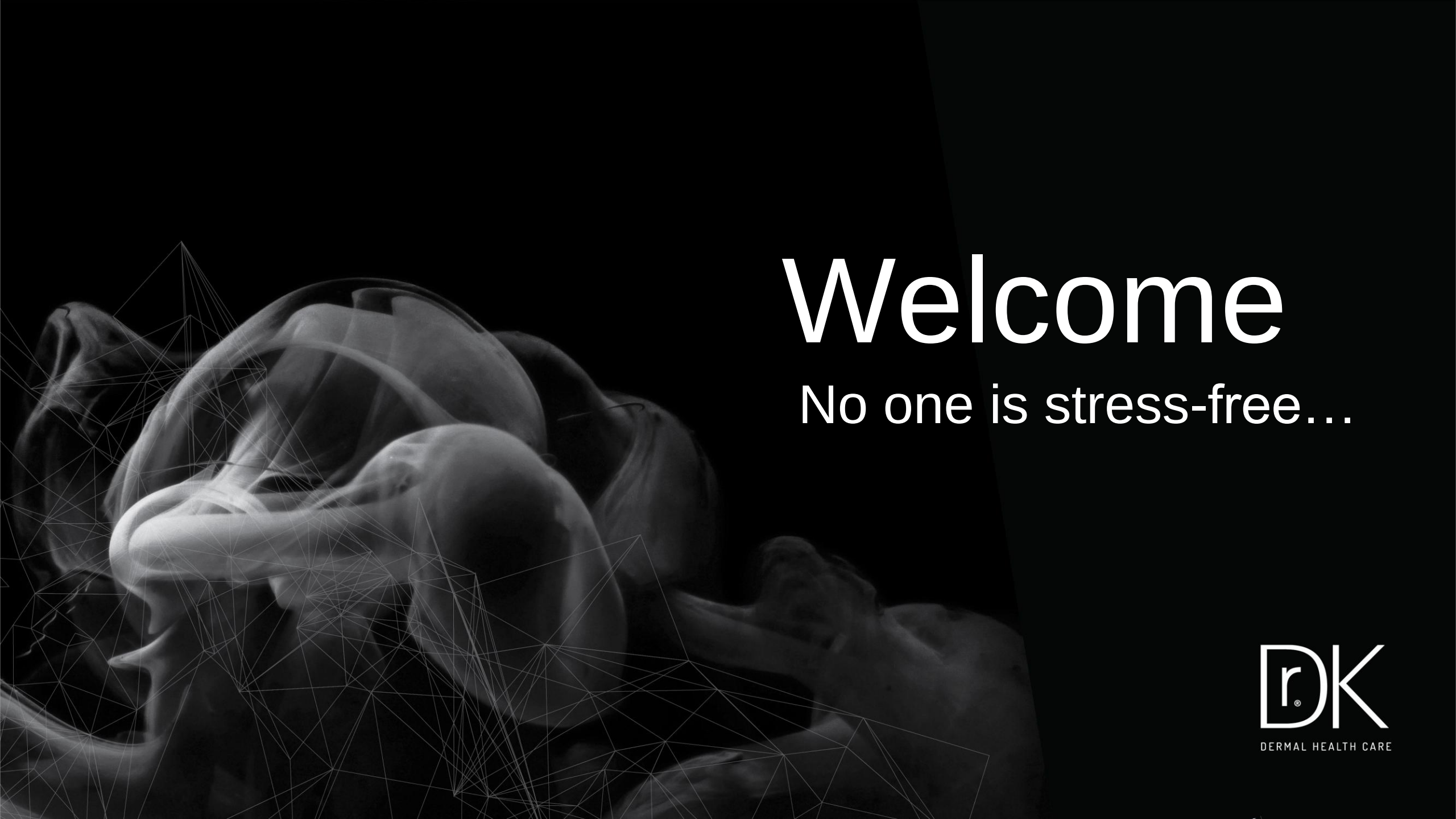


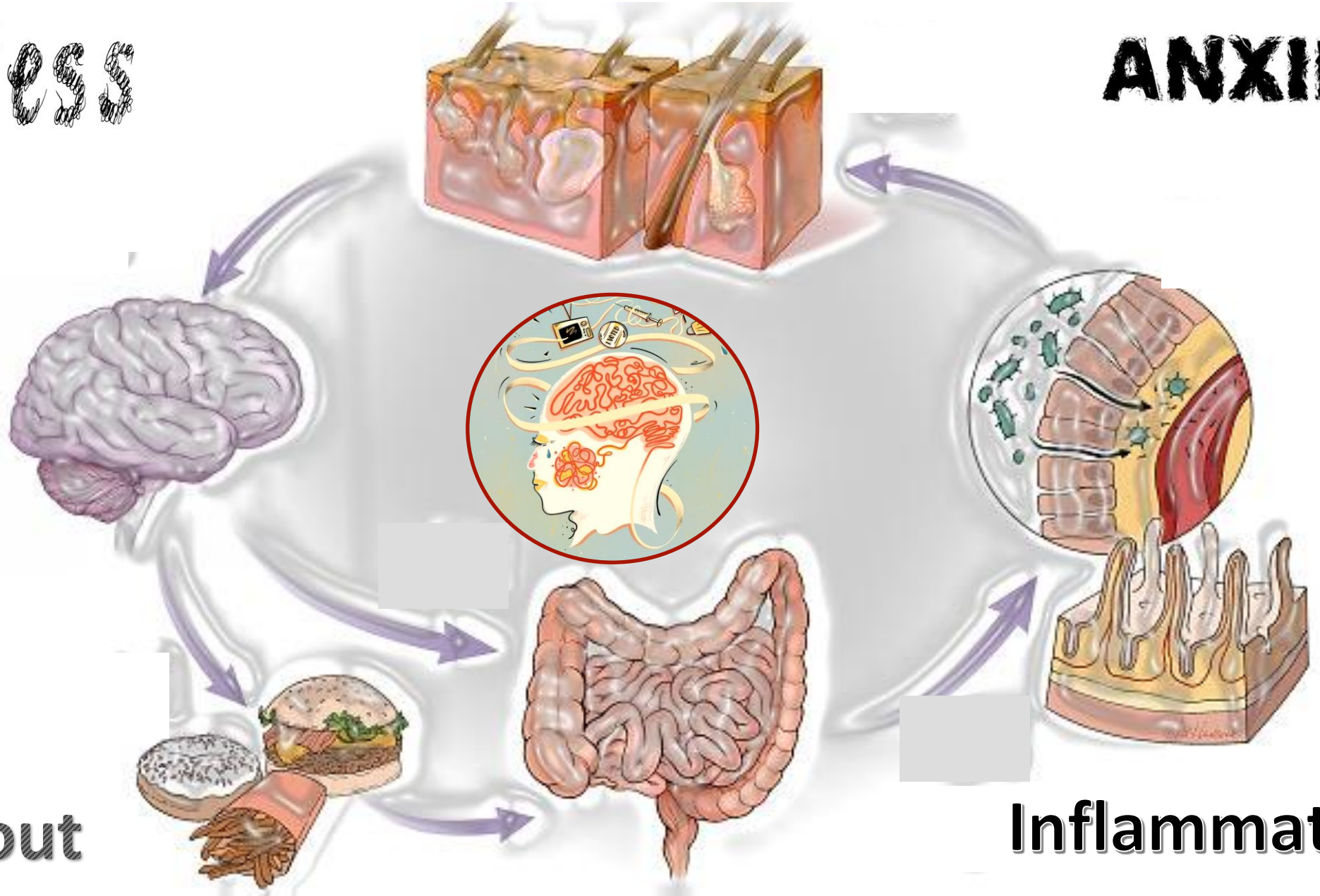
Welcome

No one is stress-free…

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Stress

ANXIETY



Burn out

Inflammation

What is stress?

- Stress is your body's way of responding to demand and harmful situations
- When you experience stress your body reacts by releasing Adrenalin, Nor-epi-nephi-rine and Cortisol into the bloodstream
- These hormones give you more energy, which may be a good thing if stress is caused by physical danger as it allows you to act in a way to prevent injury

Stress is a natural human response that prompts us to address challenges and threats in our lives

Everyone experiences stress to some degree but the way we respond to stress, however, makes a big difference to our overall well-being



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Not all stress is bad for you

Eustress (good stress) helps you stay motivated to accomplish goals and to overcome challenges

This type of stress is what you feel when you're excited. Your pulse quickens and your hormones surge, but there is no threat or fear

Without eustress, a person would likely become bored or even depressed

Am example is the stress you feel when taking a test or working on an important project at work.

Eustress
Good Stress

It is natural to feel stressed in challenging situations such as job interviews, school exams, unrealistic workloads, an insecure job, or conflict with family, friends or colleagues.

For many people stress reduces over time as the situation improves or as they learn to cope emotionally with the situation.

Stress tends to be widespread during events such as major economic crises, disease outbreaks, natural disasters, war, and community violence



