Flaky, itchy scalp is almost always a dry scalp, so drink up.

• CLEAR, BRIGHT EYES
Dehydration reduces potassium and electrolyte level to have moist eyes.

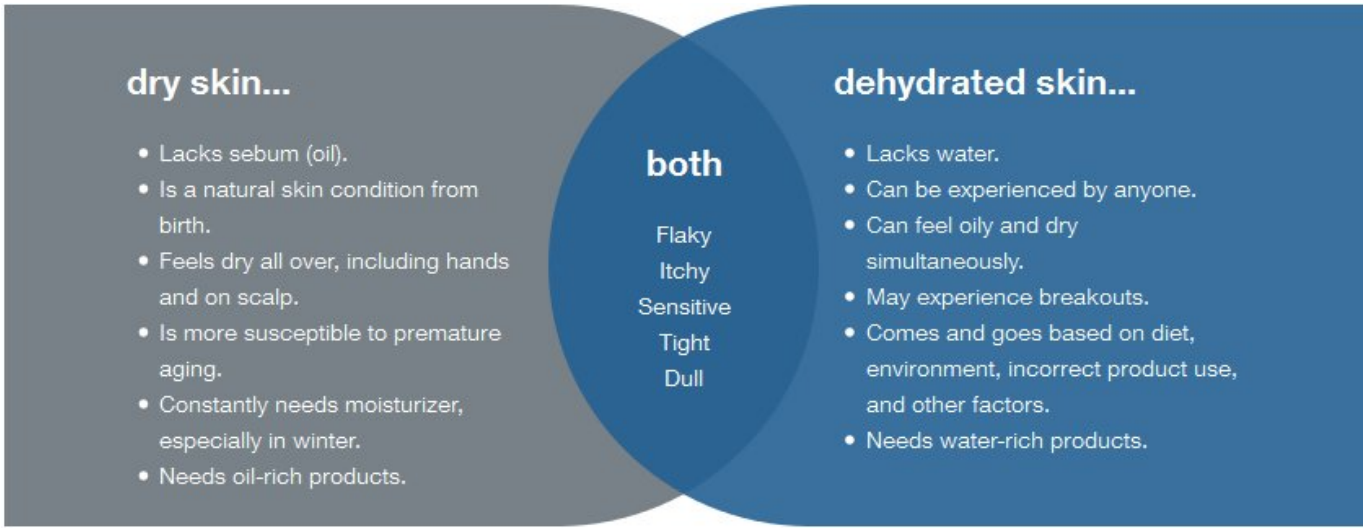
• SMOOTH, WRINKLE FREE SKIN
Drinking water improves the elasticity of the skin, preventing from wrinkles.

• STRONG HAIR AND NAILS
Your body is composed primarily of water. Ditch the dry and flaky, for healthy and supple. Drink 8+ glasses of water a day..

is your skin dry or dehydrated?
There's a big difference between dry and dehydrated skin, yet both tend to feel the same – just plain dry. Find out the characteristics of each to determine which you might have!
dry skin...
• Lacks sebum (oil).
• Is a natural skin condition from birth.
• Feels dry all over, including on hands and scalp.
• Is more susceptible to premature aging.
• Constantly needs moisturizer, especially in winter.
• Needs oil-rich products.
both
Flaky
Itchy
Sensitive
Tight
Dull
dehydrated skin...
• Lacks water.
• Can be experienced by anyone.
• Can feel oily and dry simultaneously.
• May experience breakouts.
• Comes and goes depending on diet, environment, incorrect product use, and other factors.
• Needs water-rich products.
dermalogica®

