

# ACUTE VS. CHRONIC STRESS

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## acute stress

**SUDDEN, TYPICALLY SHORT-LIVED, THREATENING EVENT**



Giving a Speech



Intermittent Fasting



Lifting Heavy Weights



Life Change (Death)



Presentation at Work



Running Sprints

## chronic stress

**ONGOING ENVIRONMENTAL DEMAND**



Drive to Work



Poor Diet



Poor Sleep Habits



Marital Conflict



Negative Friends



Work Stress

\*NOTE: There is also Episodic Stress where acute stress is suffered too frequently. Often observed in Type A personalities and can be found to always be in a hurry and short tempered

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# STRESS ON THE BODY

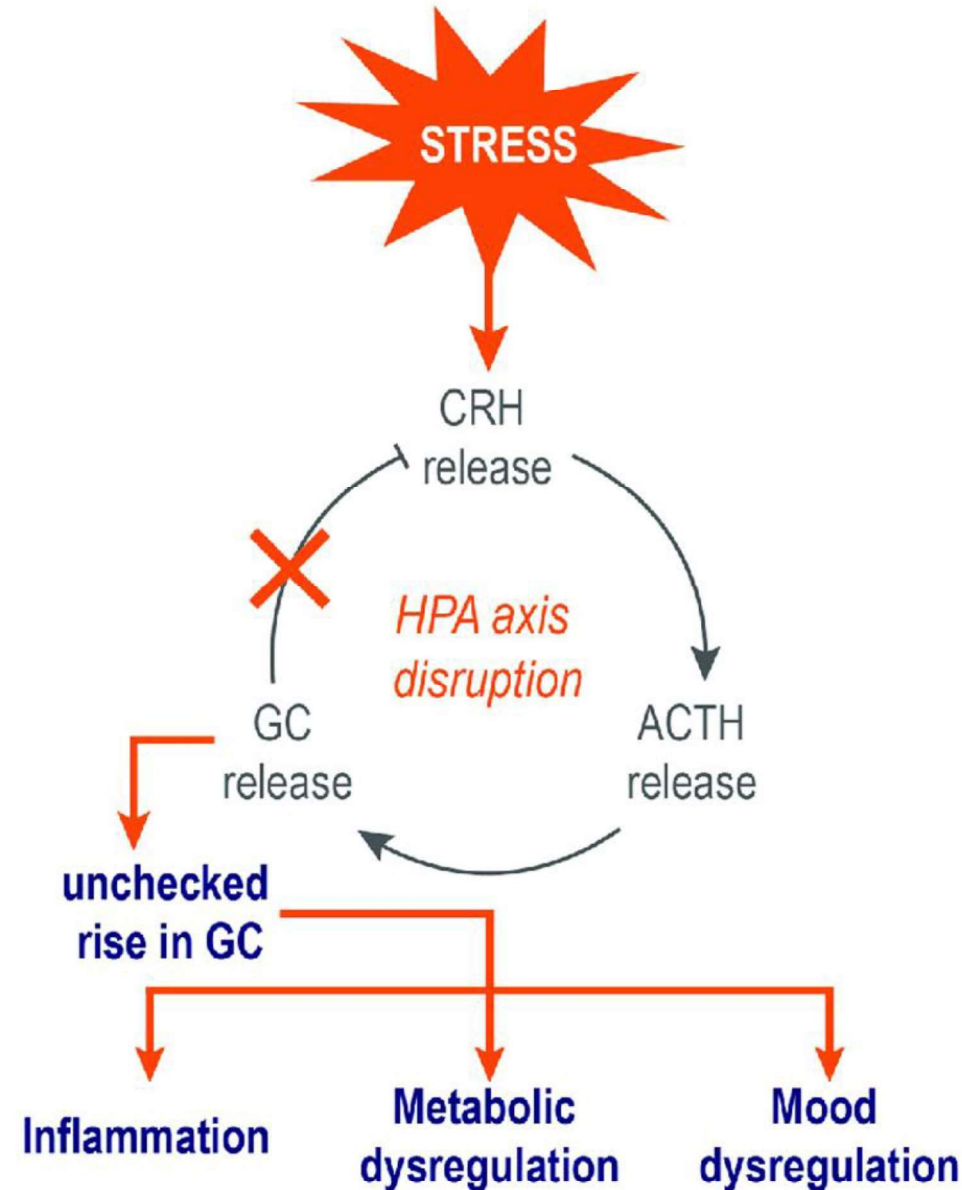


## Chronic Stress Culprits (Chronic Cortisol)

- Refined sugar, high processed food diet
- Coffee and other stimulants
- Alcohol
- Emotional Stress
- Poor sleep
- Nutritional deficiencies
- Poor gut health
- Disease and pathology