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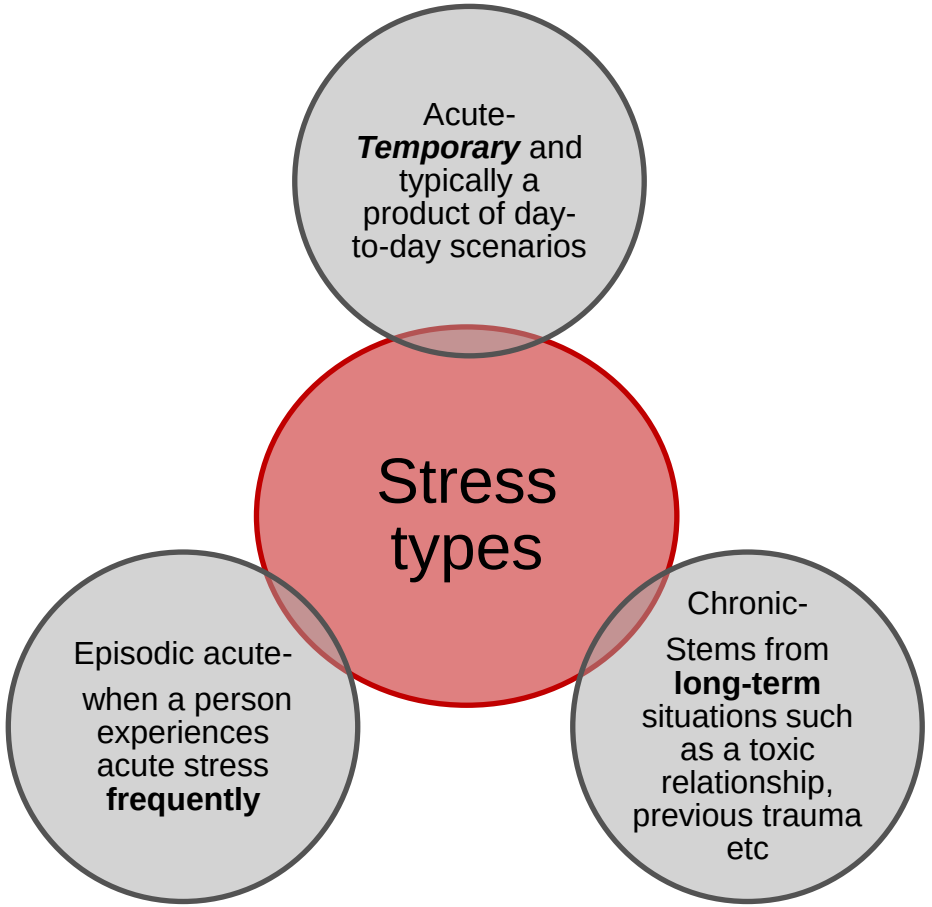
Not all stress is bad for you – BUT when it is bad … it can negatively affect every part of the human body



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What are the different stress types?

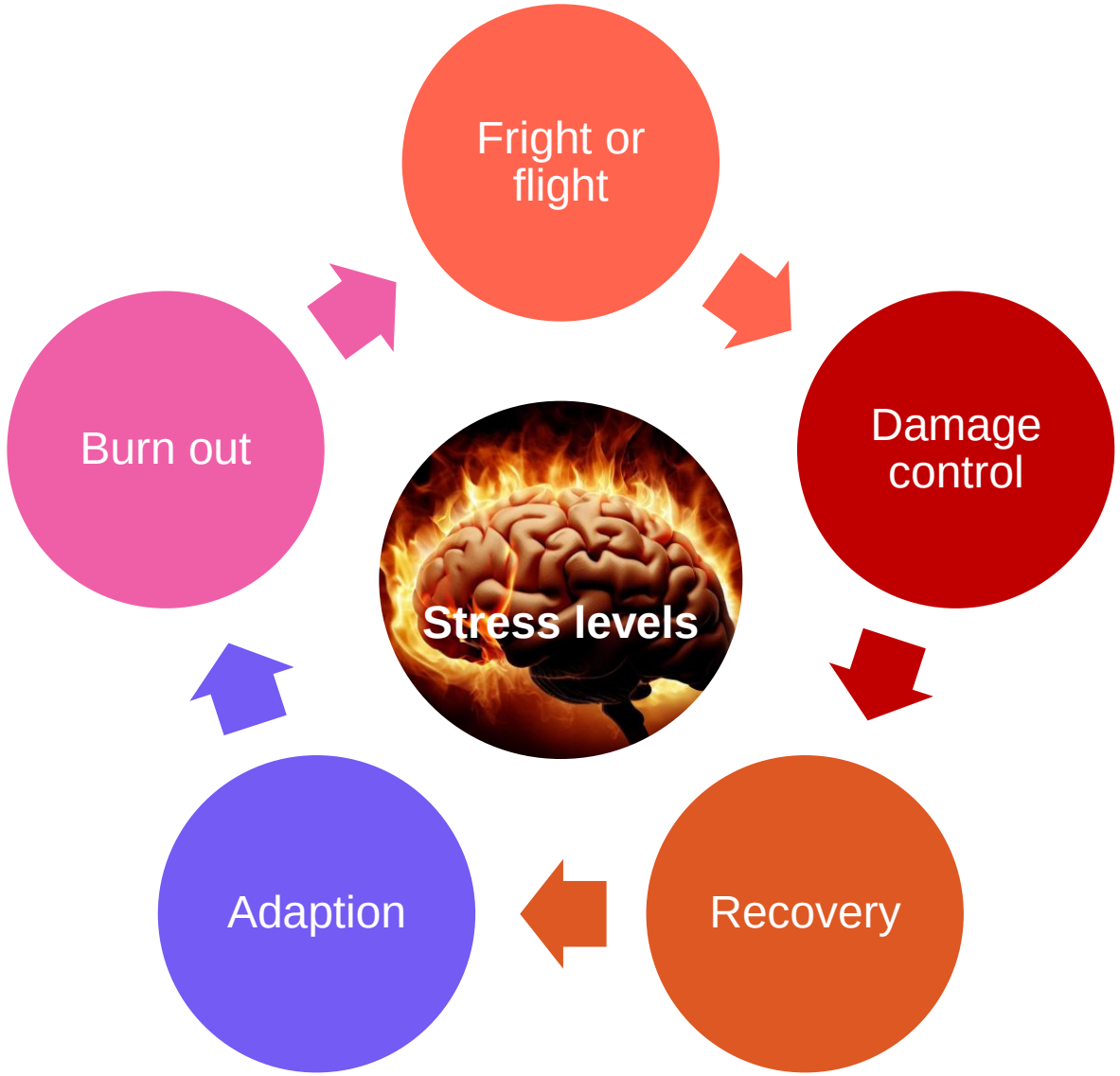




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Levels of stress

People who ignore the first four levels of stress will find themselves in “Burnout” before they know it.