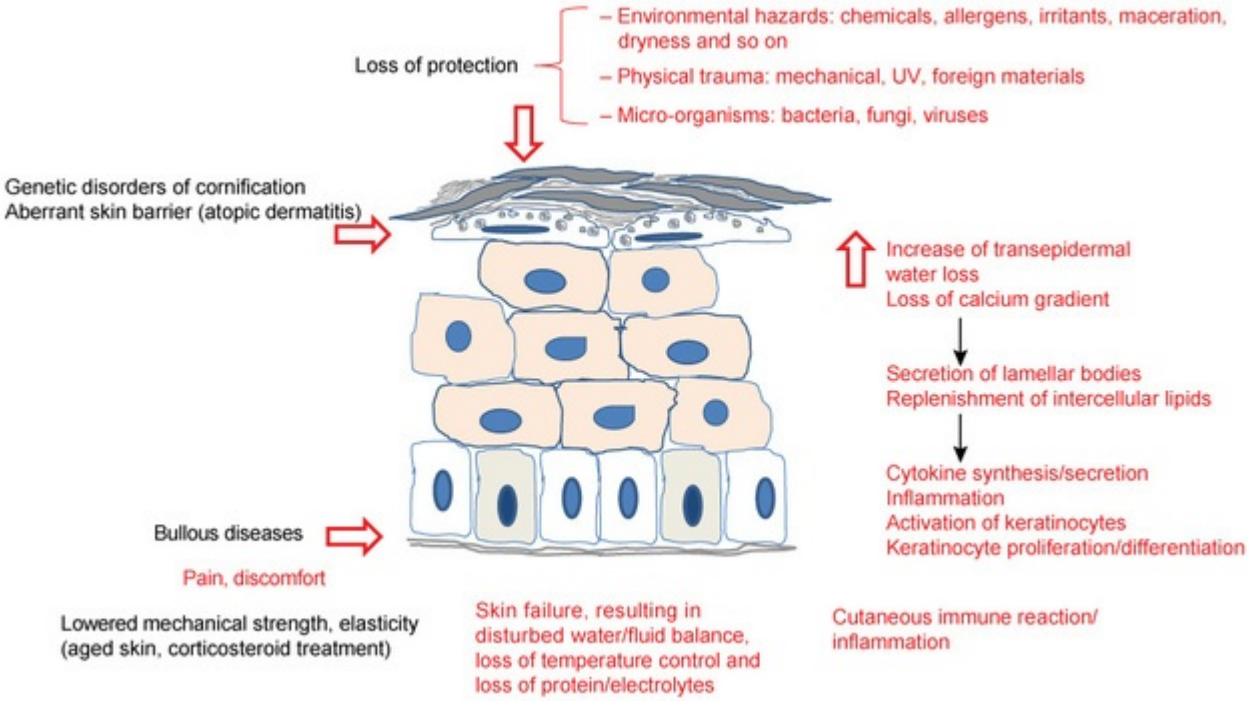
Dehydration

Dry skin? All those long (stressful) days could be the cause. “Stress interferes with the ability of the skin to retain moisture.” If you’ve been dealing with more stress than you’d like – and it shows, switch to a de-stressing plan, get a massage, go to a spa, change your diet to a bland easy to digest diet. Switch to a more rich moisturizer that contains plant-derived moisturizers such as aloe vera, hyaluronic acid, shea butter and avocado oil , definitely coconut oil. Treat yourself to hydrating masks, take time for a relaxing Spa day with a hydrating facial. “These will help hydrate and lubricate the skin, improving not only the appearance of the skin, but also its ability to function as a natural shield against bacteria, irritants, and toxins.” When we stress we notably breathe shallow but we forget to drink water also, in Chinese medicine they teach us to acknowledge the connection Lungs and skin, Lungs rule the skin and all those little pores that help to aid the skin to detox and BREATH how about that!


dry skin...
Lacks sebum (oil).
Is a natural skin condition from birth.
Feels dry all over, including hands and on scalp.
Is more susceptible to premature aging.
Constantly needs moisturizer, especially in winter.
Needs oil-rich products.
both
Flaky
Itchy
Sensitive
Tight
Dull
dehydrated skin...
Lacks water.
Can be experienced by anyone.
Can feel oily and dry simultaneously.
May experience breakouts.
Comes and goes based on diet, environment, incorrect product use, and other factors.
Needs water-rich products.

Sign and Symptoms of Dehydration

- Dry or sticky mouth
- Lethargy
- Sunken eyes
- Weight loss
- Low or no urine input
- Dark yellow urine
- Poor skin turgor
- Delayed capillary refill
- Dizziness
- Confusion/changes in mental status
- Lack of tears/sweat
- Falls/difficulty walking
- Low blood pressure
- Rapid heart rate
- Abnormal labs/electrolytes



Reduced collagen production

According to Dr Axe: https://draxe.com/what-is-collagen/

Collagen is the most abundant **protein** in our bodies. It’s

found in our muscles, bones, skin and tendons. It's the "glue" that helps hold the body together. It gives our skin strength and elasticity and helps replace dead skin cells.

You might have heard collagen and gelatin mentioned in the same breath. That's because gelatin is derived from collagen – when collagen breaks down, it becomes gelatin.

Collagen Nutrition Facts

But just how healthy are collagen and gelatin for you, really? Very! In fact, gelatin was one of the first foods used as the medical treatment in ancient China – our ancestors recognized that food is medicine early on! Gelatin is great for people with food allergies or sensitivities; it even helps their bodies manage those foods better.

Collagen is also full of conditional amino acids like arginine, glutamine, glycine and proline. These are amino acids that, under normal circumstances, are produced by your body.

However, when you're sick, under stress or otherwise unhealthy, your body may not be able to produce enough of these amino acids on its own. It needs help from outside sources (your diet or supplements) to get its fill.

And these "nonessential" amino acids are actually pretty darn important. Proline and glycine, in particular, play a major role in ensuring your body's running smoothly.

Proline makes up almost 15 percent of collagen. It also helps

your artery walls release fat buildup in the bloodstream, shrinking the fat in the arteries and minimizing fat accumulation. Healthy arteries equal a healthy heart!

Glycine also makes up a major portion of collagen. And while size-wise it’s the smallest amino acid, big things come in small packages, and glycine is no exception.

To ensure our cells function properly, it helps build healthy DNA strands. It’s also one of three amino acids that form creatine, which promotes healthy muscle growth and boosts energy production during workouts.

Collagen Benefits

If you’re still not convinced that collagen should play a bigger role in your lifestyle, check out these seven benefits.

Skin and Hair

As we age, collagen production declines – it’s happening as you read this! You’ll notice it physically: looser skin, more wrinkles, and less elasticity. Increasing collagen levels can help your skin look firmer, increase smoothness, and help your skin cells keep renewing and repairing normally.

Joints

Have you ever felt like you've got skeleton legs? Yup, that's a loss of collagen rearing its head. That's because when we lose collagen, our tendons and ligaments start moving with less ease, leading to stiffness, swollen joints and more.

Think of ingesting more collagen-like greasing a creaky door hinge: It'll help your joints move more easily, reduce joint pain and even reduce the risk of joint deterioration. A recent study even found that collagen is an effective treatment for treating osteoarthritis and other joint disorders.

Leaky Gut

If you suffer from **leaky gut syndrome**, a condition where bad-for-you toxins are able to pass through your digestive tract, collagen can be super-helpful. It'll help break down proteins and soothe your gut's lining, healing damaged cell walls and infusing it with healing amino acids. It will also help absorb water, keeping things moving freely in the digestive tract.

