Foundation of Health Addressing Stress Transcript

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Introduction to Stress and the Guests

All right, we are back with a Table Talk All right, we are back with a Table Talk podcast. We're so excited today to talk podcast. We're so excited today to talk about stress. We have lots of things to about stress. We have lots of things to dive into with this topic. So, without dive into with this topic. So, without further ado, I'm going to introduce the further ado, I'm going to introduce the ladies that are joining me today around ladies that are joining me today around our tables. So, we have Dr. Sarah our tables. So, we have Dr. Sarah Bachopner and also Dr. Nicole Grahams um Bachopner and also Dr. Nicole Grahams um are here and they are going to dive into are here and they are going to dive into this topic and we're just going to you this topic and we're just going to you know there's probably enough we could know there's probably enough we could talk about related to stress for talk about related to stress for probably weeks or months. Um but tonight probably weeks or months. Um but tonight we're going to try in the next um or we're going to try in the next um or whenever you're listening to this in the whenever you're listening to this in the next uh 30 minutes or so to, you know, next uh 30 minutes or so to, you know, give you a little glimpse into ways that give you a little glimpse into ways that we can help manage um stress and some we can help manage um stress and some tools that you can use in your toolkit.

tools that you can use in your toolkit. So uh ladies, would you like to So uh ladies, would you like to introduce yourselves? tell us a little introduce yourselves? tell us a little bit about where you are, where you're bit about where you are, where you're from, and why this topic interests you.

from, and why this topic interests you.

Personal Experiences With Chronic Stress

So, we'll start with Sarah. So, we'll start with Sarah. >> Hi, I am Sarah Bachner, like she said, >> Hi, I am Sarah Bachner, like she said, and I am in Montana. I have gone through and I am in Montana. I have gone through my fair share of stress, not even just my fair share of stress, not even just pharmacy school, but my own personal pharmacy school, but my own personal stress, and had to figure out how to get stress, and had to figure out how to get through that to the other side and through that to the other side and transform it into a way that I can live transform it into a way that I can live and thrive. And so being there and going and thrive. And so being there and going through it myself makes me want to help through it myself makes me want to help others that I know are in the same others that I know are in the same position.

position. position. >> Nicole, you want to give us a little >> Nicole, you want to give us a little intro? intro? intro? >> Absolutely. Hi, I'm Dr. Nicole Grahams.

>> Absolutely. Hi, I'm Dr. Nicole Grahams. I am one of the farm-totable team I am one of the farm-totable team members in Wisconsin. members in Wisconsin.

And what lights me up about stress is And what lights me up about stress is the amount that I have endured myself. the amount that I have endured myself.

Um, honestly, I've been through a lot of Um, honestly, I've been through a lot of anxiety, depression, panic attacks, the anxiety, depression, panic attacks, the whole everything. Um, and it had a a whole everything. Um, and it had a a tremendous impact on my own body and I'm tremendous impact on my own body and I'm still in the healing part of that. So, I still in the healing part of that. So, I absolutely think it's one of the things absolutely think it's one of the things that is talked about in conventional that is talked about in conventional medicine, but nothing no practical like medicine, but nothing no practical like application is available and that's what application is available and that's what I want to help people with is how do I I want to help people with is how do I actually reduce stress in my life.

actually reduce stress in my life.

How Chronic Stress Affects the Body

>> Awesome. Well, many of you know me. I'm >> Awesome. Well, many of you know me. I'm Melody Hartzler. Um, I'm pharmacist and Melody Hartzler. Um, I'm pharmacist and and the founder of Farm to Table and I'm and the founder of Farm to Table and I'm the host of our podcast, but I'm so the host of our podcast, but I'm so thankful that these ladies get to jump thankful that these ladies get to jump in and chat with me and and I get to in and chat with me and and I get to know my team more every time we record know my team more every time we record one of these episodes. So, um, like we one of these episodes. So, um, like we mentioned, we're talking about chronic mentioned, we're talking about chronic stress and anxiety. And you know the stress and anxiety. And you know the thing about stress is that it is a thing about stress is that it is a normal response for your body to be normal response for your body to be stressed at times but unfortunately it's stressed at times but unfortunately it's the level of stress and the it can the level of stress and the it can really overload your body and create really overload your body and create this anxiety. And so um stress isn't this anxiety. And so um stress isn't just the mental emotional um pieces but just the mental emotional um pieces but physical and environmental stressors can physical and environmental stressors can also you know play a role. So, we'll also you know play a role. So, we'll talk a little bit about that too, but talk a little bit about that too, but today I think we're going to talk a lot today I think we're going to talk a lot about the mental and the emotional about the mental and the emotional pieces, but it can really compromise our pieces, but it can really compromise our health, which, you know, like Nicole health, which, you know, like Nicole mentioned, is why we're talking about mentioned, is why we're talking about this. And so, you know, some of those this. And so, you know, some of those symptoms, you know, could be those the symptoms, you know, could be those the mind racing. It could be, you know, just mind racing. It could be, you know, just feeling like your heart's pounding. It feeling like your heart's pounding. It could be um even just fatigue from could be um even just fatigue from stress all the time. And so it's really stress all the time. And so it's really become an epidemic and um often is a become an epidemic and um often is a complaint that you know conventional complaint that you know conventional medicine providers really you know hear medicine providers really you know hear from their patients but like Nicole from their patients but like Nicole mentioned we don't have a you know a mentioned we don't have a you know a pill to treat that necessarily because pill to treat that necessarily because you know the conventional model you know you know the conventional model you know is a lot of times they're doing great is a lot of times they're doing great things in referring to mental health things in referring to mental health providers but I will say in my providers but I will say in my experience there are not enough um experience there are not enough um counselors people that are really counselors people that are really trained well to deal with this in you trained well to deal with this in you know the insurance world that most know the insurance world that most people are able to access. So it's people are able to access. So it's unfortunate um that a lot of times the unfortunate um that a lot of times the care that's really needed to address care that's really needed to address previous um you know tra tragedy or previous um you know tra tragedy or trauma that has happened in life that is trauma that has happened in life that is contributing to this imbalance of stress contributing to this imbalance of stress hormones um as well. So the stress hormones um as well. So the stress system is really complex and um it system is really complex and um it involves the brain, it involves the involves the brain, it involves the nervous system, it also involves a nervous system, it also involves a little gland that sits on top of the little gland that sits on top of the kidneys called the adrenal gland. And so kidneys called the adrenal gland. And so when the brain feels stress there, it when the brain feels stress there, it sends the signal to make those fight sends the signal to make those fight orflight hormones that we often refer to orflight hormones that we often refer to as adrenaline. And often these are the as adrenaline. And often these are the same hormones that help us wake up at same hormones that help us wake up at the beginning of the day and then are the beginning of the day and then are low in the evening to help us fall low in the evening to help us fall asleep. Um but this chronic long-term asleep. Um but this chronic long-term activation of this um what we often activation of this um what we often refer to in medicine or functional refer to in medicine or functional medicine as the HPA axis um this chronic medicine as the HPA axis um this chronic act and we call that the stress system.

