

Schüssler Express

#149



REDUCE STRESS AND REMAIN HEALTHY

THE BEST TIPS

Are you feeling the pressure? Are you exhausted, irritable, and having stomach problems? Stress is usually the cause. Find out here what you can do in stressful situations, how to relieve stress, and how to prevent it. Dr. Andreas Kammermeier, MD, from Passau—a physician specializing in general medicine, homeopathy, acupuncture, and psychotherapy—answers the most important questions on the topic and also provides helpful tips for managing stress.

Things are hectic at work, your child is sick, and of all times, the car breaks down. Everyone experiences stress from time to time. That's completely normal, and our bodies can handle it. But there are often very stressful situations—and even prolonged periods—during which we're under intense pressure. This is especially true in times like these, when many uncertainties—such as the pandemic, rising prices, high energy costs, inflation, and war—weigh heavily on us and even fuel our fears. Such simmering, chronic stress can make us sick if we don't have adequate stress management strategies. It not only weakens our immune system but can also trigger conditions such as gastrointestinal disorders (for example, stomach ulcers), cardiovascular diseases, high blood pressure, chronic headaches, asthma, and burnout syndrome.

But even though we're often under a lot of stress, we can help ourselves and take steps to stay healthy. Homeopathy, for example, can activate our body's natural healing powers and restore our balance.

What is Stress?

In stressful situations, the stress hormones adrenaline, norepinephrine, and cortisol are released. They provide us with a surge of energy in a very short time, enabling us to cope with extreme situations. However, this effect, which is actually positive, can turn negative.

We distinguish between Two types of Stress

1. Positive stress (eustress): It is acute, short-term, and gives us a lot of energy due to pleasant events such as weddings or sports competitions, or through feelings such as joy and excitement.
2. Negative stress (distress): This form arises from worries, fears, constant pressure to perform, excessive expectations at work, and illness. In today's world, constant digital availability is also a major stressor. Chronic stress can make you sick.

Stress Symptoms: Watch for the following Signs

In everyday life, many things can raise our stress levels. Often, factors such as a heavy meal or a sudden change in the weather are enough to throw our bodies completely out of balance. The dark, cold, and damp months of fall and winter also take a heavy toll on our bodies and minds without us even realizing it, and many people feel particularly stressed during the run-up to Christmas.

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“Anyone who already feels exhausted and drained, or who reacts quickly to stimuli, will have an even harder time coping with the stresses that fall and winter bring,” says Dr. Andreas Kammermeier. There are certain signs that indicate your body is being pushed too far.

Typical Stress Symptoms are:

- General fatigue, exhaustion
- Tremors
- Restlessness and nervousness
- Sleep disturbances
- Increased susceptibility to infections
- Difficulty concentrating
- Reduced performance
- Gastrointestinal symptoms (stomach cramps, constipation, diarrhea)
- Headaches
- Low mood
- Rapid heartbeat
- Sweating spells
- Muscle tension, often in the neck and shoulders

“That’s why it’s especially important right now to actively take care of your health. Support your body’s natural healing abilities and your mental well-being,” emphasizes Dr. Andreas Kammermeier.

“Especially in the fall and winter, make sure to get plenty of exercise in the fresh air and sunlight, and enjoy relaxing breaks, moments of pleasure, and positive experiences.”

Effective Tips for Stress Management: Preventing and Reducing Stress

Stress often shapes our daily lives, and most of the time, it’s impossible to avoid. However, if you take

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specific steps to manage stress and regularly relieve it, you can also prevent stress-related ailments.

The Best Tips for Stress Management

- Get enough sleep (7 to 8 hours a day)
- Get up at a reasonable hour and don’t rush through the morning
- Quit smoking
- Drink alcohol only in moderation
- Eat regular meals—without rushing
- Enjoy your work, set priorities, and avoid multitasking
- Plan and take daily breaks
- Do relaxation exercises such as progressive muscle relaxation, muscle relaxation, autogenic training, and yoga
- Participate in a stress management programs
- Exercise for physical balance, such as light jogging, walking, or dancing
- Ensure a balanced, vitamin-rich diet
- In cases of acute stress, turn to herbs such as chamomile, fennel, lemon balm, lavender, valerian, and passionflower
- Make time for family, friends, hobbies, and leisure activities
- Turn off digital devices such as smartphones at certain times (e.g., after work, on weekends, at night)

7 Quick Tips for Stressful Situations

1. Short meditation and 5 minutes of unwinding
2. Hold your hands under warm water; this calms the parasympathetic nervous system



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3. Hum to yourself; the vibration of your vocal cords has a soothing effect
4. Power nap: Take a nap lasting between 15 and 20 minutes (maximum 40 minutes)
5. Smile: If you smile for 1 minute straight, your facial muscles press on a specific nerve and your brain releases happiness hormones, helping you relax
6. Snack on nuts and bananas—they're great for your nerves
7. Breathing exercises: Close your eyes, take a deep breath into your abdomen, and exhale

Breathing exercises have a relaxing effect, lower blood pressure, help you fall asleep, and reduce stress.