Boosts Metabolism & Energy

A boost in collagen can increase your metabolism. Glycine, found in collagen, helps pump sugar into your body's tissue to increase energy levels. It also helps in muscle development – and muscles burn more calories than fat. Combine any supplementation with vitamin C to ensure your body can convert the collagen into a useable protein that can begin to restore the source or your energy and vitality.

Strengthens Nails & Teeth

Ever had peeling and splitting nails? Well, a lack of collagen could be to blame. Collagen protein is also the building block of your fingernails and teeth as well! Adding collagen to your diet regimen can help keep your nails strong and your teeth healthy!

Detox

If you're looking to detox, collagen is extremely helpful. That's because glycine helps minimize damage your liver experiences when it absorbs foreign substances that shouldn't be passing through it.

One of the easiest ways to **cleanse your liver** is with a bone broth fast; I often recommend a three-day bone broth detox to rapidly repair leaky gut. It'll help rid your body of chemicals and "reset" your gut.

Reduce Cellulite/Strech Marks

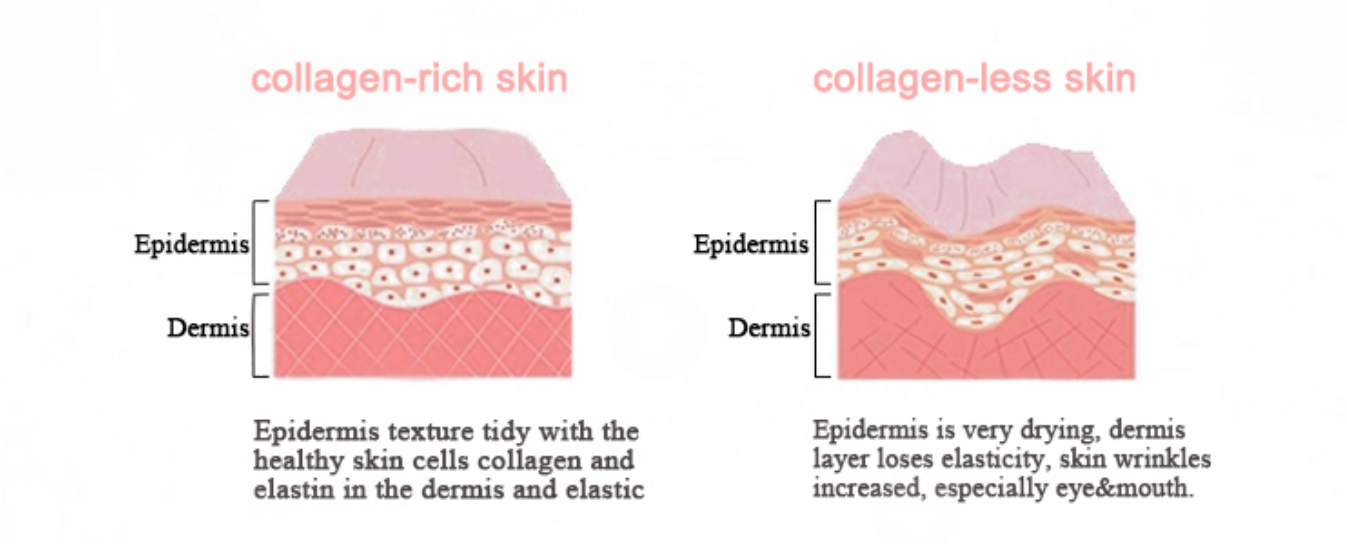
When skin loses its elasticity as a result of decreased collagen, there's another side effect: more visible cellulite! Because your skin is now thinner, cellulite becomes more evident – no more hiding what's happening below the surface. Improving your skin's elasticity through collagen will help reduce that dimpling on your skin.

Collagen loss is a great cause of stretch marks, due to loss of elasticity.

It is important to note that there are many factors that support the formation and use of collagen in the body, such as vitamin C, **manganese**, copper, proline, and foods high in Anthocyanidins (such as blueberries, cherries and blackberries). In order for collagen to be activated in the body, you always want to take your supplements with a source of amino acids and vitamin C or make sure that your supplement includes these activating nutrients to ensure absorption and usefulness to your body.

Additionally, while many creams and powders claim to revitalize skin by adding collagen, the molecules in these topical products are usually too large for your skin to absorb. Through bone broths and supplements, you'll improve your body from the inside out.

Lastly, be aware that certain foods – ones heavy in amino acids – promote collagen growth more than others. Animal products like eggs, poultry, fish and milk can all help boost collagen formation. But veggie lovers, fear not! You can also use collagen in recipes for your family or kids, such as homemade healthy jello or all-natural fruit snacks.



• Avoid collagen killers: Smoking, too much sun, diabetes, poor nutrition, stress (from excess cortisol), and poor hydration.

• A diet high in plant protein (soy protein, hummus, nuts, nut butter, foods made with almond flour, etc) can offer the support of plant estrogens, or phytoestrogens, which have been demonstrated to have a positive effect on collagen.

• Omega 3 fatty acids (fish oils and flax seed oils) are

excellent “lubricators” of joints (to help with flexibility), improve dry eye and a host of other metabolic and mood elevating properties.

• Vitamin D: (at least 1000 IU a day) now being thought of as a hormone as it has so many varied effects on body systems, can contribute to a healthy, flexible, bone matrix…and has positive effects on the skin as well.

