Effects Of Stress On Your Skin Part 2

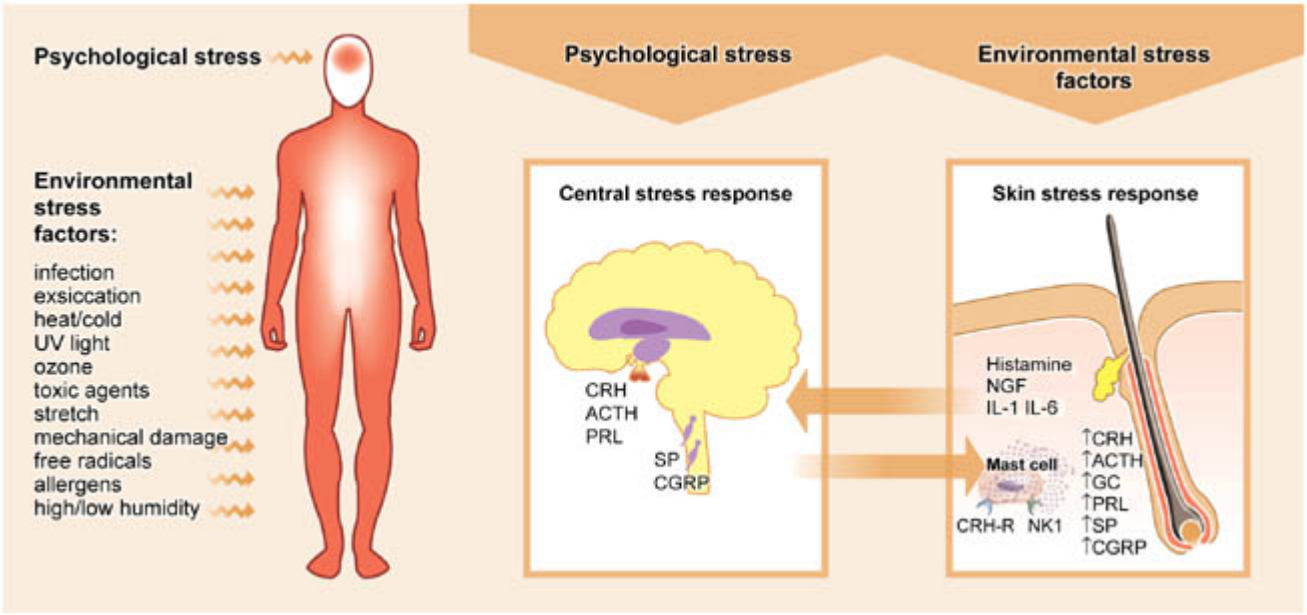
Effects Of Stress On Your Skin Part 2

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

On week 341 we are continuing our post on the relationship between 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 impact 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 then rushing through a 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 let's take a look at the effects of stress on our overall health and include appearances that are commonly called BEAUTY.

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 indeed regenerate and calm the skin without harsh chemicals that cause more issues for your body to deal with.



Dull and troubled skin



What is happening with your digestion can have a significant impact on what is going on with your skin. In Chinese Medicine, the lungs rule Skin so if we are not experiencing full breathing we will have issues with our skin, hair, and nails to mention a few,. Chinese Medicine believes that the