act and we call that the stress system. um that you know can be disrupted and so um that you know can be disrupted and so then our you know hormones get disrupted then our you know hormones get disrupted our melatonin that should be nice and our melatonin that should be nice and high in the evening when we go to sleep high in the evening when we go to sleep gets disrupted. So oftent times chronic gets disrupted. So oftent times chronic stress can lead to insomnia people stress can lead to insomnia people waking up in the middle of the night waking up in the middle of the night especially around that 3:00 or 4 time especially around that 3:00 or 4 time

frame in the morning or 2 to 3 in the frame in the morning or 2 to 3 in the morning sometime there when that morning sometime there when that cortisol starts to rise again um and cortisol starts to rise again um and have trouble falling back asleep but have trouble falling back asleep but almost every organ in the body is almost every organ in the body is impacted by stress. So, you know, if we impacted by stress. So, you know, if we think about the analogy, we always talk think about the analogy, we always talk about this analogy that you're running about this analogy that you're running from a bear where, you know, in that from a bear where, you know, in that case, yes, I need my body to be case, yes, I need my body to be stressed. I need my heart to start stressed. I need my heart to start pounding and my, you know, blood to pounding and my, you know, blood to start pumping throughout the rest of the start pumping throughout the rest of the body. My digestive system at that point body. My digestive system at that point is not interested in, you know, you is not interested in, you know, you know, digesting that meal I just ate. I know, digesting that meal I just ate. I just need to, you know, get out of the just need to, you know, get out of the way or whatever that, you know, way or whatever that, you know, situation is. But when we have this situation is. But when we have this chronic psychological stress and our you chronic psychological stress and our you know circulatory system is always you know circulatory system is always you know in high you know revved up mode and know in high you know revved up mode and we don't get into that you know what we we don't get into that you know what we call the parasympathetic or the rest and call the parasympathetic or the rest and digest mode um then we start to lose you digest mode um then we start to lose you know proper digestion processes that know proper digestion processes that should be happening in the body. And so should be happening in the body. And so when we get poor digestion, we start to when we get poor digestion, we start to get inflammation and other things going get inflammation and other things going on that um you know can lead to you know on that um you know can lead to you know further even stress can actually change further even stress can actually change the microbiome. So that part is like you the microbiome. So that part is like you know sometimes I just think that's the know sometimes I just think that's the craziest thing that stress hormones can craziest thing that stress hormones can actually change the bacteria that are actually change the bacteria that are living in your gut. So there's some living in your gut. So there's some studies even looking at patients that studies even looking at patients that were short-term in an an ICU, so in a were short-term in an an ICU, so in a you know very high medically complicated you know very high medically complicated situation and their gut microbiome even situation and their gut microbiome even if they didn't have antibiotics changed if they didn't have antibiotics changed um during that time. And so if we think um during that time. And so if we think about this chronic ongoing stress um and about this chronic ongoing stress um and the fact we're not digesting foods the fact we're not digesting foods properly, you know, we're not getting properly, you know, we're not getting proper bile flow to digest those fats, proper bile flow to digest those fats, which also shifts, you know, microbiome which also shifts, you know, microbiome things. So lots and lots of, you know, things. So lots and lots of, you know, potential gut impacts. And so over time, potential gut impacts. And so over time, you know, a lot of people end up getting you know, a lot of people end up getting what we call dispiosis or imbalanced what we call dispiosis or imbalanced bacteria in the gut, sometimes even bacteria in the gut, sometimes even SIBO, which we are going to talk more SIBO, which we are going to talk more about during, you know, one of our about during, you know, one of our podcast episodes, but this too much podcast episodes, but this too much bacteria in the small intestine, um bacteria in the small intestine, um potentially yeast overgrowth because all potentially yeast overgrowth because all of that, all the hormones and everything of that, all the hormones and everything are getting out of balance. But for some are getting out of balance. But for some people, the female hormone imbalances people, the female hormone imbalances can also be um something that is can also be um something that is really impacted. you know, estrogen and impacted. you know, estrogen and progesterone have a nice balance that progesterone have a nice balance that also controls um affects gut health as also controls um affects gut health as well. And so when we start to use up all well. And so when we start to use up all the energy or all the sort of inputs the energy or all the sort of inputs that are there to create hormones and we that are there to create hormones and we use that to create the stress hormone um use that to create the stress hormone um it doesn't make as much of that it doesn't make as much of that progesterone um and sometimes can lead progesterone um and sometimes can lead to imbalances there and and more things.

to imbalances there and and more things.

