

HEALTH TIPS FROM **DR. A**



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Everyone faces varying degrees of stress in their lives. Numerous dramatic situations such as the loss of a loved one or a divorce may cause excessive stress. We often associate stress with tragedy, but it can be surprising to learn that happy experiences may also lead to an increased production of cortisol...a new baby, new job, marriage or a move.

The more we have learned about stressful conditions, the better we have been able to care for ourselves. There are instances, however, in which management techniques such as meditation may not be sufficient to achieve the desired level of relaxation. In some cases, the issue is related to an internal malfunction in which the body produces either too much or too little cortisol, rather than as a response to a particular stressor or to multiple stressors. In addition to this neurochemical, other neurochemicals combine with hormones, which prepare the body to fight or flee.

Studies have shown that there is a distinct interplay between hormones and various other chemicals in the body. In addition to the primary sex hormones, serotonin, and cortisol, progesterone and pregnenolone are two specific hormones that should be measured, as each is related to feelings of happiness or feelings of stress and fatigue. Long-term stress can cause digestive problems, headaches, and heart disease, sleep disorders, weight gain and memory and concentration impairment.

When the body and mind are given what they need, stressors are more easily handled in a healthy manner.

The body needs balance. Most people do not have the ability to eliminate all stressors from their life. With support and targeted care, however, it is possible to learn how to manage external stressors and to ensure your body is nourished with the essential vitamins and minerals it needs for a healthy nervous system. If you feel that the stress you are experiencing is chronic and out of control, see a physician and receive a comprehensive consultation. Your doctor should notice the minute details of your history and further investigate those that may provide a solution to the issue of stress.

Dr. Andronico is here to help individuals obtain and maintain their best quality of life and is happy to do so with care tailored to you. Call (813) 907-0950 today to schedule your consultation.

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