• Calcium: 1000mg prior to, and 1500 mg a day, after menopause through diet or supplements; best spread out through the day, as the body cannot absorb more than 500 to 600mg at once.

• Vitamin C: 400mg day can help support healthy collagen.

• Exercise: Muscle development can stimulate new growth of collagen and prevent atrophy, or loss of muscle mass that can contribute to sagging tissues and declining bone density.

• Biotin: 1000 mcg a day may help support hair and nail strength that often decline with menopause.

• Phytoestrogen supplements: With the decline of estrogen at menopause plant estrogen supplements can help offset the fallout. For a woman not on HRT, 70 mg of isoflavones a day may help support collagen and promote bone health.

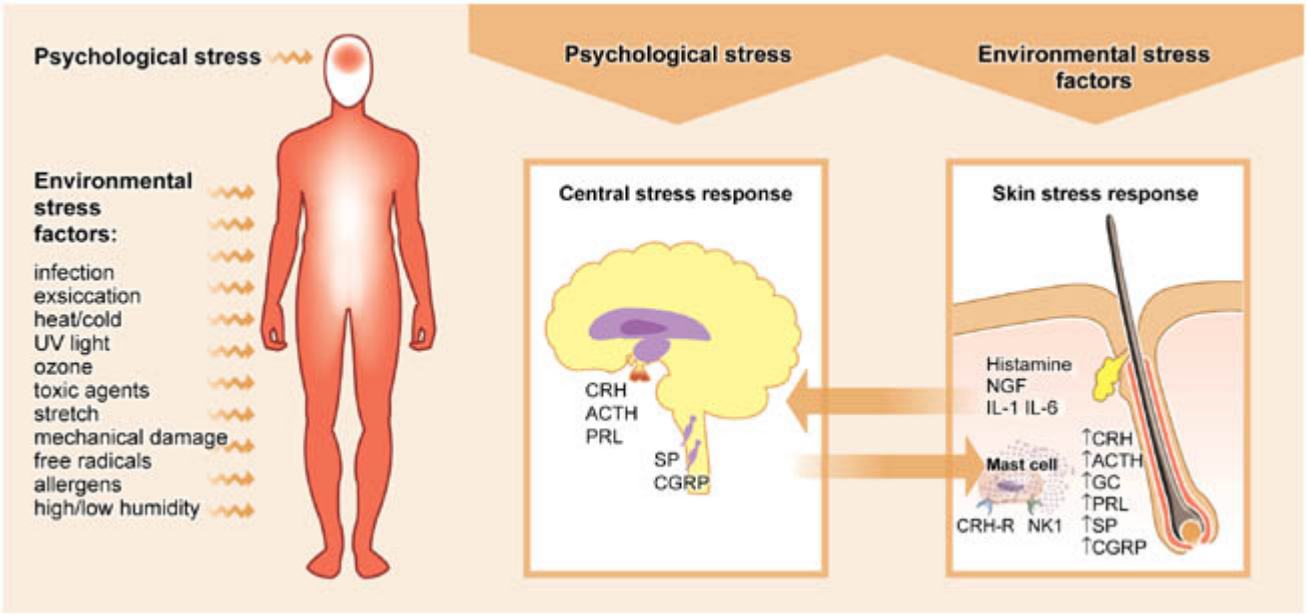
Stress can also be the enemy of youthful-looking skin, so if you want to turn back the clock, you’ll need to find a way to minimize stress. “Increased levels of another stress hormone, epinephrine, constricts blood vessels, reducing the flow of oxygen and nutrients that skin needs to manufacture collagen, wow that is a big one .” If you want to combat the effect of stress on your skin, a great facial exercise routine is a great one to practice, you can find a large assortment of facial exercises on DVD. “One of the best ways to restore healthy circulation is a program of facial exercises that incorporates aerobic techniques.”

Neglect and abuse of skin

If you’re overloaded with frustrating demands and a never-

ending to-do list, you may find yourself going to bed with your makeup on, not bothering to moisturize and even indulging in bad habits like picking at your skin. To get your skin back on track, treat yourself to a professional facial. “Make sure the Spa you choose provides a soothing atmosphere and plenty of TLC. With a little pampering to reduce your stress level and a revitalized complexion, you’ll feel motivated to resume a disciplined skincare routine.”We recommend choosing a natural Organic Skincare system to truly regenerate and calm the skin without harsh chemicals that cause more issues for your body to deal with.