When stress and tension take over your daily life, it can help to take a few minutes to breathe mindfully. With these breathing exercises, you can relax your body in just a few minutes and reconnect with yourself and your surroundings.

The following two sample exercises can help you achieve targeted relaxation through conscious breathing in your daily life:

Variation 1: Sit or stand upright. Breathe in consciously through your nose and count to eight. Now hold your breath and count to four. Exhale through your nose and count to eight again. Then take a few seconds' break before repeating the exercise up to ten times. Try to maintain as steady a rhythm as possible during the exercise.

Variation 2: This exercise is performed while standing. Let your arms hang loosely at your sides and breathe in and out several times. Now raise your arms

and stretch them out to the sides. As you do so, take a deep breath and exhale completely.

What Soothes the Stomach When You're Stressed

Stress often takes a toll on the stomach. During hectic times, you then have to deal with stomach cramps, a bloated stomach, that typical "lump in the stomach" feeling, nausea, the urge to vomit, and diarrhea.

The stomach and intestines are functionally connected to the brain and the endocrine system. Excessive release of stress hormones therefore has a negative effect on the digestive tract. A stomach-friendly diet can generally help relieve strain on it.

- "If stress tends to upset your stomach, it's especially important to eat warm meals during the winter months. It's best to start the day with oatmeal cooked for just a short time. You can top this porridge with honey, yogurt, fruit, or nuts. For lunch, have a meal with cooked vegetables, rice, quinoa, or potatoes, and in the evening, a light vegetable soup, such as Italian minestrone," advises Dr. Andreas Kammermeier.
- Eating too quickly is not good for our digestion. Eating slowly and mindfully is the right approach. "Set the table even for a small snack. Be mindful of your food: How does the apple feel in your hand? How does it smell? Try tasting it with your eyes closed. These small mindfulness exercises bring us back to the present moment, and that makes us feel more balanced," says Dr. Andreas Kammermeier.

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Yoga for the Stomach

Anyone suffering from stomach pain wants to do something about it quickly. Fortunately, exercise can have a positive effect on the abdomen and stomach, and those affected don't have to give up physical activity entirely. Yoga and Pilates, in particular, create an ideal synergy between body and mind. Slow movements can also promote relaxation and thus counteract stress, a common cause of gastrointestinal complaints and abdominal pain.

Reduce stress-related Restlessness and Nervousness

You rush from one appointment to the next, time slips through your fingers, and by evening you feel like you haven't gotten nearly enough done. The problem is that you're overwhelmed and can't switch off. You don't get the rest you need, your energy levels are dwindling, you're restless, nervous, and irritable, and you can't sleep well.

The Goal is to find Peace

Dr. Andreas Kammermeier offers the following tips:

- Streamline your to-do list and set priorities
- Take daily breaks to relax
- Just do nothing for a while—and don't feel guilty about it
- Delegate tasks to others—both at work and within the family
- Get daily exercise, preferably outdoors. 30 minutes is enough
- Practice meditation
- Treat restlessness and nervousness with biochemic remedies

Schüssler-Salts for Stress

In case of stress the following Phosphate-Treatment with Schüssler-Salts has been proven beneficial:

- ❖ **No. 2 Calcium phosphate 6X** – 3 tablets in the morning
- ❖ **No. 5 Kalium (Potassium) phosphate 6X** – 3 tablets at noon
- ❖ **No. 7 Magnesium phosphate 6X** – 3 tablets at night before sleep

Mental Stress: 3 Ferrum phosphate 12X, No. 5 Kalium phosphate 6X, No. 6 Kalium sulphate 6X, No. 8 Natrium chloride 6X. No. 14 Kalium bromatum 6X

Physical Stress: No. 2 Calcium phosphate 6X, No. 3 Ferrum phosphate 12X, No. 5 Kalium phosphate 6X, No. 8 Natrium chloride 6X

Tablets should be dissolved in the mouth.

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