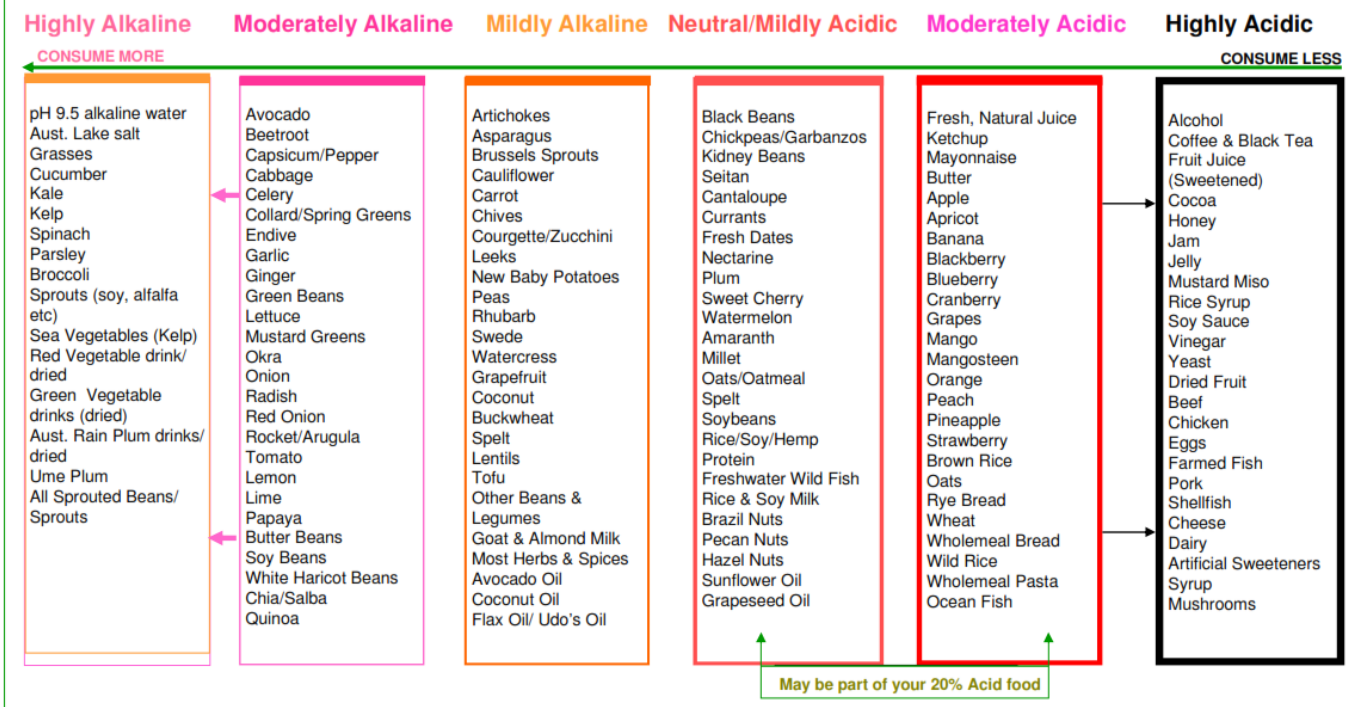
Spleen controls weight loss, the ability to create cellulite, and the Spleen is directly connected to worrying and sagging is control by the Spleen. Also, the spleen manages the distribution of fluid in our body no so cute right?, So ladies for the overly worry and controlling little fairies you may want to let go and trust don't forget that trust is connected to our deep intuition and faith, and we have that available at all time we just need to tap into it. Our 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 are acid and in a taxed system is hard to digest. Remember to chew your food thoroughly as this helps to alkalize it further before you ingest it, and the most significant 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 skincare line or yogurt with a bit of salt.

80% Alkaline /20% Acid rule for healthy life

Food List - Eating less may promote more efficient acid/alkaline balance



You may get more information about changing food habits at www.ilifefoods.com

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Lines and wrinkles

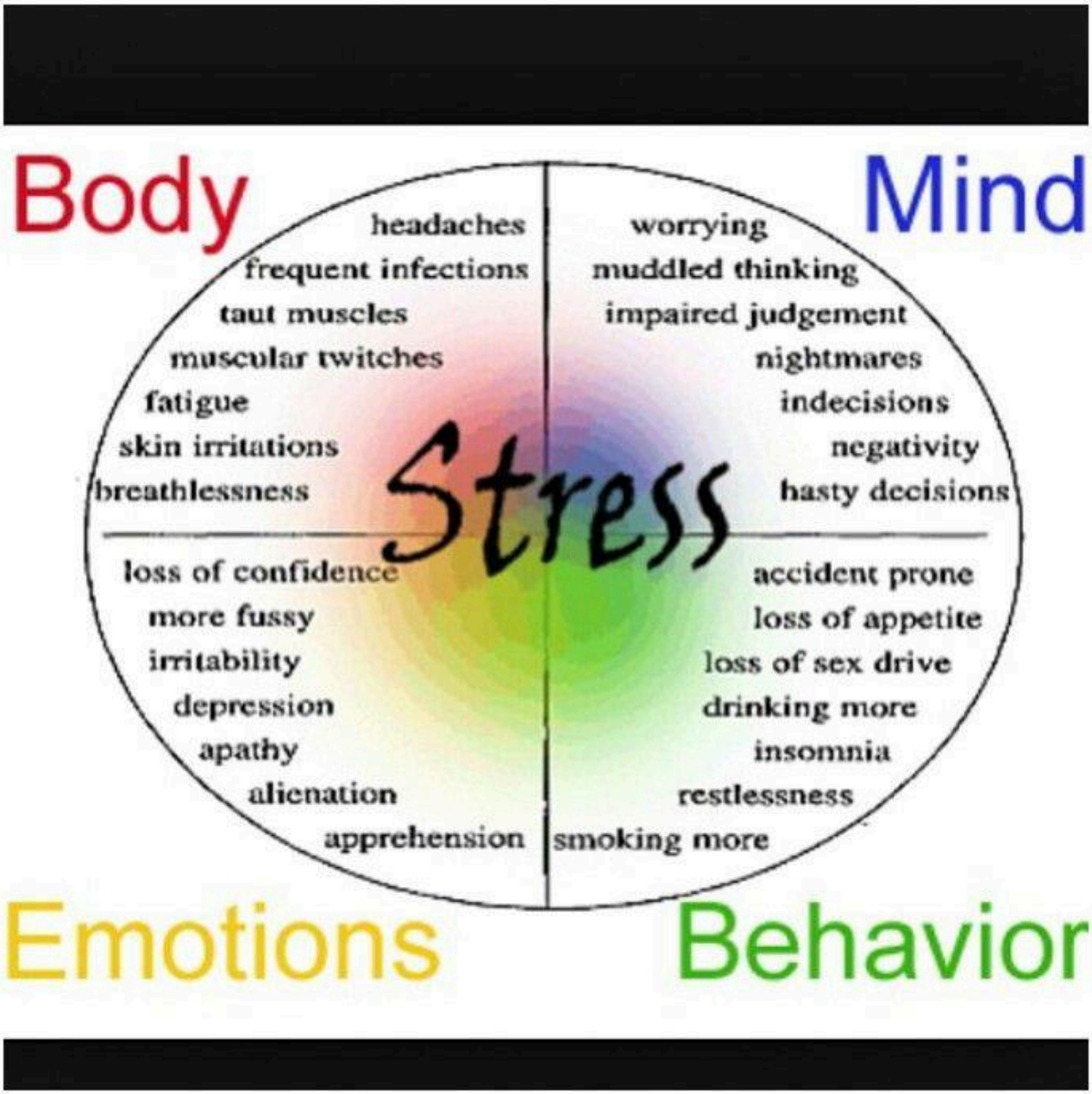
No one likes to talk about wrinkles, let alone face them in the mirror. Ensure your skin stays smoother, longer by minimizing stress. “Cortisol also causes blood sugar levels to spike. The excess sugar molecules in your bloodstream can bind to the proteins in your skin’s collagen fibers causing them to harden and crack and resulting in 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 and eating more vegetables, whole grains, and beans, fermented food like Sauerkraut, organic pickles, any fermented food hugely aids digestion. There are two ways of stress that contributes here. Firstly, as previously mentioned, stress can cause dry, nd 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 not 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
Emotions
Behavior
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



