

Tina Dunne



Live more - Stress less

Are you stressed? This self-evaluating questionnaire will give you an indication of your current stress levels.

Do you suffer from fatigue?
Do you feel you have too much work to do?
Are you ever short of breath?
Do you feel guilty about taking time off to relax?
Does your hand tremble for no reason?
Do you feel rushed?
Do you have difficulties getting off to sleep or staying asleep?
Do you have a feeling of tension in the back of your neck or around your stomach?
Do you smoke, drink alcohol or eat more than you need?
Have you experienced hair loss?

THE MORE questions you can say yes to the greater your stress level. This week I will highlight dietary changes that you can introduce into your lifestyle to help alleviate high stress levels. It is important to remember that a little stress in your life is good as it initiates productivity and healthy living.

Stress is the manifestation of how we handle our life episodes. Some people are innately and genetically good at dealing with stress. The right food choices can radically assist the body in handling stress in a more constructive manner.

The more you control your reactions to life situations the more control you will exercise over your stress levels.

When you are under pressure, surrounded with deadlines and completion dates, targets to attain and general performance to deliver it is vital to your success to control and manage your life in a good way, making healthy food choices and topping up on extra supplements if required.

Stress tends to deplete the body of vital nutrients and anyone under long term stress needs to be extra careful to incorporate plenty of these into the diet with the right foods. Good stress management, relaxation, meditation and open air exercise combined with small dietary changes can alleviate many symptoms that may cause the body to feel agitated, nervous or irritable.



STEPS FOR DEALING WITH STRESS

Eat a nutrient dense whole food diet. Wholegrain, pulses, seeds, nuts, oily fish, lean meat and masses of a good colour of fresh fruits and vegetables.

Add ground flaxseed or wheat germ to your cereals for extra vitamin B.

Vitamin C is really a great helper in times of stress.

Avoid alcohol and excessive caffeine.

Exercise, deep breathing and relaxation are all really helpful. Book yourself a massage or take a siesta to slow down the mind and calm the nervous system.

Yawning helps relieve stress and it is a really healthy action for the body as it indicates that the system has received the message that it is time to relax. When the eyes water it is even a more positive sign that the Para-sympathetic nervous system is chilling down.

STABLE DIET OAT AND SEED BREAD

200g self raising flour
100g Yola porridge oats
100g wholemeal flour
1 tablespoon sesame seeds
1 tablespoon poppy seeds

1 tablespoon sunflower seed
1 tablespoon pumpkin seed
25g dried sultanas
1 dessertspoon treacle
350ml warm water

Preheat the oven 200degreesC or Gas Mark 6

Sieve white flour into a bowl. Add yola porridge oats and whole meal flour. Add all the seeds and dried fruit. Mix.

Warm the milk and blend in the treacle. Mix into the dry ingredients and mix to a soft consistence

Bake for 45 minutes
Remove from the tin and tap to check if the bottom is hollow

Cool on a wire tray, do not cut until cool

Slice and serve for breakfast or with a hearty bowl of nutritious soup at lunch time

STABLE DIET OAT BREAD

300g stable diet yola porridge
100g raw cane brown soft sugar
1kg brown whole meal flour
350ml warm milk
4 teaspoons sea salt
1 beaten egg
2 sachets fast action dried yeast

Place the yola porridge oats into a blender and grind down

Stir the dried yeast and 15g brown cane sugar into the warm water and mix well until the yeast is totally dissolved

Add a large tablespoon of the brown flour to the yeast and allow to sit for 20 minutes

Mix the remaining flour, warm milk, salt and sugar together. Add the yeast mixture and stir until the mixture pulls away from the sides of the bowl



For a healthy whole food diet try the Stable Diet range.

DATE FOR THE DIARY



Change the way you live your life this Winter -

- Reduce your Stress levels
 - Boost your immune system
 - Increase your energy levels
- Great ways to relax

19th October 2006,
Talbot Hotel

I WILL be giving two presentations on the evening.

The first presentation starts at 6pm-7.45pm and this shall be repeated at 8pm-9.30pm

EVERYONE will receive a goodness bag and I will be delighted to answer any of your questions. My thanks to *Stable Diet, Only Natural and Sunshine Juice* for their generous support and I will keep a few surprises for you all to enjoy on the evening.

If you have any questions please do not hesitate to e-mail me

Tickets available on the door on the evening.

Admission: €10 per person

Cover with cling film and leave in a warm place until the mixture has doubled in size. Pre-heat oven to 180degreesC or Gas Mark 4

Knock back the mixture as soon as it has doubled in size. Divide into two and place into two greased loaf tins. Glaze with the beaten egg and bake for 40 minutes

You can eat this bread warm with a bowl of fresh vegetable soup or as part of a ploughman special or top with your favourite salads, cheeses or meats

Until next week, live a lot and have a laugh.

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