This is great site to find spas: http://www.spafinder.com



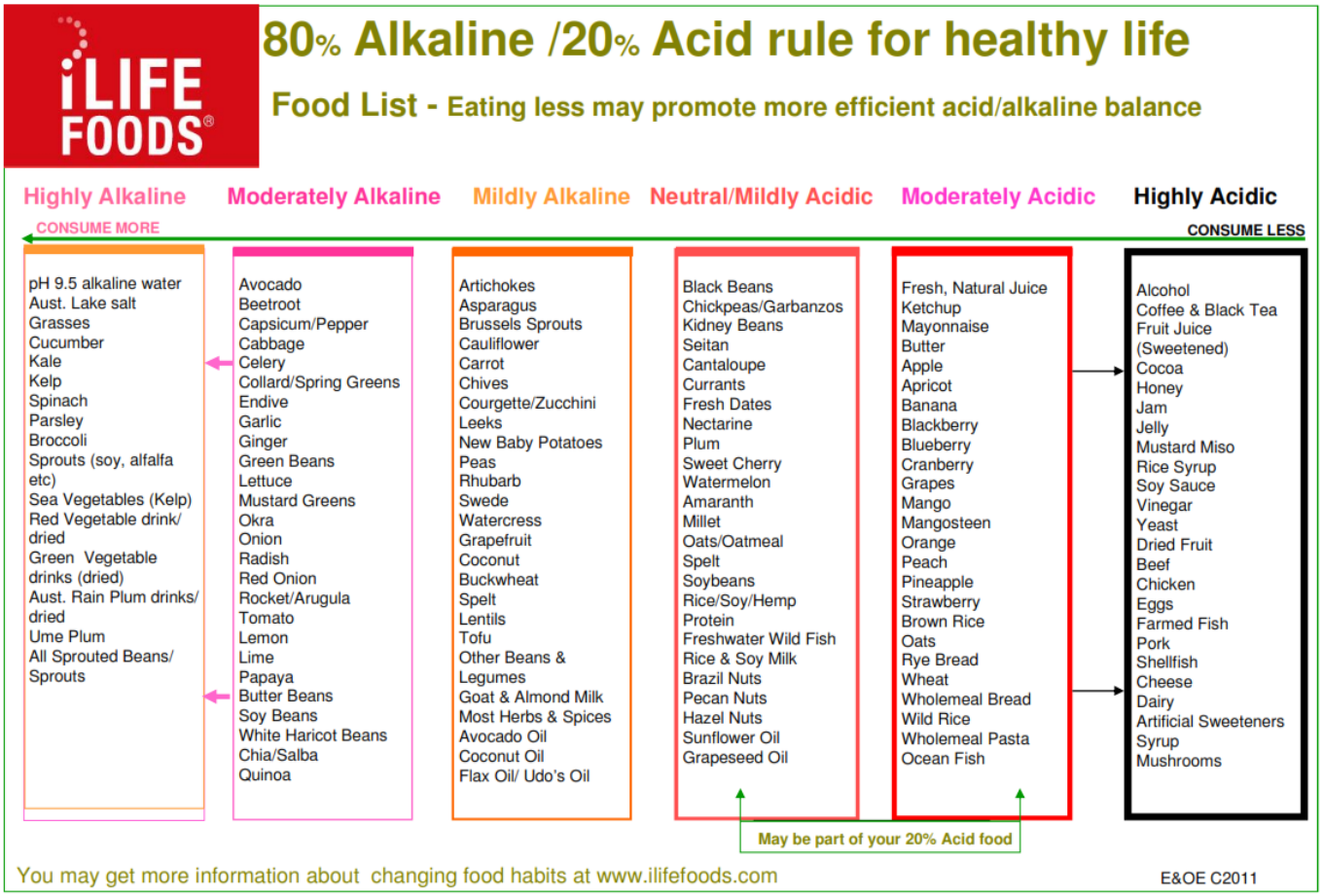
Dull and troubled skin

What is happening with your digestion can have a big impact on what is going on with your skin, for example in Chinese Medicine the lungs rule Skin so if we are not experiencing full breathing we will have issues with are skin, hair nails to mention a few, at the same time Chinese Medicine believes

that the Spleen controls weight loss,the ability to create cellulite and the Spleen is directly connected to worrying and sagging is control by the Spleen, also the spleen manages the distribution of fluid in our body no so cute right?, so ladies for the overly worry and controlling little fairies we may want to let go and trust don't forget that trust is connection to are deep intuition and faith and we have that available at all time we just need to tap into it. When stressed, the body's digestive system can go a haywire because the blood is directed away from the digestive system and everything becomes Unbalanced and this kind of digestion issues has been found to lead to problem skin such as dryness, oiliness, blemishes, and dullness, or sometimes a combination of all of these issues. Problems such as eczema,rosacea, and dermatitis can occur, from these facts.

Tip:

Boost your circulation with at least three sessions of cardiovascular exercise a week that can include dancing, fast walking, Zumba classes or just inviting our self to great hikes nature has many healing qualities and fresh air. This will also help you cope better with the stress itself. Include plenty of alkalizing foods in your diet (let's don't forget that stress is acid), such as apple cider vinegar, which makes a great salad dressing, green leafy vegetables, and non-animal protein sources because animal sources is acid and in a taxed system is hard to digest. Remember to chew your food well as this helps to alkalise it further before you ingest it and the biggest part of digestion occurs in the mouth, how about that. You can also consider taking probiotics, which can help balance the environment in your gut and the outbreaks you may consider applying a probiotic skin care line or yogurt with a bit of salt.