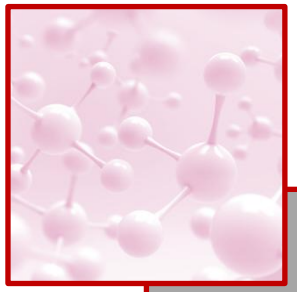
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Levels of stress



Fight or flight

- The moment you first feel stressed, your body lets you know.
- It sounds the alarm and activity in the thyroid and adrenal glands is increased.
-
- Adrenal glands may go into overload because the fire alarm is going off.
- If you ignore these signs you will experience an increase in stress hormones, heart rate and blood pressure.
- Decrease in short term memory, feelings of anxiety, fear and depression



Damage control

- At this stage the body goes into overtime – trying its best to keep “things” as normal as possible.
- Anti-inflammatory hormones such as cortisol are secreted to control the inflammation that is stimulated in over-drive.
- This is just a natural quick fix to keep going.
- Be careful to not crash if you do not listen to the warning signs.

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Levels of stress



Recovery

- At some point, hopefully you've acknowledged that you've been running a marathon at a sprint pace and decided it's time to take a step back.
- To begin recovery your body tries its best to return your internal systems to their original healthy levels.
- To recover you need to rest, sleep, and reduce overall output – this is very difficult for most people
- Schedule time to rest – make time for nothing



Adaption

- What if you didn’t listen to your body?
- You have chosen to rather “adapt”.
- You are telling your body that the level of stress is not going to change.
- Your body now starts to settle into a feeling of constant stress.
- That doesn’t mean that your body adapts in a good way.
- You start to experience lower energy levels, demolished self-esteem, do not sleep well, gain or loose weight, struggles to manage your emotions.
- Every section of your life starts to wobble.
- Adaption is NOT the solution – avoid this at all cost.

