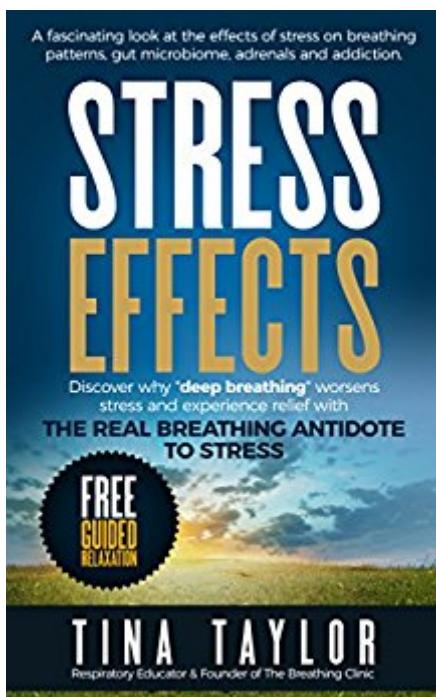


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# Stress Effects: A Fascinating Look At The Effects Of Stress On Breathing Patterns, Gut Microbiome, Adrenals And Addiction.



## Synopsis

STRESS EFFECTS is an essential read for anyone affected by stress, especially those who experience breathing-related symptoms or conditions including anxiety, panic attacks, depression, asthma, chronic obstructive pulmonary disease, cardiovascular disease, hypertension, hypotension, gastro-oesophageal reflux, snoring, sleep apnoea and a range of other medical conditions. Written by a Respiratory Educator and Founder of The Breathing Clinic, STRESS EFFECTS delves into the science of breathing and the effects of stress on the respiratory system and breathing patterns, explaining how stress can lead to hyperventilation, thoracic-dominant breathing, rapid breathing and mouth breathing and how these breathing patterns can reinforce stress, trigger adverse symptoms and worsen a range of medical conditions. The author explains how, contrary to popular belief, ‘deep breathing’ can actually worsen stress and why it is important to learn the 4 key elements of the real breathing antidote to stress while listening to the guided relaxation that accompanies this book. As the author is also a certified GAPS® Practitioner who has trained with Dr Natasha Campbell-McBride (author of ‘Gut and Psychology Syndrome’), STRESS EFFECTS goes beyond the respiratory system to explore how stress compromises digestive functions and can create imbalance in the gut microbiome leading to intestinal permeability (commonly known as ‘leaky gut’), which is linked to a range of chronic health conditions including allergies, asthma, irritable bowel syndrome, chronic obstructive pulmonary disease, chronic fatigue, fibromyalgia, irritable bowel disease and other autoimmune conditions, autism spectrum disorder, some cancers, sexually transmitted diseases and certain conditions affecting the urogenital tract. The author also explains how stress can take its toll on the adrenal glands, leading to abnormally low cortisol levels, adrenal fatigue and symptoms of ‘burn-out’, which can sometimes be mistaken for depression. The link between stress, addiction and addiction relapse is also explored, and the importance of diet and nutrition in overcoming addiction and promoting good gut health and adrenal function is outlined. Breathing difficulty associated with everyday activities such as speaking, exercise and sleeping can be an unnecessary source of stress for many people. STRESS EFFECTS includes additional chapters on these issues and provides specific recommendations to reduce breathing problems associated with these everyday activities with the added benefits of improving sleep quality, enhancing exercise and sports performance, and developing a healthy breathing foundation for life. STRESS EFFECTS will appeal to readers who appreciate detail and who are serious about the quality of their breathing and the relationship between stress and chronic disease. This book would be a valuable reference in every home, as well as the office of every allied health professional.