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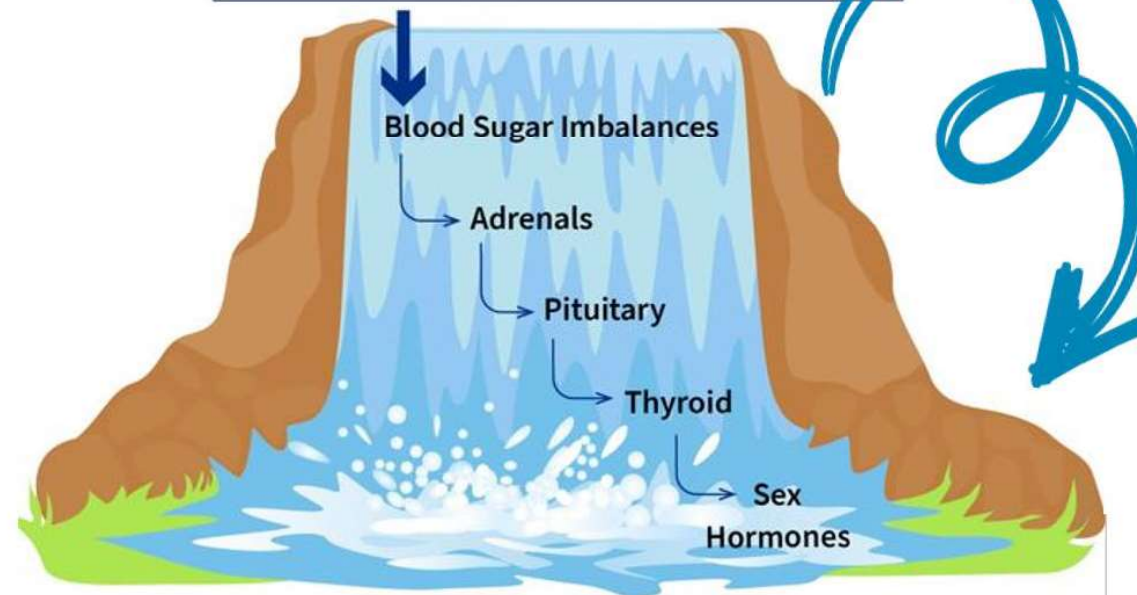
Hormone imbalances start with blood sugar imbalances. Get to the root cause for thyroid and sex hormone imbalances.

Don't just depend on medication.

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## Causes of Endocrine Disruption

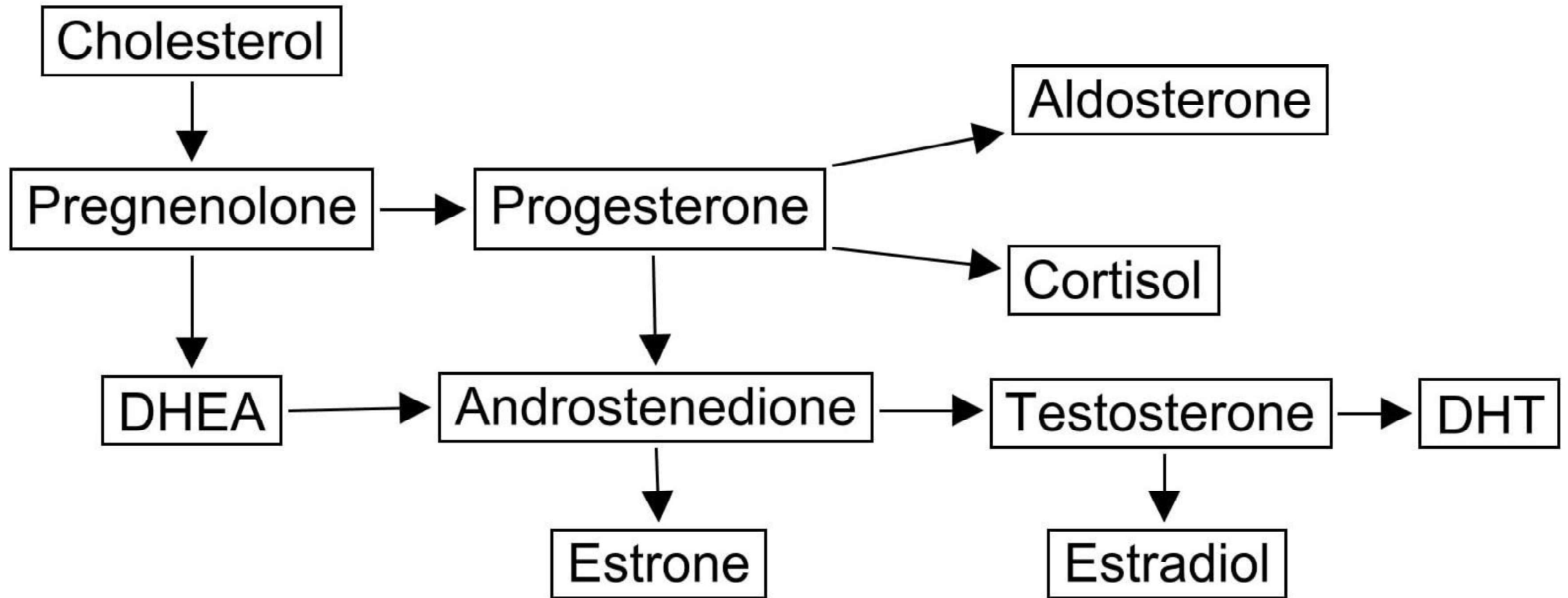
- Stress
- Mineral deficiencies
- Toxins
- EFA deficiency
- Poor diet
- Dehydration
- Poor digestion