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Levels of stress



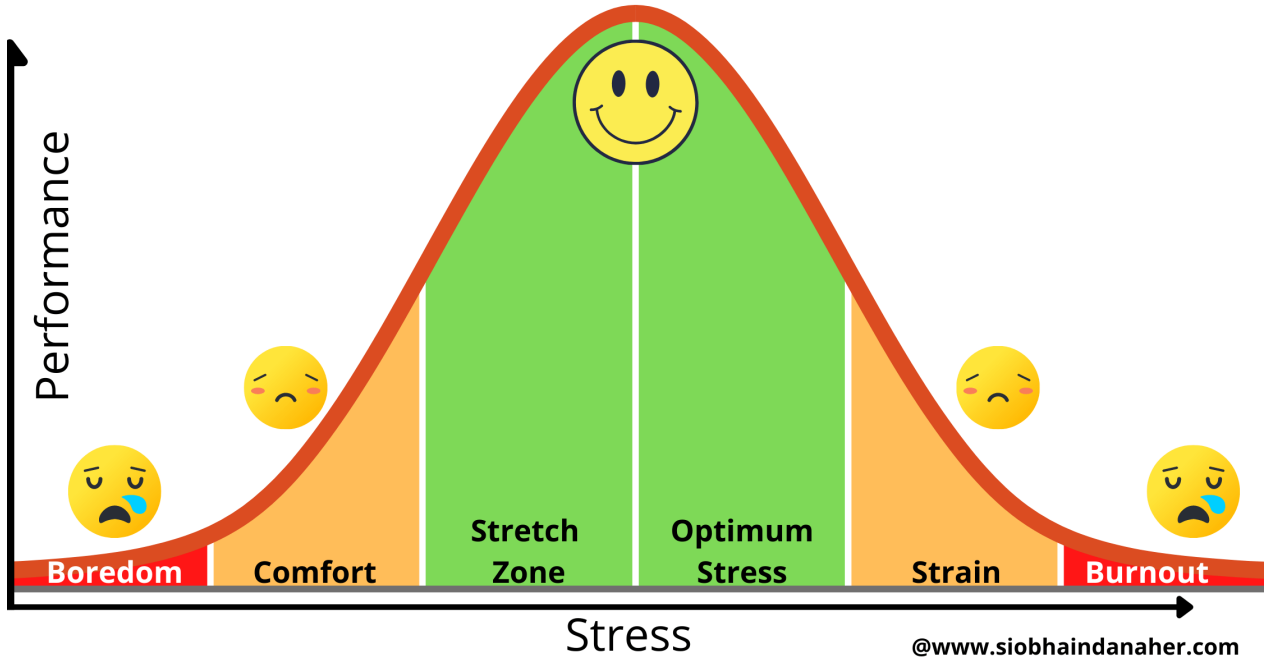
Burn out

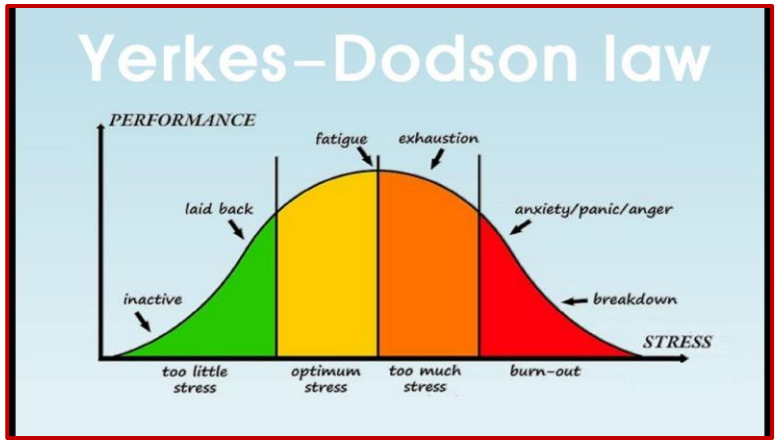
- By ignoring the first four stages of warning, you will eventually find yourself completely "burned out."
- This could show up as full-onset depression to actually being hospitalised.



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Performance and stress





Yerkes-Dodson law?

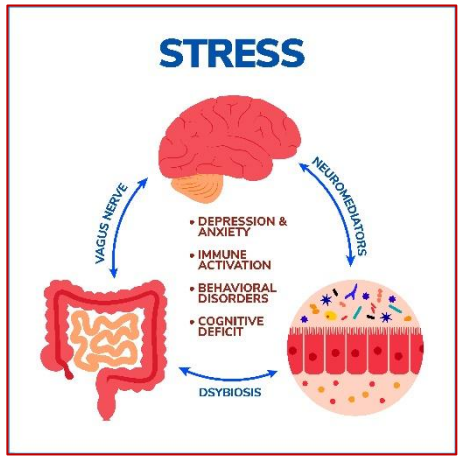
- The Yerkes-Dodson law is a model of the relationship between stress and task performance.
- It proposes that you reach your peak level of performance with an intermediate level of stress. Too little or too much results in poorer performance.

Stress inflammation and the gut:

Gastrointestinal function is particularly influenced by stress.

When stress activates the fight-or-flight response in your central nervous system it can affect your digestive system by:

- Causing your oesophagus to go into spasms
- Increasing the acid in your stomach, which results in indigestion
- Making you feel nauseous
- Giving you diarrhoea or constipation



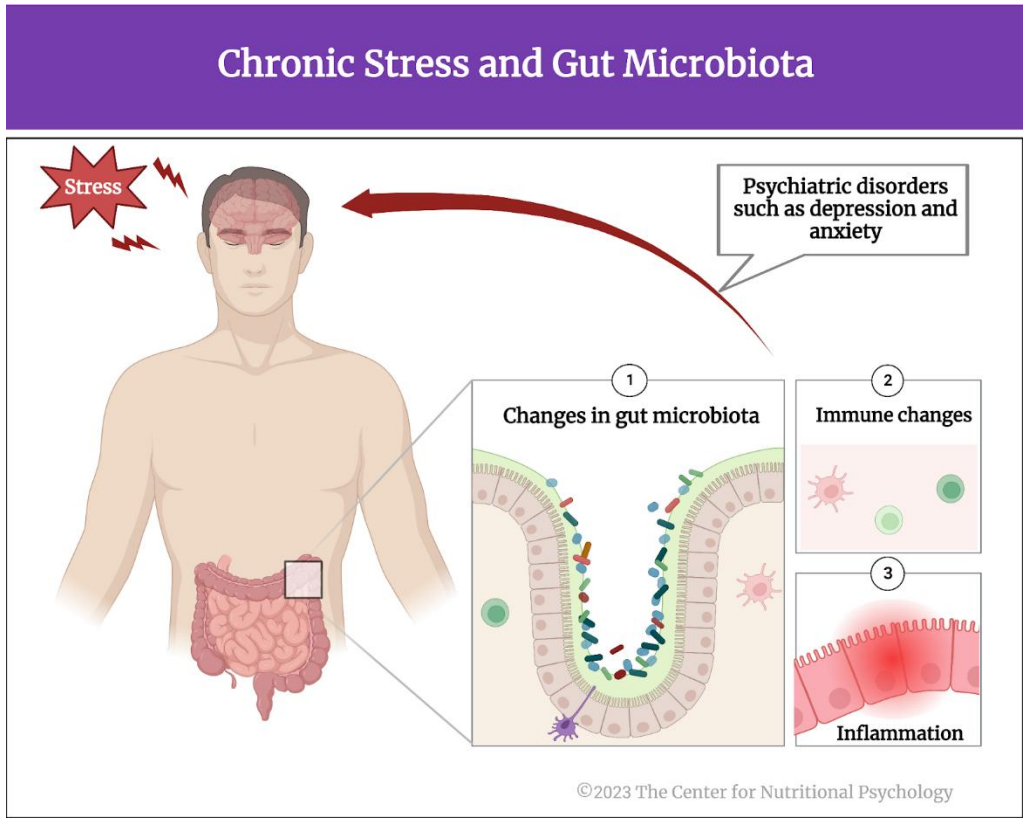
In more serious cases, stress may cause a decrease in blood flow and oxygen to the stomach, which could lead to cramping, inflammation, or an imbalance of gut bacteria.