Recognizing Stress in Patients

So, anything else you guys want to throw So, anything else you guys want to throw in about um sort of what the chronic in about um sort of what the chronic stress does to the body?

stress does to the body? Uh, [laughter] sorry. I mean, if I Uh, [laughter] sorry. I mean, if I covered it all, great. covered it all, great. >> Yep. Yeah, we're good. No, you did a >> Yep. Yeah, we're good. No, you did a great job. That was an excellent great job. That was an excellent summary. It just reiterating that, you summary. It just reiterating that, you know, chronic stress, whether it's know, chronic stress, whether it's physical or psychological stress, can physical or psychological stress, can have such an impact on hormones and gut have such an impact on hormones and gut health and mental health. And, you know, health and mental health. And, you know, it just can make you feel like you're it just can make you feel like you're going crazy when, you know, if you take going crazy when, you know, if you take some simple steps to address what's some simple steps to address what's going on, it can make it a lot easier.

going on, it can make it a lot easier. Right. For sure. And I think you know Right. For sure. And I think you know sometimes we think of even like the sometimes we think of even like the stress hormone. It you know cortisol is stress hormone. It you know cortisol is the one of the stress hormones that the one of the stress hormones that produced in those glands that I produced in those glands that I mentioned that sit on top of the kidney mentioned that sit on top of the kidney called the adrenal glands. And over time called the adrenal glands. And over time like when this system becomes like when this system becomes disregulated sometimes then we're disregulated sometimes then we're actually not producing enough cortisol.

actually not producing enough cortisol. So people might feel really tired or So people might feel really tired or they experience um low blood pressure, they experience um low blood pressure, body aches, muscle pains, you know, body aches, muscle pains, you know, things like that. Um thyroid imbalances.

things like that. Um thyroid imbalances. So there's lots of these, you know, So there's lots of these, you know, chronic symptoms that our patients chronic symptoms that our patients present with when they come for a present with when they come for a functional medicine consult that are functional medicine consult that are actually like stemming from the stress actually like stemming from the stress that they're experiencing or even, you that they're experiencing or even, you know, patients with metabolic syndrome.

know, patients with metabolic syndrome. So that's one of the areas that I focus So that's one of the areas that I focus a lot on is patients with type two a lot on is patients with type two diabetes and metabolic syndrome. So diabetes and metabolic syndrome. So metabolic syndrome is just a term to um metabolic syndrome is just a term to um that defines like blood sugars are high, that defines like blood sugars are high, cholesterol is high. A lot of times cholesterol is high. A lot of times patients um in this you know metabolic patients um in this you know metabolic syndrome state have you know they're syndrome state have you know they're have trouble losing weight as well. Um have trouble losing weight as well. Um but over time that cortisol can really but over time that cortisol can really drive um the blood sugar you know to be drive um the blood sugar you know to be elevated and the immune system becomes elevated and the immune system becomes suppressed and so we get these chronic suppressed and so we get these chronic inflammation increased susceptibilities inflammation increased susceptibilities to viral infections which is really what to viral infections which is really what we're seeing um in this pandemic um we're seeing um in this pandemic um right now that it's not just a pandemic right now that it's not just a pandemic of you know a viral infection. It's of you know a viral infection. It's really this pandemic of of metabolic really this pandemic of of metabolic syndrome and chronic stress. across our syndrome and chronic stress. across our country and um so lots of things to dive country and um so lots of things to dive into there which we don't have time to into there which we don't have time to fully dive into um today. But so you fully dive into um today. But so you guys tell me what is the patient, you guys tell me what is the patient, you know, whether it's you as the patient or know, whether it's you as the patient or one of your patients like what do they one of your patients like what do they come, you know, looking like or what's come, you know, looking like or what's that first encounter when you're like, that first encounter when you're like, "Oh my goodness, we need to really "Oh my goodness, we need to really address stress." I feel like the ones address stress." I feel like the ones that have come to me have just almost that have come to me have just almost been in an overwhelmed state, a state been in an overwhelmed state, a state where they're like overwhelmed but also where they're like overwhelmed but also paralyzed in a sense that they can paralyzed in a sense that they can barely do anything in their day-to-day.

barely do anything in their day-to-day. and some are functioning enough to get and some are functioning enough to get the stuff that has to get done, the the stuff that has to get done, the taking care of the kids and a little bit taking

care of the kids and a little bit of taking care of the house and getting of taking care of the house and getting to and from work, but that it's the to and from work, but that it's the extra things and it's the they look at extra things and it's the they look at you when you tell them that just one you when you tell them that just one simple thing about changing something simple thing about changing something for their lifestyle and they're like, for their lifestyle and they're like, "Yeah, I don't know what you mean." "Yeah, I don't know what you mean." Like, that's impossible. And you can Like, that's impossible. And you can just see it register as I no, I got just see it register as I no, I got nothing for you.

nothing for you. >> Yeah. I think a lot of the people that I >> Yeah. I think a lot of the people that I see um don't recognize how much stress see um don't recognize how much stress they're putting themselves through they're putting themselves through because it's the day-to-day, you know, because it's the day-to-day, you know, taking care of the kids, going to work, taking care of the kids, going to work, you know, talking to their employees or you know, talking to their employees or employer or, you know, whatever. And employer or, you know, whatever.