## Book Information

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## Customer Reviews

Stress has been my companion most of my life. As a childhood trauma survivor, that trauma evolved into anxiety when I was an adolescent and in my twenties. Stress Effects reveals how stress is a thief of good health. It lurks in your body and plays with your cortisol and hormone levels, maybe for decades, while trying to break into your body's systems without detection. Stress Effects uncovers the how and why of this thief and what happens to your body before you're even aware it. The book addresses what I'm now learning after fifty plus years. Anxiety, under extreme stressful situations, may escalate to complex trauma. In addition, stress attacks your respiratory, neurological, circulatory, and hormonal systems which may lead to permanent and chronic physiological issues such as central and obstructive sleep apnea, diabetes, glaucoma and high cholesterol. In addition to the types of stress we normally think of, the book explains how our diet adds more stress to our body's already stressed out systems. Sugar is a danger for everyone but especially those with diabetes who are always seeking a way to control their sweet tooth. Stress Effects provides a how to guide to suppress sweet cravings. Rather than a prescription for more meds, the author, a health care professional, reveals the minerals and vitamins needed to reduce

anyone's desire for sweets. If a reader suffers from diabetes or another autoimmune disorder, the book provides a comprehensive insight into how stress may have created the condition or exacerbated its severity. The book was extremely thorough, and while especially instructive for nurses and other health care professionals, it provides information that is useful for anyone who suffers from chronic issues or disorders related to or aggravated by stress. It will be on my bookshelf.

This book, by the Founder of The Breathing Clinic, looks at breathing patterns, gut microbiome and addictions. No light fluff here, this book is really thorough. It is seriously in depth, and rigorously researched to explain how stress and its effects happen in the body. The author explains how stress is caused by biogenic and psychosocial factors. She talks about persistent homeostatic dysregulation, which occurs when the body's balance becomes disrupted, and the effects of that. She talks about how stress affects the digestive system, and suggests diet, supplements, and treatments we can take to help with this. The chapter on deep breathing talks about why it doesn't work, how it can be harmful, and how to breathe properly to relieve stress. This includes photos of proper positions and how to use the diaphragm as the main source of breathing. There is a whole chapter on insomnia and sleep deprivation that I really appreciated since I have troubles with sleep. There are a lot of interesting suggestions there that I am excited to try. Discussion in this comprehensive book includes thyroid function and its effects on adrenal glands (for both over and under producers). The author also talks about leaky gut and proton pump inhibitors. There is a section on COPD, and even Cancer. My favorite is the chapter dedicated to nutritional supplements that may assist with your particular problem. This book is highly professional and well done!

I bought this book based solely on the title. I am preparing a self-help guide for people who have essential tremor (ET), a movement disorder. The primary additional problem people who have ET complain of is stress. This book is a great fit for my information needs. I believe every chapter contained way too much information. But each chapter also contained the information I needed to understand how we can learn to breathe correctly when we are under stress. I took lots of notes. I noted everything from the symptoms of hyperventilation to the contrast between the problems of deep breathing and effectiveness of right breathing. For me, I found the real payoff in Chapter 9. Tina laid out the four key elements of her breathing stress antidote. Because I read this book I pay far more attention to my breathing. I notice now when I shift from diaphragmatic breathing to

upper-chest breathing.Thanks, Tina. This book is a keeper.

This is a very comprehensive and detailed resource on the subject of stress and related topics. Professionally researched.The chapters cover the science of stress and its different types, and explore the connection between stress and different systems in the body including the digestive and respiratory systems.A major portion of the book focuses on the relationship between stress and breathing. There are some real eye openers here as the best breathing technique as antidote to stress may seem counter intuitive while the common advice of deep breathing may actually be harmful.I had not realized that there is so much to learn about a basic function like breathing. I found the illustrated breathing techniques particularly useful. I learned heaps and am glad I read the book.

There is a lot of information inside this book, which can make it a little overwhelming to read, which is why I suggest just reading the areas that affect you the most. For me, I concentrated on chapter 3, as my gut has become sensitive to foods it never was in the past few years.You'll learn a lot about how stress affects every part of the body and why you might not be feeling 100%, even though you're exercising and eating well.A must-read for the over-tired and overwhelmed person!

I work in the fitness field and most people I see are stressed to the limits. This book covers it all. It shows what triggers the stress response and what that can do to our health and well being. The author also explains how to relieve and manage stress and how proper breathing can help. She outlines specific breathing exercises to follow. This book is an easy to understand guide to help us all to live better and healthier in a world where we are bombarded by stress all the time.

Recommend it to everyone.

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