It can also worsen gastrointestinal disorders, including:

- ***Irritable bowel syndrome (IBS)***
- ***Inflammatory bowel disease (IBD)***
- ***Leaky gut***
- ***Peptic ulcers***
- ***Gastroesophageal reflux disease (GERD)***

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Stress inflammation and the gut:

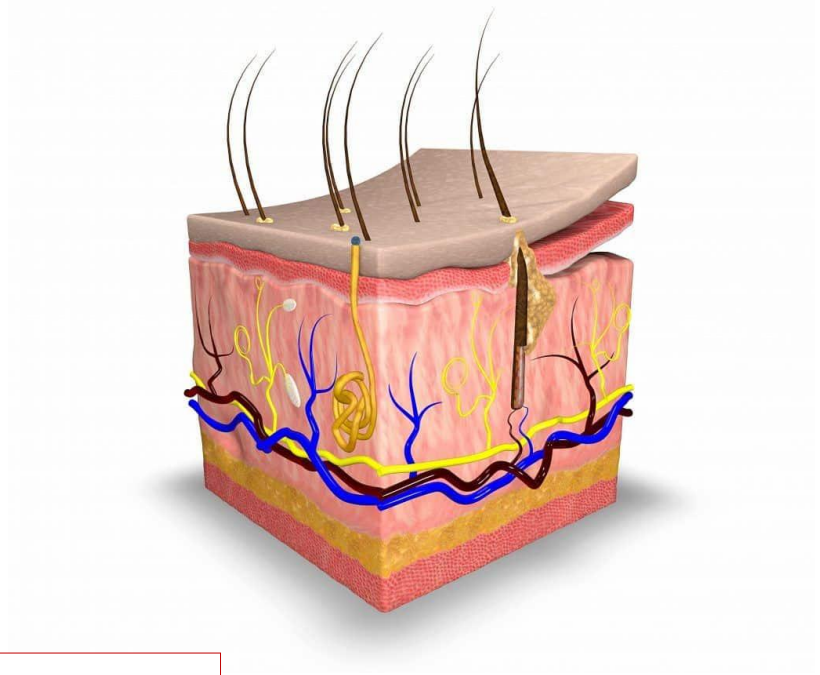


- **High levels of stress over time increase the intestine's permeability, known as a “leaky” gut.**
- This means that particles, such as bacteria and undigested food, can move more easily into the bloodstream, which can cause damaging chronic inflammation.
- **Chronic stress can disturb the gut microbiome.** This can result in an increase in dangerous bacteria and a reduction in helpful ones.
- This imbalance can lead to gastrointestinal illnesses, including irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD).

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Stress inflammation and the skin:

- The stress effect moves blood flow away from the skin to support the heart and muscle tissues
- The physical effect is cool, clammy, sweaty skin
- The scalp also tightens so that the hair seems to stand up
- Inflammation, eczema, psoriasis, dermatitis
- Hyperpigmentation
- Break-outs
- Premature ageing
- Hypersensitivity or sensitized skin



Stress hormones break down the collagen and elastin in skin and interfere with rejuvenation, which can speed up the ageing process causing more fine lines and wrinkles

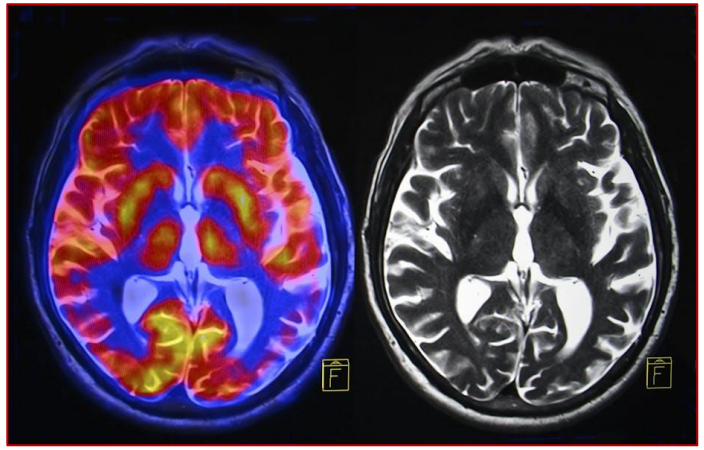
The hair and its growth are also affected by stress by contributing to hair thinning and hair loss

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Stress inflammation and the brain:

Studies in humans have shown that inflammation can adversely affect brain systems linked to motivation and mental agility.

There is also evidence of chronic stress effects on hormones in the brain, including cortisol and cortico-tropin releasing factor (CRF). (Appetite, anxiety, memory, attention)



Common cognitive signs of chronic stress include:

- Brain fog
- Memory concerns
- Problem solving ability
- Difficulty making decisions or impaired judgement
- Trouble completing tasks

There is also evidence of chronic stress effects on hormones in the brain, including cortisol and corticotropin releasing factor (CRF).