Practical Ways to Reduce Stress

And then also trying to find fulfillment and then also trying to find fulfillment and purpose and all this stuff like it's all purpose and all this stuff like it's all packed and especi I mean there's gender packed and especi I mean there's gender differences there's you know pay gaps differences there's you know pay gaps there's all kinds of things that we are there's all kinds of things that we are just sort of accepting as normal without just sort of accepting as normal without really looking at what impact it's really looking at what impact it's having on our own brains and bodies.

having on our own brains and bodies. >> Yeah. accept it as normal and not even >> Yeah. accept it as normal and not even when you even ask them point blank are when you even ask them point blank are you stressed a lot of times they say no you stressed a lot of times they say no and then you point out all the things and then you point out all the things and and and >> right >> right >> right >> oh yeah >> oh yeah >> yeah or some people say like I handle >> yeah or some people say like I handle stress well and while they you know and stress well and while they you know and I've you know said that to myself in the I've you know said that to myself in the past like oh I handle this well and you past like oh I handle this well and you know in hindsight you know like oh it's know in hindsight you know like oh it's not really that you're handling it it's not really that you're handling it it's that you're not letting other people that you're not letting other people into you know seeing it that you know into you know seeing it that you know it's just sort of compounding on the it's just sort of compounding on the inside and doing this damage internally inside and doing this damage internally to your body. So, okay. So, what do we to your body. So, okay. So, what do we talk a little bit about, you know, talk a little bit about, you know, making Sarah mentioned a little bit making Sarah mentioned a little bit about like steps that we might take, you about like steps that we might take, you know, as you're talking to patients. So, know, as you're talking to patients. So, let's shift over a little bit to we know let's shift over a little bit to we know stress has an impact in all of these stress has an impact in all of these chronic, you know, conditions and we can chronic, you know, conditions and we can test for, you know, some of these test for, you know, some of these things. Now, functional medicine gets a things. Now, functional medicine gets a bad wrap sometimes because we want to do bad wrap sometimes because we want to do all these tests on everybody and that's all these tests on everybody and that's not necessarily the case. If someone not necessarily the case. If someone comes to us and they are really in a comes to us and they are really in a stressed out state, we can certainly stressed out state, we can certainly there's a lot of interventions we can do there's a lot of interventions we can do without actually doing any testing. But without actually doing any testing. But we can certainly test cortisol levels.

we can certainly test cortisol levels. We can see, you know, first thing in the We can see, you know, first thing in the morning, 30 minutes later, are you morning, 30 minutes later, are you having a nice cortisol rise? And then having a nice cortisol rise? And then does that taper off nicely throughout does that taper off nicely throughout the rest of the day so that your, you the rest of the day so that your, you know, hormones are in balance at night.

know, hormones are in balance at night. And so that picture, especially that And so that picture, especially that first 30 minute rise in cortisol, is first 30 minute rise in cortisol, is really helpful to determining does your really helpful to determining does your body is your body like responding to the body is your body like responding to the stress

anymore or are we to the point stress anymore or are we to the point where your body's sort of like where your body's sort of like overworked? It's used all the nutrients overworked? It's used all the nutrients and other, you know, proteins up and and other, you know, proteins up and can't even produce the cortisol response can't even produce the cortisol response anymore. It's just so out of whack. So, anymore. It's just so out of whack. So, um, so we can certainly, you know, do um, so we can certainly, you know, do those testing, you know, but the those testing, you know, but the sometimes the answer is not that sometimes the answer is not that different if we don't do the testing.

different if we don't do the testing. And so I think that I mean certainly we And so I think that I mean certainly we might use different supplements for might use different supplements for support if a person needs adrenal support if a person needs adrenal support versus not. So I'm not saying support versus not. So I'm not saying testing is never necessary but let's testing is never necessary but let's talk about the things that you we can do talk about the things that you we can do to sort of modify um you know some to sort of modify um you know some stressors we might not ever fully get stressors we might not ever fully get rid of like your kids aren't moving out rid of like your kids aren't moving out of your house but how can we you know of your house but how can we you know help our bodies to respond to stress help our bodies to respond to stress better and you know what stressors maybe better and you know what stressors maybe you know are things we can consider you know are things we can consider maybe getting rid of. So who wants to go maybe getting rid of. So who wants to go first? So, something that I think of first? So, something that I think of about stressors, it's not necessarily, about stressors, it's not necessarily, and I don't know if I said this already and I don't know if I said this already before, but it's not necessarily what before, but it's not necessarily what you're physically going through, it's you're physically going through, it's what you're thinking about it. So, I what you're thinking about it. So, I know um Sarah would definitely agree know um Sarah would definitely agree with me on this one, but um it's really with me on this one, but um it's really understanding what thoughts you're understanding what thoughts you're having about like say your kids are having about like say your kids are running around crazy, like are your running around crazy, like are your thoughts really negative about like how thoughts really negative about like how they should be behaving or how they they should be behaving or how they shouldn't be doing this or are can you shouldn't be doing this or are can you slip into the their kids kids, they're slip into the their kids kids, they're supposed to run around and I'm supposed supposed to run around and I'm supposed to, you know, do this other stuff, to, you know, do this other stuff, right? Because you can take an approach right? Because you can take an approach that's very different and it has a very that's very different and it has a very different physical effect on your body different physical effect on your body and your hormones based on literally and your hormones based on literally your thoughts. So, it's examining what your thoughts. So, it's examining what your thoughts are about the situations your thoughts are about the situations and getting support to help sort of and getting support to help sort of tease those out. And that's why I love tease those out. And that's why I love like the packages that we have at like the packages that we have at Farmtotable that work with coaches and Farmtotable that work with coaches and functional medicine providers that we functional medicine providers that we can kind of work on the emotional side can kind of work on the emotional side of things a little bit too. And that of things a little bit too. And that being said, sometimes there are things being said, sometimes there are things that you need a therapist for. And I that you need a therapist for. And I recommend therapy for everybody, recommend therapy for everybody, [laughter] even if you think you're [laughter] even if you think you're doing okay, because there's always work doing okay, because there's always work that can be done, that can be done, >> right? Yeah, that's a really good point.