https://youtu.be/60IWqaQ4ocg

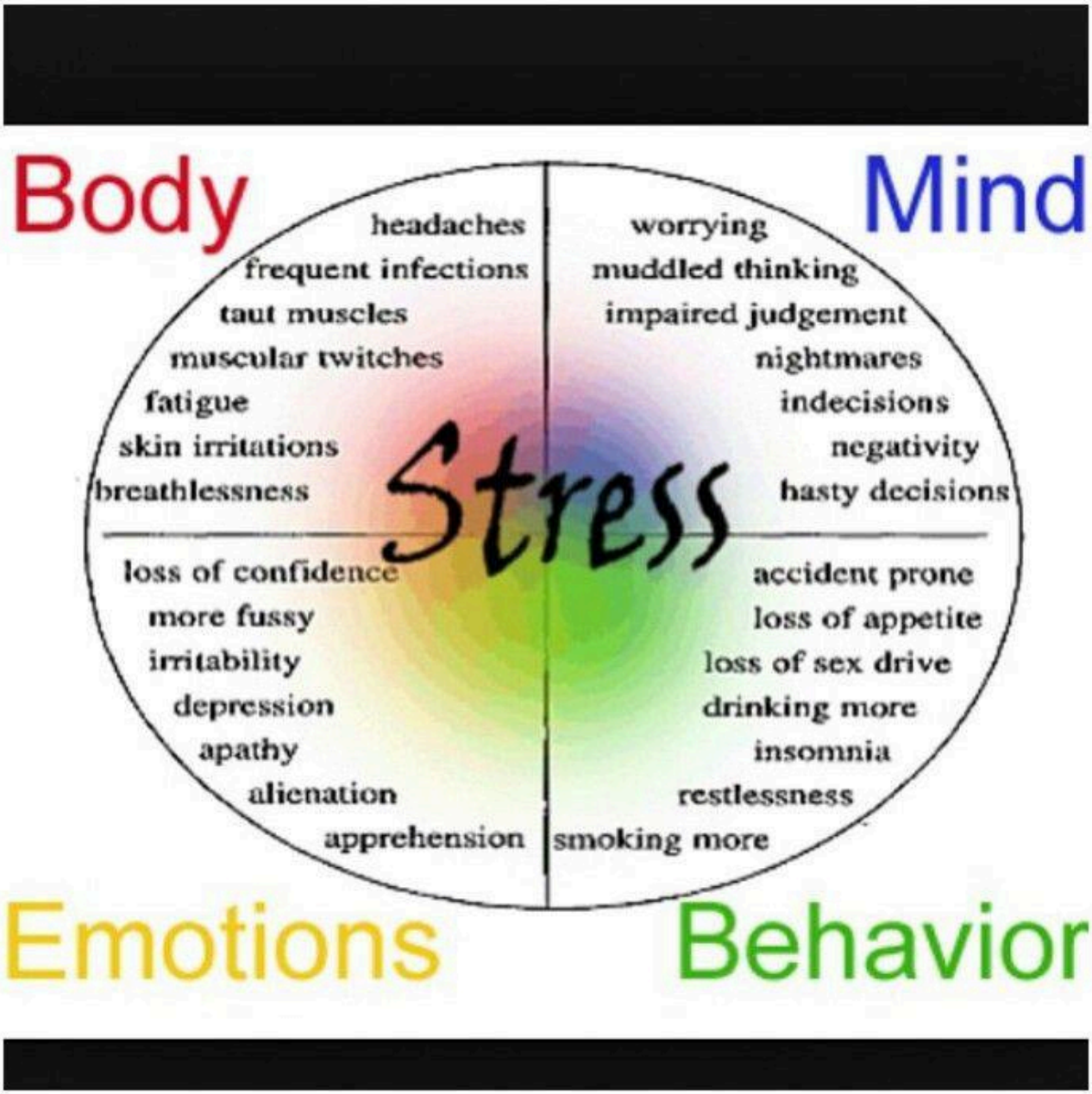
Lines and wrinkles

No one likes to talk about wrinkles, let alone face them in the mirror. Ensure your skin stays smoother, longer by minimizing stress. “Cortisol also causes blood sugar levels to spike. The excess sugar molecules in your bloodstream can bind to the proteins in your skin’s collagen fibers causing them to harden and crack and resulting in a loose skin(definitely, the Spleen controls satin and is directly connected to worry and stress) and deep wrinkles.” To maintain proper blood sugar levels and keep skin looking youthful, Isabel recommends avoiding refined carbohydrates (e.g. white bread, junk food) and eating more vegetables, whole grains, and beans, fermented food like Sauerkraut, organic pickles and nay fermented food of your choice that will aid digestion in a huge way.There are two ways stress contributes here. Firstly, as previously mentioned, stress can cause dry and problem skin, and dryness and dehydration are the leading causes of fine lines and wrinkles. Secondly, the facial expressions that typically come with stress can cause deep, dynamic lines that last far beyond the stressful period. We’re talking frown lines, crow’s feet from squinting at your computer screen and deep lines that run from the nose to the mouth and the chin.

Tip:

Practice mindfulness and meditation be sworn off your expressions not only for the permanent marks we can accomplish by this action we probably have a look that is no so

attractive. Be aware of the moment you are in. If you feel yourself frowning, or your mouth is turned down, step away from the source of your stress, be it your computer screen, the phone or simply the in-tray on your desk. If possible, take 10 minutes to give yourself a facial massage take a deep breath and reset your mode. Press your fingertips into the middle of your eyebrows and work them all the way around your orbital bones to help relax the muscles that cause the expressions. Relax your mouth by saying your vowels in an overly accentuated manner up to 10 times. This will also help relax your jaw and prevent you from clenching and grinding your teeth which if yours are stressed you most likely do that in your sleep as well and is a great cause of TMJ and if that is the case you may want to use a guard so you don’t damage your teen, jaw or pop a filling. Even if you don’t feel like smiling, force yourself to do it. Research suggests the very act of smiling, even if it’s fake, can improve mood and induce relaxation.


Body
Mind
Stress
headaches
frequent infections
taut muscles
muscular twitches
fatigue
skin irritations
breathlessness
worrying
muddled thinking
impaired judgement
nightmares
indecisions
negativity
hasty decisions
loss of confidence
more fussy
irritability
depression
apathy
alienation
apprehension
accident prone
loss of appetite
loss of sex drive
drinking more
insomnia
restlessness
smoking more
Emotions
Behavior

Lack of sleep

Stress causes sleepless nights. This will directly impact on the appearance of your skin and definitely impact your mood and ability to cope aside it dehydrates you. Just one night of tossing and turning will draw the freshness from your face , hair and overall internal and external wellbeing, and if it

becomes an ongoing problem, it can affect your skin’s regeneration functions chronically , resulting in dullness, fatigue, under-eye circles and bags and bloodshot eyes which is result of overtaxed adrenals these little glands are your batteries .

