

## The Burden of Stress

### Why this is about Taming the Inflammation Dragon

Presentation led by Luka Symons, C.H.N.C. Holistic Nutritional Consultant

This first of four modules is a special series created for the **Wild Rose Village** gang, to help understand, through the lens of Holistic Nutrition, how to support yourself and your clients through Stress. Today's module dives into the biochemistry of stress in the body, and why this is synonymous with inflammation. In today's module, you'll learn which organs are most impacted by the stress response, and learn to start putting practical pieces in place to help support your body, and your clients, through the burden of stress.

#### BEST FOODS TO NOURISH THROUGH STRESS + INFLAMMATION

MEAT STOCK / Dashi	Butter / Ghee	Pumpkin Seeds*	Shiitake	Papaya	Seaweed
Cold water fish (wild)	Fermented Foods	Chia Seeds*	Cabbage	Pineapple	Nettle
Pastured meats	Coconut oil	Walnuts*	Onion/Garlic	Berries	Cacao
Eggs (pastured)	Olive + Flax oil	Flax Seeds*	Dark Leafy Greens	Lemon	Ginger
Organ meats	Avocado + Oil	Beets	Broccoli/Cauli	Apples / Pears	Turmeric

Other ways you can nourish through stress:

- To reduce inflammation, need to remove the foods that offend, improve digestion, and consume those foods that provide anti-inflammatory nutrients and support optimal health.
- \* signifies plant based proteins: these are best when soaked or activated + dehydrated
- EAT REAL FOOD.
- Choose your animal sources well; products from animals raised and finished on grass or wild-caught will provide you with the anti-inflammatory nutrients (Retinol, Omega 3s)
- Source the good fats: cook with animal fats or coconut oil; use avocado, olive or flax oils in salads or as a finishing drizzle on meals to increase omega 3 fats.
- Include lots of foods high in omega 3, on the daily. (Wild fish, pastured meats, avocado, nuts/seeds, etc)
- If you are new to introducing ferments, GO SLOW! 1 tsp per day for week 1, increase by 1tsp/wk. Aim for 1/4 cup per meal, with fermented beverages in between.
- SUPERFOODS (TARGETED): bee pollen, collagen powder, colostrum, curry powder, high vitamin butter oil, nigella/kalonji, rehmannia, turmeric

Helpful tips for supplements and lifestyle recommendations to support a reduction in inflammation:

- ADD ONLY ONE GOOD THING AT A TIME. This is not a sprint.
- Cultivate JOY. Reduce stress.
- Prioritize SLEEP.
- Reduce toxins – attitudes, home cleaners, reno products, makeup, personal care, foods, etc.
- Create a safe haven conducive to calm + healing.

Looking for the **Meat Stock** recipe? Find it in one of two places:

1. Online recipe, video + blog write up can be found here: <http://bit.ly/meatstock>
2. You can also get a pdf version by signing up for my newsletter here: <http://eepurl.com/boikub>
3. Looking for the **Dashi** or **Kombu Broth** video? Head here --> <http://bit.ly/TLCdashi>

My online homes:

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***Thank you for joining in today!***

*As you make your way through these recommendations, I cannot stress enough that you keep in regular contact with your medical professional to monitor your health and any medication needs you have or if there are any changes that need to happen. The recommendations presented herein are, at all times, restricted to the subject of health matters intended for general well-being, and are not meant for the purposes of medical diagnosis, treatment or prescribing of medicine for any disease (including that which may have been diagnosed by a medical professional) or any licensed or controlled act which may constitute the practice of medicine. You are under absolutely no obligation to follow this plan nor is any guarantee offered.*

Write down some of the biochemical happenings when the stress or inflammatory response is triggered.

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What are some of the organs involved and impacted by the stress or inflammatory response?

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Jot down some of the ways you know you or your client has low grade chronic inflammation.

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Key Strategy #1: NOURISH DEEPLY. Jot down some ideas.