>> right? Yeah, that's a really good point. It's not necessarily everything that It's not necessarily everything that happens to you, but how you perceive it happens to you, but how you perceive it and how you respond to that really and how you respond to that really creates the stress in in your um you creates the stress in in your um you know, and what hormones are released and know, and what hormones are released and everything. So good. Yeah. Yeah, everything. So good. Yeah. Yeah, >> I think I keep thinking about during >> I think I keep thinking about during this pandemic like all these memes and this pandemic like all these memes and things coming out about women that are things coming out about women that are just like, "Oh, I need my wine to, you just like, "Oh, I need my wine to, you know, calm down at night or because I know, calm down at night or because I have kids, I need to drink." And just so have kids, I need to drink." And just so much. I mean, there's nothing wrong with much. I mean, there's nothing wrong with wine. like Jesus gave wine to a wedding wine. like Jesus gave wine to a wedding of people. Like it is not a bad thing of people. Like it is not a bad thing necessarily, but if we're using that to necessarily, but if we're using that to address the as the stress, one thing, it address the as the stress, one thing, it

throws off your sleep and especially if throws off your sleep and especially if you're doing it in the evenings, but you're doing it in the evenings, but it's just really like we're not actually it's just really like we're not actually addressing the root cause of what's addressing the root cause of what's causing the stress and how we're causing the stress and how we're perceiving the stress. Um, so Sarah, perceiving the stress. Um, so Sarah, what were we going to say about what were we going to say about >> well that like the using of alcohol? For >> well that like the using of alcohol? For some people it's alcohol, for some some people it's alcohol, for some people it's food. It's like I've got all people it's food. It's like I've got all this stress in my day and I need this.

this stress in my day and I need this. And you're so right. Society is putting And you're so right. Society is putting all of that out there and we're all like all of that out there and we're all like contributing to it because yeah, it does contributing to it because yeah, it does kind of help in the moment. We're kind of help in the moment. We're buffing away those feelings. They get to buffing away those feelings. They get to go away. We don't have to feel the go away. We don't have to feel the stress and the weight of the day and we stress and the weight of the day and we don't have to work through all of the don't have to work through all of the thoughts and feelings that we're having thoughts and feelings that we're having around that stuff so that we can around that stuff so that we can actually get to the other side of it. we actually get to the other side of it. we just kind of quiet it with a bag of just kind of quiet it with a bag of Oreos or a whatever your choice is. If Oreos or a whatever your choice is. If you're I mean even going on a really you're I mean even going on a really long run or having the whole bottle of long run or having the whole bottle of wine or every single night you're having wine or every single night you're having it or whatever it is that you use that it or whatever it is that you use that is not addressing that root cause. We're is not addressing that root cause. We're we're all big on that in functional we're all big on that in functional medicine. The root cause isn't medicine. The root cause isn't going medicine. The root cause isn't going away with the wine.

away with the wine. >> So it's really looking at those >> So it's really looking at those behaviors that we have [laughter] behaviors that we have [laughter] >> for sure. Yeah.

>> for sure. Yeah. >> Yes. So, you know, what then do we >> Yes. So, you know, what then do we recommend our patients like off the bat? recommend our patients like off the bat?

Like if you could tell your patient like Like if you could tell your patient like one thing, you know, your first visit one thing, you know, your first visit when you see that they're overwhelmed, when you see that they're overwhelmed, gloss, you know, everything you're gloss, you know, everything you're talking about is just glossing them talking about is just glossing them over. Um, what's that first step that over. Um, what's that first step that you ask people to take?

you ask people to take? >> I think the one of the most powerful >> I think the one of the most powerful things that we can do is some people things that we can do is some people will call it journaling, some people will call it journaling, some people call it thought downloads, some people, call it thought downloads, some people, you know, you can pick a topic or just you know, you can pick a topic or just freewrite. Like literally just get your freewrite. Like literally just get your thoughts out of your head. And this can thoughts out of your head.