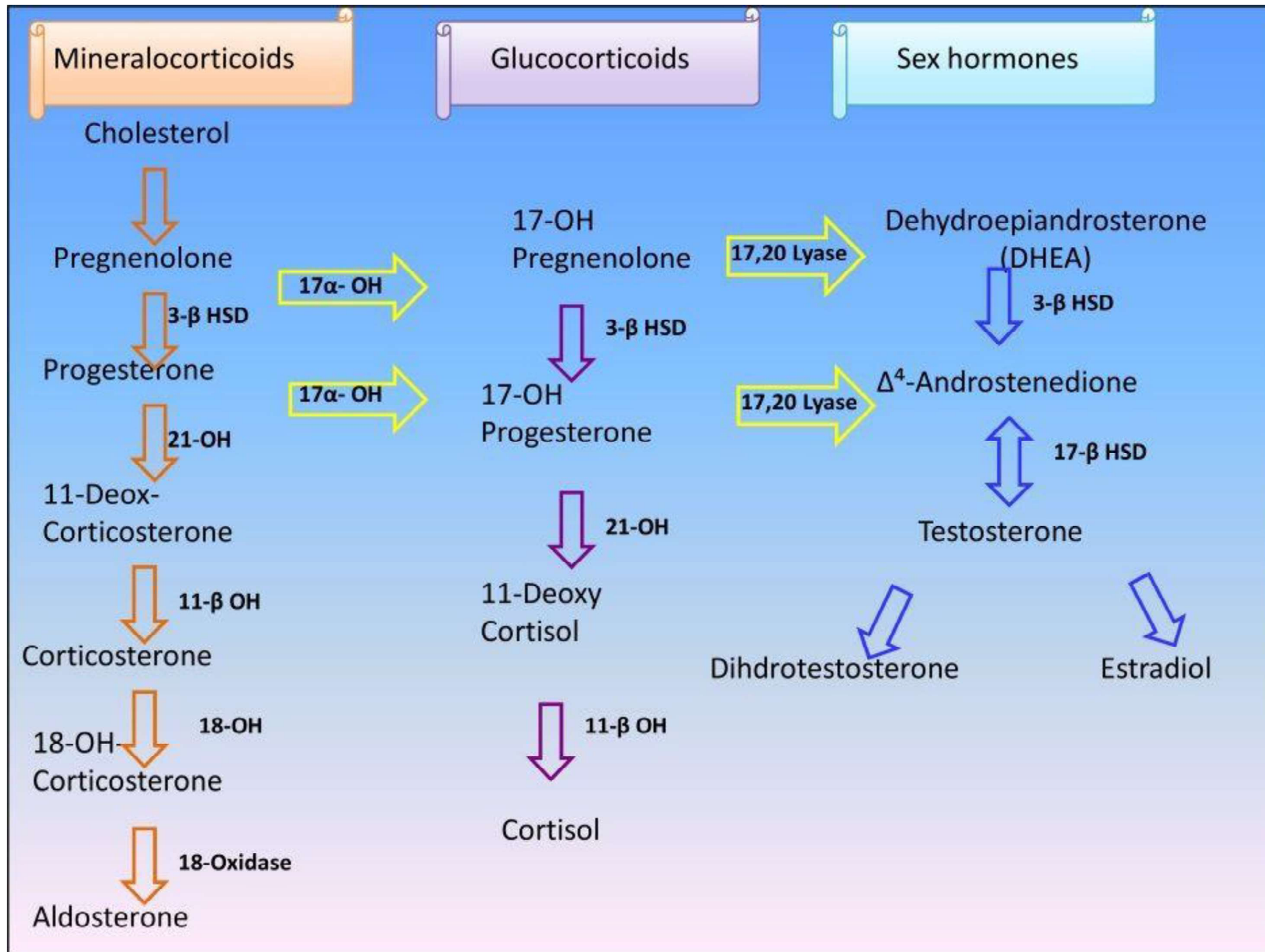


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# STRESS ON THE BODY

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## SHORT-TERM STRESS RESPONSE



Increased Heart Rate



Increased Blood Pressure



Liver Converts Glycogen to Glucose and Releases it into the Blood



Changes in Blood Flow (decreased digestive system activity)



Increased Metabolic Rate

## LONG-TERM STRESS RESPONSE



Retention of Sodium and Water by Kidneys



Increased Blood Volume and Blood Pressure



Proteins and Fats Converted to Glucose for Energy



Increased Blood Glucose



Suppressed Immune System

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## Symptoms Associated with Chronic Inflammation

- Eczema
- Fibromyalgia
- Gastroenteritis
- Gingivitis
- Heart Disease
- Hepatitis
- High Blood Pressure
- Insulin Resistance
- Interstitial Cystitis
- Obesity
- Joint Pain, Arthritis, Rheumatoid Arthritis
- Metabolic Syndrome
- Myositis
- Nephritis
- Osteopenia
- Osteoporosis
- Parkinson's
- Periodontal

**STRESS**