High, prolonged levels of cortisol have been associated with mood disorders as well as shrinkage of the hippocampus

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Stress inflammation and the brain:

Repeated stress is a major trigger for persistent inflammation in the body

- Chronic inflammation can lead to a range of health problems, such as diabetes and heart diseases
- The brain is normally protected from circulating molecules by a blood-brain barrier. But under repeated stress, this barrier becomes leaky and circulating inflammatory proteins may enter the brain
- The brain’s hippocampus is a critical brain region for learning and memory, and is particularly vulnerable to such insults
- Studies in humans have shown that inflammation can adversely affect the brain systems linked to motivation and mental agility



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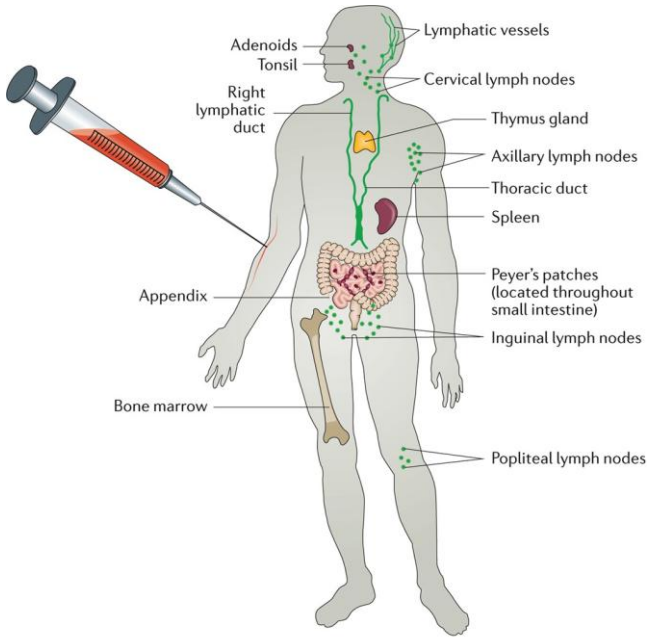
Stress inflammation and the immune system:

The immune system is directly disrupted by the endocrine response to stress.

During these periods, individuals are at risk of poor immune responses to infections, wound recovery, and reduced immunity.

- Stress on the immune system is similar to mobilising a defensive line of soldiers to potentially critical areas
- The steroid hormones secreted by the endocrine glands reduce activity in parts of the immune system, so that specific infection fighters (including important white blood cells) or other immune molecules can be repositioned

- **Over time, when your body reaches chronic stress, your body can get used to having too much cortisol in your blood, this opens the door for more inflammation.**
- **In addition, chronic stress decreases your body's lymphocytes – these our white blood cells that assist in fighting off infections.**

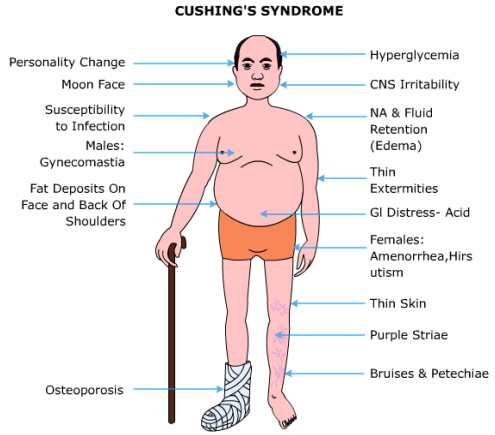


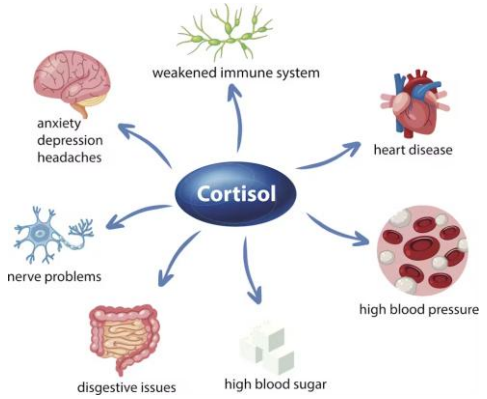
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Too much cortisol – the big evil:

Usually, cortisol levels decrease after a stressful event is over, but chronic stressors can keep cortisol levels high, without a break, wearing down the body on a cellular level. The more we mentally dwell on troubling demands, the more our health is impacted.

Too much cortisol can cause some of the main symptoms of Cushing syndrome — a fatty hump between the shoulders, a rounded face, and pink or purple stretch marks on the skin. Cushing syndrome also can cause high blood pressure or bone loss. Sometimes, it can cause type 2 diabetes.





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Stress management:

Keep a daily routine
- Having a daily schedule can help us use our time efficiently and feel more in control

Get plenty of sleep
- Getting enough sleep is important for both body and mind. Sleep repairs, relaxes and rejuvenates our body and can help reverse the effect of stress

Connect with others
- Keep in touch with family and friends and share your concerns and feelings with people you trust. Connecting with others can lift our mood and help us feel less stressed

Eat healthy
- What we eat and drink can affect our health. Try to eat a balanced diet and to eat at regular intervals. Drink enough fluids. Eat lots of fresh fruits and vegetables

Exercise regularly
- Regular daily exercise can help to reduce stress. This can include walking, as well as more intensive exercise

Take nutraceutical support
- DrK

Limit time following news
- Spending too much time following news on television and social media can increase stress. Limit the time you spend following the news if it increases your stress