Journaling, Self-Compassion, and First Steps

And this can be really helpful especially if you're be really helpful especially if you're trying to go to sleep and your thoughts trying to go to sleep and your thoughts are racing. Um just write everything are racing. Um just write everything down because a lot of times just getting down because a lot of times just getting it out of your head will get your brain it out of your head will get your brain to calm down like okay we've addressed to calm down like okay we've addressed it in some way. Even if you do nothing it in some way. Even if you do nothing about what you wrote down like it's about what you wrote down like it's still going to like that's what I did still going to like that's what I did for a long time was right before I went for a long time was right before I went to sleep. physically keep a journal and to sleep. physically keep a journal and pen next to your bed and as you're pen next to your bed and as you're settling in, just write what you're settling in, just write what you're thinking. Or if you have the luxury of thinking. Or if you have the luxury of being able to turn a light on in the being able to turn a light on in the middle of the night when you wake up at middle of the night when you wake up at that 2 or 3:00 point, write everything that 2 or 3:00 point, write everything down. Or I mean, I don't recommend down. Or I mean, I don't recommend keeping your

phone next to your bed, but keeping your phone next to your bed, but a lot of us do that anyway. So, get your a lot of us do that anyway. So, get your notes app out and just start typing notes app out and just start typing things in there. Getting it out is the things in there. Getting it out is the most powerful thing that I think.

most powerful thing that I think. >> Awesome. >> Awesome. >> Awesome. >> Yeah. Similarly, I think um that's a >> Yeah. Similarly, I think um that's a really good thing for them to do on really good thing for them to do on their own after that first meeting. But their own after that first meeting. But obviously, you want to make some obviously, you want to make some movement in that first meeting. So, kind movement in that first meeting. So, kind of trying to chip away at that almost of trying to chip away at that almost shell that they come in with because shell that they come in with because they're so unaware of the fact that they're so unaware of the fact that they're having all of these thoughts they're having all of these thoughts that are pretty much immobilizing them that are pretty much immobilizing them from taking the steps they know that from taking the steps they know that they need to be taking throughout their they need to be taking throughout their day. We all know we need to eat healthy.

day. We all know we need to eat healthy. we need to bring in lots of produce and we need to bring in lots of produce and fruits instead of getting the graband-go fruits instead of getting the graband-go stuff or through the drive-throughs. We stuff or through the drive-throughs. We all know we need to emphasize sleep. We all know we need to emphasize sleep. We all know that we need to move our bodies all know that we need to move our bodies and to um spend some time in quiet and and to um spend some time in quiet and we hear about meditating and breathing we hear about meditating and breathing and all of those things, but how do we and all of those things, but how do we get them to take any of those first get them to take any of those first steps? And so it's finding the places steps? And so it's finding the places that they're blocking and working that they're blocking and working through some of those thoughts with them through some of those thoughts with them and them actually finding that they and them actually finding that they aren't taking those steps and then them aren't taking those steps and then them finding something that they can do finding something that they can do that's different than they're doing that's different than they're doing right now that seems feasible that's right now that seems feasible that's easier for them to do and that finding easier for them to do and that finding that first step and then getting them that first step and then getting them through that and giving them homework through that and giving them homework with the working on finding out what's with the working on finding out what's in their head by putting it all out on in their head by putting it all out on paper. Right.

paper. Right. >> I think another aspect that's really >> I think another aspect that's really important, a lot of us are very important, a lot of us are very self-critical and I have an example of self-critical and I have an example of um some coaching that I did with a um some coaching that I did with a client who she was very hard on herself client who she was very hard on herself about how she wasn't doing the dishes.

about how she wasn't doing the dishes. She lived alone in an apartment, you She lived alone in an apartment, you know, she hasn't cleaned up properly.

know, she hasn't cleaned up properly. And I'm like, well, okay, what does that And I'm like, well, okay, what does that even mean? Like, who cares? If you're even mean? Like, who cares? If you're living alone, who cares about the living alone, who cares about the dishes, really? And she's like, oh well, dishes, really? And she's like, oh well, that's, you know, different. Now I kind that's, you know, different. Now I kind of want to do the dishes because it's of want to do the dishes because it's not like a task that I'm forcing myself not like a task that I'm forcing myself to do. It's something that you know I to do. It's something that you know I could do. Not should like could versus could do. Not should like could versus should is such a powerful thing should is such a powerful thing sometimes. But like just give yourself a sometimes. But like just give yourself a break. If you don't have energy to do break. If you don't have energy to do all the things, don't force yourself to all the things, don't force yourself to do that because that's just putting more do that because that's just putting more psychological and physical stress on psychological and physical stress on your body.

your body. >> Yeah, that's a really good point. I >> Yeah, that's a really good point. I think we, you know, whether it's dishes think we, you know, whether it's dishes or something we feel like society or something we feel like society expects us to do, you know, as women expects us to do, you know, as women and, you know, or men for that matter, and, you know, or men for that matter, but there's always like these societal, but there's always like