Tip:

Put good sleep practices in place. Save vigorous exercise for earlier in the day, rather than just before bed. Before bed, take 15 to 20 minutes to do some gentle stretches and deep breathing to ease the tension of the day. Make sure you have clean sheets made from natural fabrics, allow fresh air to circulate through your bedroom and remove all devices such as smartphones or tablets. Don’t have a TV in your room and definitely no watching TV close to bed it should be at least two hours before be so just record your show and watch them early in the day that way you can forward them and avoid commercials!!see it works out – watching excitable programs it will stimulate your brain and nervous system and make sleeping soundly even harder. Avoid caffeine after 2pm. You can also consider playing meditation CDs to relax you.

Bad habits

Stress can trigger the onset of unhealthy habits such as excessive alcohol consumption, smoking, and comfort eating sugar and more. Again, this can make you less determined to exercise and can create an unhealthy cycle, where you rely on

these things to help you relieve stress. This can lead to bad skin and weight gain,heart issues as well as many other health problems.

Tip:

Before you reach for a bottle of wine, cigarette or chocolate, take a walk and get some fresh air, dance on your own laugh do some Zumba, play with your pet all of these can help you reset your mood. Swap alcohol for a cup of Chamomile tea like Tulsi Tea (Holy Basil) . Practice meditation and keep positive and uplifting affirmations on your office wall or the fridge to deter you from bad habits and don’t forget to laugh.

Youtube has many videos on relaxing subjects, you can find funny videos and so much more.

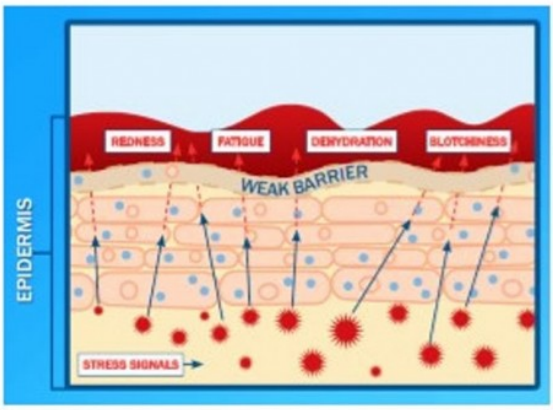
Heavy jaw

Grinding teeth and clenching of the jaw are common symptoms of stress. Unfortunately, these habits can cause the jaw muscles to work overtime. This can result not only in damaged teeth but also a heavier than usual jawline, as the muscles become larger with the grinding action and tension headaches.

Tip:

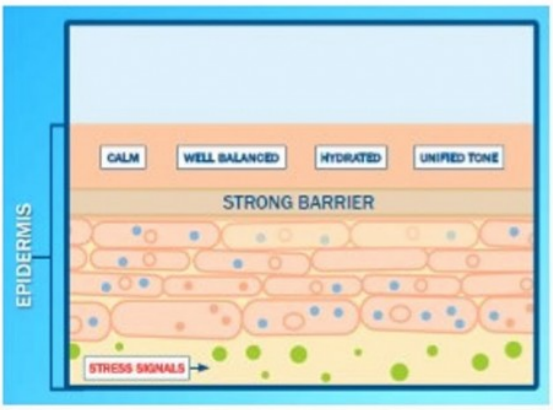
Speak to your dentist about wearing a special mouth guard if you grind your teeth in your sleep. A good magnesium supplement is a great muscle relaxer some come with calcium

and is effervescent and it tastes really good. You can also try alternative practices such as kinesiology, acupuncture, and cranial sacrum massage to help ease the tension. Acupuncture is what I use and it works miracles. Chiropractor work is another choice I usually resource to for relaxing, Yoga and Gi Gong are my favorites.



STRESSED SKIN

- When stress signals are released from inside the body, it causes an inflammatory skin response resulting in visible signs of stress
- Continued stress responses can make skin more vulnerable and can lead to premature skin aging



STRESSED SKIN WITH SKIN RESCUER

- With ingredients that limit the number of stress signals that attack skin along with protecting the skin barrier, this formula is better able to minimize the visible signs of stress.
- Over time, skin becomes less vulnerable to daily stress.

Detoxifying Your Life: Stress-Detox Secrets By Dr Perricone

Stress is probably the greatest age-accelerating precipitator there is. As a dermatologist, I can also unequivocally state that stress is also the precipitator of a great many skin problems; in fact, these problems often have their very roots in the psyche.

This can include everything from acne to eczema, rosacea to psoriasis and worse. Unfortunately, normal day-to-day interactions with our partners and children can be stressful – no matter how much we love them. Of all of the physical conditions we experience, stress is also the most deadly.

Many circumstances create stress in our daily lives. Arguing with family, friends or colleagues, not getting enough sleep, worrying, working too hard, or even playing too hard can all create stress. Weekend warriors, who try to make up for a week of inactivity by spending hours engaged in strenuous physical sports, raise their stress levels to an unhealthy degree. Any activity that is practiced without moderation can lead to a stress response.