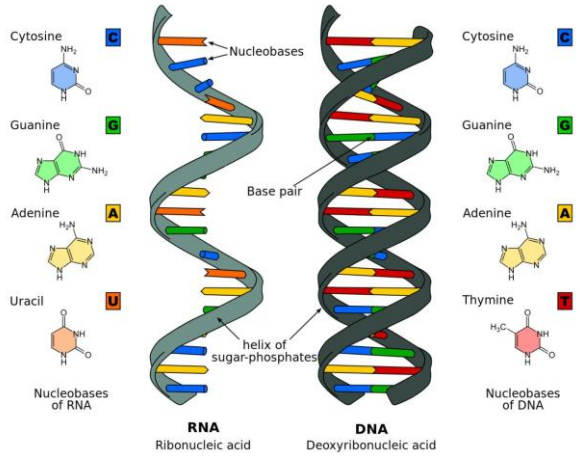
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DrK TO THE RESCUE

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Nucleotides:

- Nucleotides are natural compounds, which form the building blocks of our DNA, essential for cell division.
- Our DNA is like a huge software system, which codes for structural and functional aspects of your body.
- Without healthy DNA, your body can't function properly.
- They act as carriers of chemical energy in the form of adenosine triphosphate (ATP) participate in signalling pathways..
- Topically applied nucleotides can penetrate human skin, to kickstart the body's natural healing processes.
- By activating key cellular pathways, it can accelerate tissue repair, reduce inflammation, and improve overall skin texture and tone



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DrK Treatment recommendations – Nutraceuticals:



RENOVOBIOTIC

- Bloating
- Abdominal fullness
- Constipation
- Gut sensitivity to certain foods
- Immune deficiencies
- Prone to vaginal infections
- Prone to urinary tract infections
- Prone to oral candida
- Streptococcus virus – oral
- High blood cholesterol levels
- Helicobacter pylori eradication
- Rotavirus
- Occasional diarrhoea
- Gut inflammation
- Concerns with digestion of foods
- H.Pylori eradication – Adults
- Menopause symptoms
- Obesity
- Non-alcoholic fatty liver disease
- Acute and chronic periodontitis
- ***Acne skin***
- ***Pigmentation associated with PIH***
- Severe IBS and leaky gut – together with NUCLEOCOLLAGEN

NUCLEOCOLLAGEN

- IBS
- Leaky gut
- ***Inflammation and pigmentation***
- Low rate of growing phase
- After pregnancy and child birth
- Vigorous exercise regime
- Loss in muscle strength
- Low bone density
- Skin and body diseases and illness
- ***Premature ageing and ageing skin in general***
- ***Sensitive dry and dehydrated skin***
- Clients that frequent Botulinum Toxin, fillers and other cosmetic procedures
- High stress levels
- Poor sleeping habits
- Brain fog
- Restrictive diets
- Specialised diets
- ***Environmentally damaged skin***
- Changes in environment and contact with people
- Breakouts, acne – Leaky gut
- Autoimmune disorders
- General digestive disorders
- Wounds – especially slow healing wounds
- ***Menopausal woman***



SMART'Fungi

- Brain fog
- Forgetfulness
- Low energy levels
- Sleep concerns
- Improve cognitive impairments
- Stressed lifestyle
- Stressed life story
- Supports digestion
- Improves immune cell function
- Menopause
- Students-improves learning and memory function
- Superior anti-oxidant properties
- Assist with focus and concentration

ALL SKIN CONCERNS WILL BENEFITS



DrK Treatment recommendations - Skincare:

- **Micro needling treatments with DrK activate product – deeper delivery of actives and nucleotides**
- **DrK Peeling treatments**

Ingredients that support a stressed skin:

- Hydrolyzed Hyaluronic Acid –This specific HA grade helps to maintain an effective skin defence level against harmful bacterial contamination. It also boosts the wound healing process. Double action for skin repair and protection - Nucleohydrate
- Anti pollution shield – Day and Night Shields
- Gardenia Jasminoidis fruit extract – Night shield
- Kannibis Sativa – Day Shield
- Mucor Miehei Extract – DrK peels & Melano Active Activate

DrK Activate products and Medicate products – various active ingredients to improve skin that is exposed to internal and externals stressors, such as:

- Vitamin A – Rejuvenates of the skin
- Vitamin C – Anti oxidant
- Vitamin E – Anti oxidant and healing
- Punica Granatum – Super anti oxidant – Daily / Melano Active / Age Reverse / Super Anti-ox Activates
- Nucleotides – Building blocks of life – All products
- Neosance squalene – Meets microbiome friendly criteria – All activates
- BAM – Flight cortisol induced signs of ageing – De-Stress Anti Ageing Medicate
- Encapsulated Retinol – Rejuvenates the skin – Age Reverse Activate & MelanC Medicate
- HeptaPeptide 4 - Strengthen vulnerable urban skin by promoting microbiota balance – All products
- Mondo Grass – Prevents to appearance of clinical signs of atopic dermatitis – AntiFlam Medicate & Age Reverse Activate





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Thank you

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The 5 Stages Of Stress (It’s Important To Know Which One They’re In) – Inc.com June 27, 2022 By Alyssa

Health line. Com

World Health Orginisation

Academic Rigour – Journalistic flare article