these societal, you know, norms per se that, you know, you know, norms per se that, you know, sometimes are expected and it's expected sometimes are expected and it's expected that you're going to do XYZ on top of that you're going to do XYZ on top of your job and on top of, you know, this your job and on top of, you know, this and that, but maybe there's, you know, a and that, but maybe there's, you know, a different place that you can come to different place that you can come to where maybe I could do those things, where maybe I could do those things, but, you know, I'm not going to choose but, you know, I'm not going to choose to do that today or this week or this to do that today or this week or this month for that matter. So, month for that matter. So, >> and there's nothing wrong with that, >> and there's nothing wrong with that, >> right? Exactly. Exactly. Um, so we could >> right? Exactly. Exactly. Um, so we could talk a little bit about breathing as we talk a little bit about breathing as we wrap up. Um, I know we're going to have, wrap up. Um, I know we're going to have, you know, more and more information you know, more and more information about this. We have one of our about this. We have one of our pharmacists is an expert um, in this and pharmacists is an expert um, in this and couldn't join us tonight. So, I think we couldn't join us tonight. So, I think we could talk for a whole probably episode could talk for a whole probably episode about ways that you can, you know, take about ways that you can, you know, take a moment and help reduce um, bring a moment and help reduce um, bring yourself to a point where you're into yourself to a point where you're into this deep breathing. And the purpose for this deep breathing. And the purpose for deep breathing is actually to get your deep breathing is actually to get your veagal tone so that you know getting veagal tone so that you know getting yourself into that rest mode so you're yourself into that rest mode so you're not in the fight orflight mode is really not in the fight orflight mode is really why we're trying to do the deep why we're trying to do the deep breathing. It really activates that. Um breathing. It really activates that. Um other things like laughter doing, you other things like laughter doing, you know, singing, you know, can be helpful.

know, singing, you know, can be helpful. So if you're like singing in the shower, So if you're like singing in the shower, you know, getting that verbat going in you know, getting that verbat going in the morning or in the evening, whatever the morning or in the evening, whatever you do, like all of that is great. you you do, like all of that is great. you know, sing it out on the way home from know, sing it out on the way home from work to relieve stress. All of those work to relieve stress.

Meditation, Breathing, and Sleep Support

All of those things are going to help um get you into things are going to help um get you into that, you know, let not fight or flight that, you know, let not fight or flight into that rest and digest mode. But any into that rest and digest mode. But any tips for people, some people hear the tips for people, some people hear the word meditation and they're like, "Oh my word meditation and they're like, "Oh my goodness, what does that mean? Do I have goodness, what does that mean? Do I have to go to yoga?" And some people of to go to yoga?" And some people of different faiths, you know, are like, different faiths, you know, are like, "Well, is that am I not a Christian if I "Well, is that am I not a Christian if I like, you know, want to do this?" like, you know, want to do this?" because this is an you know obviously because this is an you know obviously meditation happened in the Christian meditation happened in the Christian faith too but a lot of the yoga came out faith too but a lot of the yoga came out of you know other traditions and other of you know other traditions and other cultures and so I think sometimes people cultures and so I think sometimes people are like I just don't know where to are like I just don't know where to start with this and I don't know you start with this and I don't know you know how to actually meditate so what do know how to actually meditate so what do you say to patients that are like I need you say to patients that are like I need to you know learn how to do this but I to you know learn how to do this but I have no idea where to start have no idea where to start >> I was the same way and I was like >> I was the same way and I was like everybody's talking about it I don't everybody's talking about it I don't really know what it is my friend gave me really know what it is my friend gave me a free trial of the calm app and then I a free trial of the calm app and then I kind of discovered that it wasn't kind of discovered that it wasn't exactly what I pictured. It wasn't like exactly what I pictured. It wasn't like sitting there humming or you know, sitting there humming or you know, whatever it is in your mind. And um I whatever it is in your mind. And um I think that you can take the like baby think that you can take the like baby steps toward it. I think journaling is a steps toward it. I think journaling is a form of getting there. Just sitting form of getting there. Just sitting there quietly is something yoga or there quietly is something yoga or stretching is kind of similar. And so if stretching is kind of similar. And so if meditation seems a little bit woowoo or meditation seems a little bit woowoo or it seems overwhelming, I think doing it seems overwhelming, I think doing those smaller things helps you get to a those smaller things helps you get to a point where you're like, "Okay, well point where you're

like, "Okay, well maybe I'll just YouTube meditation, five maybe I'll just YouTube meditation, five minute meditation or one minute minute meditation or one minute meditation." And then you there's so meditation." And then you there's so many apps that help you do that that you many apps that help you do that that you don't have to do it on your own. And in don't have to do it on your own. And in the apps within the same one, they often the apps within the same one, they often have breathing exercises in it, too. So, have breathing exercises in it, too. So, I think that's a a good way of going I think that's a a good way of going about it.

about it. >> Yeah. Yeah. So, I love those guided >> Yeah. Yeah. So, I love those guided meditations that are like music or meditations that are like music or someone's talking and then they're someone's talking and then they're telling you what to do the entire time telling you what to do the entire time so you don't even have to think about so you don't even have to think about it. They're like, "Tighten this muscle it. They're like, "Tighten this muscle or relax this muscle." And I can still or relax this muscle." And I can still remember Karen Swinfest, my choir remember Karen Swinfest, my choir director in um high school. we she would director in um high school. we she would have us like lay across the room and she have us like lay across the room and she would just play the piano so softly and would just play the piano so softly and like her voice would just like be like her voice would just like be speaking these meditation things and it speaking these meditation things and it was so awesome in high school we were was so awesome in high school we were like yeah this is great but we didn't like yeah this is great but we didn't really like now I know like why she was really like now I know like why she was doing that for us um and how important doing that for us um and how important it probably was to us at that crazy time it probably was to us at that crazy time of life but yeah those guided of life but yeah those guided meditations are really nice to you know meditations are really nice to you know some of them have the ocean sounds and some of them have the ocean sounds and you just feel like you're laying at the you just feel like you're laying at the beach and after you're done you know beach and after you're done you know from going some of them go from head to from going some of them go from head to toe sort of tightening muscle muscles toe sort of tightening muscle muscles and releasing muscles. Um, but it gives and releasing muscles. Um, but it gives you all the things you have to do, so you all the things you have to do, so you don't even have to think about it.