To help reduce the negative effects of stress, I recommend following the anti-inflammatory diet and taking targeted anti-inflammatory nutritional supplements. I also suggest implementing these simple strategies:
Make sure that you get enough sleep
Try to minimize situations that create stress in your life
Don’t drink coffee. Coffee contains many organic acids which can elevate our cortisol levels. It’s important to avoid spiking these levels, as it can be toxic when large amounts of cortisol are circulating in our system for prolonged periods

of time. It is not specifically because of the caffeine because you can drink a cup of decaffeinated coffee at 8 AM and your cortisol levels will still be measurable at 10 PM –the same effects as a cup of regular coffee.
Set aside fifteen or twenty minutes a day for meditation or prayer. It is a well- established fact that people who do this have significantly lower cortisol levels. Long term benefits include keeping our skin clear, maintaining a healthy immune system and preventing age-related diseases, such as diabetes, cancer or cardiovascular disease.
Consider learning some simple Yoga exercises. Yoga is an outstanding stress reducing discipline and can lower cortisol levels.
Substitute green tea for coffee.
Get out in nature–fresh air, trees, blue skies, all contribute to our physical and mental well-being.

Foods To Help Ease Anxiety & Stress by Dr. William Cole

According to http://www.mindbodygreen.com/0-15428/13-foods-to-help-ease-anxiety-stress.html

Oysters

Research has correlated an imbalance of zinc to copper with anxiety. This trace mineral ratio is responsible for proper neurotransmitter function and adaptation to stress. Increased copper and decreased zinc may lead to symptoms of anxiety.

If it is, oysters are packed with zinc! This superfood of the

sea is a great way to balance the proper trace mineral ratio and your stress levels. It's also important to note that foods like grains and legumes contain phytic acid, an antinutrient that can bind to zinc and block its absorption.

Chamomile Tea

Sip on this natural anti-anxiety medicine for its natural calming effect. This soothing, mild tea was shown to significantly decrease anxiety symptoms in just a few weeks!

Turmeric

Curcuminoids, the antioxidants in turmeric, have a neuroprotective quality and help enhance your mood. It was shown in a randomized controlled trial to be an effective option for major depressive disorder, which is closely linked to anxiety disorders.

Dark Chocolate

Science has vindicated chocolate lovers everywhere. A randomized, placebo-controlled trial published in the *Journal of Psychopharmacology* revealed that people who drank a dark chocolate drink, equal to about 1.5 ounces of dark chocolate per day, felt calmer than those who did not.

Adaptogenic Herbs

The common hormonal signaling pathway dysfunction DR William Cole found in patients struggling with anxiety disorders is the brain-adrenal axis. The hypothalamic-pituitary-adrenal (HPA) axis is part of your sympathetic "flight-or-fight " response and something, and can play a role in adrenal fatigue. Stress hormones, like cortisol, can cause serotonin receptors to become less sensitive to activation. The adaptogenic herbs like ashwagandha, Rhodiola and holy basil(Tulsi) are few of the tools I use to optimize brain-adrenal function in patients.

Full-Fat Kefir

In the functional medicine, the gut is considered the "second brain" because it's home to 95% of your "feel good" hormone serotonin. With more than 100 million neurons, your gut's health is essential to manage anxiety.

Turkey

You know that tired feeling people feel after Thanksgiving dinner? It's actually from the tryptophan in the turkey. Tryptophan is a precursor to the neurotransmitter serotonin, which helps you to feel calm. Tryptophan in the form of meat has been shown to reduce anxiety disorders!

Avocados

This superfruit is great for brain health and anxiety. They contain potassium which helps naturally lower blood pressure. Avocados also contain beneficial B vitamins and monounsaturated fats that are needed for neurotransmitter and brain health.

Asparagus

This sulfur-rich vegetable also contains the specifically beneficial B vitamin, folic acid. Low levels of folic acid are linked to neurotransmitter impairment, which can lead to anxiety. A 5.3-ounce serving provides 60% of the recommended daily allowance for folic acid! It also contains moderate amounts of potassium, which can lower blood pressure.

Disclosure: we are sharing information from authorities that are qualified to recommend and prescribe, the reader is responsible for how to use it, we always recommend to check with your health practitioner before embarking on any health changes.

https://youtu.be/SLz6Vbxz2L0

https://youtu.be/WxEqooqgCEs

Prana Orion 1/4 Zip

- Layer up with this comfortable prAna® sweater!
- Performance fit.
- Lightweight heathered fabrication boasts chafe resistant

flatlock seams and quick drying properties.

- Mock neckline.
- Long sleeves.
- Quarter zip front with locking pull.

Soybu Jacinda Pullover

- Pound the pavement with confidence and style in this Jacinda Pullover.
- Regular fit is eased, but not sloppy, and perfect for any activity.
- Space dye fabric creates an eye-catching effect.
- Side mesh panels offer breathability.

Free People Nomad Child Dress

- Flowing gauze dress features lace panels at yoke and sleeves for a feminine contrast.
- Round neckline with tassel ties.
- Long bell sleeves.

- Lovely floral pattern throughout.

London Times Plus Size Chevron Puzzle Long Sleeve Shift Dress

- Nobody will be able to solve the Plus Size Chevron

Puzzle Long Sleeve Shift Dress but you.

- Shift dress construction skims the body and flatters a variety of figures.
- Rounded neckline.
- Long sleeve design.
- Straight hemline.

Adrianna Papell Plus Size Structured Cape Sheath Dress

- Add class to any affair in this Adrianna Papell™ caped sheath dress.
- Sleek sheath dress features an attached cape that covers the back and arms.
- Sleeveless design with a bateau neckline.
- Concealed zipper in the back.