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 the 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 so just recording 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 of relaxing subjects, you can find funny videos and so much more.

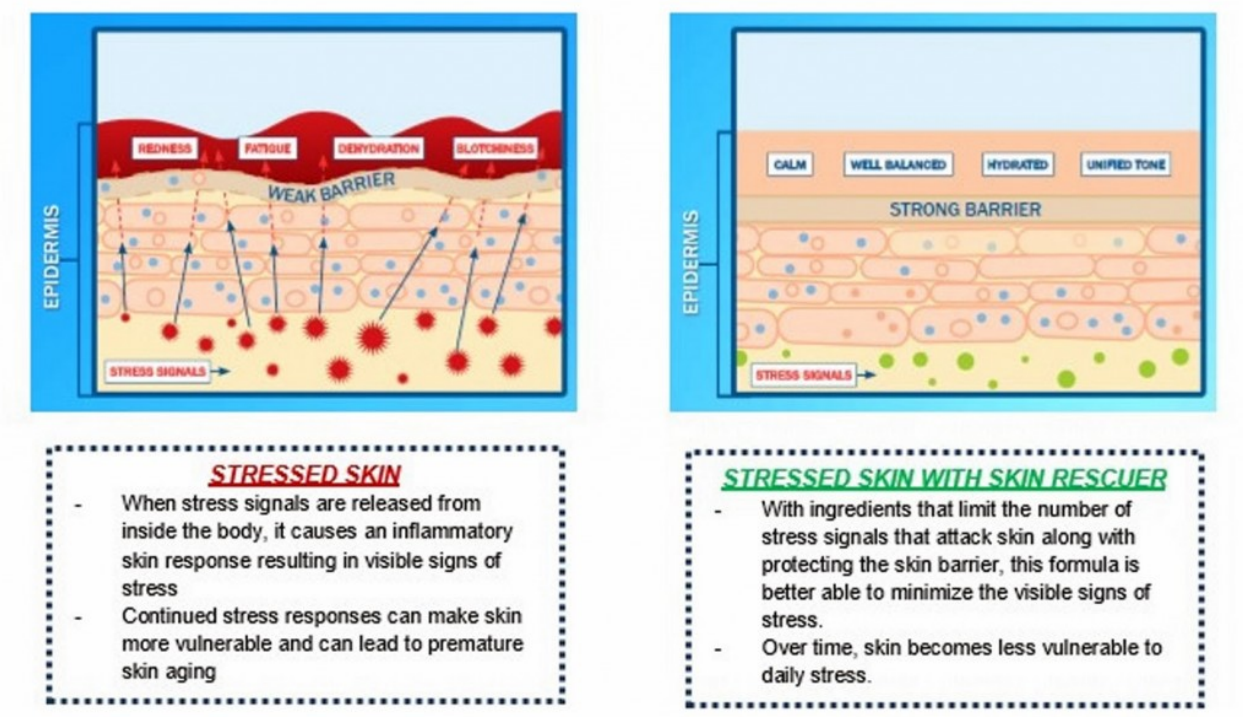
Heavy jaw

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 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 mouthguard if

you grind your teeth in your sleep. A good magnesium supplement is a great muscle relaxer some come with calcium and are 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 Qi Gong are my favorites.



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 their 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 a 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 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/WxEqooqgCEs