you don't even have to think about it. [laughter] [laughter] [laughter] >> Yeah, I'd like to add in that meditation >> Yeah, I'd like to add in that meditation doesn't have to be sitting there doing doesn't have to be sitting there doing nothing, right? Being still isn't nothing, right? Being still isn't necessarily the point. The point is to necessarily the point. The point is to just observe your mind. Even quieting just observe your mind. Even quieting your mind isn't always the point. So, your mind isn't always the point. So, going for a walk and just mindfully going for a walk and just mindfully being present is a form of meditation.

being present is a form of meditation. Going out to water plants in the Going out to water plants in the greenhouse can be meditation for you if greenhouse can be meditation for you if you're just present and you know not you're just present and you know not stressed and anxious about what's coming stressed and anxious about what's coming up in the rest of your day or what has up in the rest of your day or what has happened earlier in the day. Like the happened earlier in the day. Like the point is I even tell people just to like point is I even tell people just to like sway back and forth if they want to sit sway back and forth if they want to sit down. Just sway back and forth. You down. Just sway back and forth. You don't have to be still in order to don't have to be still in order to meditate.

meditate. meditate. >> That's a really good point. I use >> That's a really good point. I use meditation to help me sleep because I do meditation to help me sleep because I do sometimes have that racing mind and it's sometimes have that racing mind and it's not intended to be used right then. But not intended to be used right then. But that's how I like it best because it that's how I like it best because it does it turns off all that thinking and does it turns off all that thinking and I just will listen to it. I'm supposed I just will listen to it. I'm supposed to be sitting. It tells me that. But I to be sitting. It tells me that. But I just lay there and then I go away and just lay there and then I go away and all of a sudden I'm awake in the morning all of a sudden I'm awake in the morning when I'm supposed to be waking up. And when I'm supposed to be waking up. And we talked about how we obviously really we talked about how we obviously really believe and know that the number one top believe and know that the number one top stressor is our thoughts and the way we stressor is our thoughts and the way we perceive stress and stressful events, perceive stress and stressful events, but sleep is a huge stressor too. So if but sleep is a huge stressor too. So if anything that you can do to get a little anything that you can do to get a little bit more sleep. Another one is bit more sleep. Another one is inflammation, which could be coming inflammation, which could be coming from, you

know, anywhere in your body from, you know, anywhere in your body with disease states or something you're with disease states or something you're eating or any form of that. And then eating or any form of that. And then blood sugar. So keeping your eating blood sugar. So keeping your eating stable throughout the day. There's a lot stable throughout the day. There's a lot of things that we can do on top of just of things that we can do on top of just managing our mind. And if you can get managing our mind. And if you can get that sleep under control, if it's using that sleep under control, if it's using that meditating, then that's um big. But that meditating, then that's um big.

Resources and Closing Remarks

But there's so many things that steps that there's so many things that steps that you can take. Just design your whole you can take. Just design your whole night toward getting that sleep. And it night toward getting that sleep. And it really is a 24hour event that we could really is a 24hour event that we could get into a lot more on, but I don't know get into a lot more on, but I don't know how deep we're going today.

how deep we're going today. >> Sure. Sure. Well, we definitely still we >> Sure. Sure. Well, we definitely still we did a summit back in May of 2021 um all did a summit back in May of 2021 um all about stress. It was called the stress about stress. It was called the stress solution. And so that is available on solution. And so that is available on our website at farmtotable ph a r m t o our website at farmtotable ph a r m t o t a ble.

t a ble. And um and it's actually And um and it's actually backstress-solution. backstress-solution. backstress-solution. And so we can link that for you guys. If And so we can link that for you guys. If this is a topic that's really this is a topic that's really interesting to you, it's a great place interesting to you, it's a great place to like get started. We have that course to like get started. We have that course um on the website. all recorded from um on the website. all recorded from that day. And you know the other thing that day. And you know the other thing is working like you know Sarah and is working like you know Sarah and Nicole are both coaches on our platform.

Nicole are both coaches on our platform. So you know we have 15minute you know So you know we have 15minute you know consults that you guys can meet one of consults that you guys can meet one of these ladies or one of our other coaches these ladies or one of our other coaches and you know learn find out if it's a and you know learn find out if it's a good fit for you to go through some good fit for you to go through some health coaching or maybe um depending on health coaching or maybe um depending on your symptoms maybe working with a your symptoms maybe working with a clinician as well um to try to address clinician as well um to try to address everything. But there's so much we could everything. But there's so much we could dive into like Sarah said that we don't dive into like Sarah said that we don't have time to dive into on this episode.

have time to dive into on this episode. But we are definitely going to do But we are definitely going to do another episode um with Veronica, our another episode um with Veronica, our other pharmacist who is going to um talk other pharmacist who is going to um talk about breathing more in depth and yoga.

about breathing more in depth and yoga. So stay tuned for that. But thank you So stay tuned for that. But thank you ladies for joining me tonight. I think ladies for joining me tonight. I think this was a great discussion around this was a great discussion around stress and I think um will hopefully stress and I think um will hopefully help folks as they're getting started on help folks as they're getting started on this journey to really um getting this this journey to really um getting this under control so that they can be under control so that they can be thriving. So, I hope you have a thriving. So, I hope you have a