

BIOLOGICAL IMPACTS OF STRESS & NATURAL SOLUTIONS

BY ANITA CHAKRABURTTY

MULTIDIMENSIONAL HEALING



[HTTPS://WWW.MULTIDIMENSIONALHEALING.CO.UK/](https://www.multidimensionalhealing.co.uk/)

MENTAL HEALTH FOUNDATION'S 2018 STUDY

OF 4,619 RESPONDENTS, 74% OF PEOPLE HAVE FELT SO STRESSED THEY HAVE BEEN OVERWHELMED OR UNABLE TO COPE.

HANS SELYE IN 1935 WAS THE FIRST TO PROPOSE A THEORY ON STRESS.

(IMAGE BY ANTHONY TRAN VIA UNSPLASH)



IMPACTS OF CORTISOL & ADRENALINE ON YOUR HEALTH

- **INSULIN RESISTANCE & WEIGHT GAIN**
- **IMMUNE SUPPRESSION, INFLAMMATION, AUTOIMMUNE CONDITIONS**
- **CONSTRICTION OF BLOOD VESSELS, HIGH BLOOD PRESSURE, HEART DISEASE**

• (IMAGE BY ROBINA WEEMERIJ VIA UNSPLASH)



IMPACTS OF CORTISOL & ADRENALINE ON YOUR HEALTH

- **ACID REFLUX, INFLAMMED GIT, ULCERS**
- **HORMONE IMBALANCES**
- **INSOMNIA, ANXIETY, DEPRESSION, FATIGUE**

• (IMAGE BY ROBINA WEEMERIJ VIA UNSPLASH)



NATURAL SOLUTIONS FOR STRESS

- **LIQUORICE**
(NOT WITH HIGH CORTISOL/STEROIDS/HIGH BP/LIVER OR KIDNEY DISEASE)

- **KOREAN GINSENG**

- **SIBERIAN GINSENG**

(IMAGE BY CALUM LEWIS VIA UNSPLASH)



NATURAL SOLUTIONS FOR STRESS

- **RHODIOLA ROSEA**
- **WITHANIA SOMNIFERA**
- **MAGNESIUM**
- **VITAMINS B and C**

(IMAGE BY PINA MESSINA VIA UNSPLASH)



BACH FLOWERS:

- **ELM FOR FEELING OVERWHELMED**
- **WHITE CHESTNUT FOR BUSY MIND**
- **MIMULUS FOR SPECIFIC ANXIETIES**
- **OLIVE FOR EXHAUSTION**
- **AGRIMONY FOR DRUGS OR ALCOHOL USE**

• (Image by Emer Gencer via Unsplash)



Keen to use a Naturopathic approach (i.e. Herbal Medicine/Nutrition/Flower Essences) to resolve your health issues?

Contact Anita Chakraborty for an online or phone consult. All herbs/supplements can be posted to your home address.

Website: <https://www.multidimensionalhealing.co.uk/>

Mobile: 07757 540 436

Instagram: AnitaChakraborty

Twitter: Achakraborty

YouTube: <https://www.youtube.com/watch?v=lyh-uvYSSAU>