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Key Strategy #2: REDUCE WHAT FANS THE FLAMES. Jot down some ideas.

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Key Strategy #3: BRING IN THE GOOD FATS. Jot down some ideas.

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Key Strategy #4: LOOK AFTER YOUR ADRENALS. Jot down some ideas.

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Key Strategy #5: WORK ON RESILIENCE. Jot down some ideas.

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## COCONUT CHOCOLATE FUDGE with a surprise!

This is dessert at its nutrient-density finest. Think of this as a delivery system for nourishing and anti-inflammatory fats, along with a good dose of stress-busting chocolate. These bites can help curb the blood sugar beast's demands, tame that inflammation dragon and provide your body with nutrients to help balance sugars and hormones. Oh and did I mention, they are delicious? Phat fat bombs, as I like to call them.

By Luka Symons, CHNC      Full-GAPS friendly      DF (can be)      GF

Makes about 20 servings

### INGREDIENTS

20-30 raspberries, fresh or frozen

3/4 cup coconut oil

1/2 cup coconut milk

1/4 cup mashed pumpkin, butternut or sweet potato purée

1/4 cup butter or ghee (omit if dairy is an issue for you)

1/4 cup honey (raw honey is best)

2 tsp vanilla extract

3/4 cup cocoa powder

pinch of salt

*optional upgrades:* (choose no more than 1 or 2) 1-2 tsp medicinal mushroom powder (any kind you got!), or 2 tsp Elevate Powder from Harmonic Arts, or 1-2 tsp spirulina, or 1 tsp beet root powder

*optional toppings:* bee pollen, crushed pumpkin seeds, any crushed nut, coconut shreds, goji berries

### METHOD

- Take out the glass dish you wish to use for this recipe (8x8 works), or take out your dessert mold if you have one. Either works. You can also line mini muffin tins with paper cups to help dole these out in measured portions. Drop a raspberry at the bottom of each cup, or layer evenly on the bottom of your dish. The idea is it will be the 'surprise' in the middle of each serving.
- In a medium saucepan, put your coconut oil, coconut milk and mashed veg. Set to medium heat to melt the lot together. While this is melting, measure out the remaining ingredients in to a bowl to make it easier to assemble.
- Once the coconut oil is melted, add in all the other ingredients to the pot and remove from heat immediately.
- Using your immersion blender (hand blender) or stand blender, blitz the lot together until they make a chocolatey paste. If it's too hard to work with at any point, you can always gently warm it up a touch on the stovetop, and try with the hand blender again until completely blended.
- Pour the fudge into your prepared pan or dessert molds or mini muffin tins over top the raspberry surprise. Top with any optional toppings. Bee pollen is my favourite! Just a smidgen on top of each serving. Transfer to the fridge to allow them to cool.
- Once your fudge is solid and firm, (can take a few hours), cut into bite-sized pieces.
- Store your finished fudge in the refrigerator or freezer. I don't think you will have any left in 3 days. But know that it can last a week in the fridge, and tuck into the freezer if you want to have it around for longer.

## TOM KHA GAI

This is a most deeply nourishing + satisfying Thai soup. The first time I had this soup, I cried I was so enamoured with the flavours. I hope you find it as delectable! Remember to balance the sweet / salty spicy / sour / umami flavours: that's the secret to a delicious tasting Thai dish.

DF GF

Serves 4

### INGREDIENTS

6 cups finished chicken or other poultry meat stock  
 6 fresh or dried\* kaffir lime leaves, roughly torn (or swap out for grated zest of 1 lime\*)  
 2 stalks lemongrass, white parts only, thinly sliced  
 2" galangal, peeled and coarsely chopped (swap with ginger if you can't find galangal)  
 1 lb chicken thighs, boneless skinless, sliced thinly  
 1 full can of coconut milk (14 oz)  
 1 tomato, chopped\* OR 1 cup cubed, peeled butternut squash  
 3/4 cup sliced mushrooms\* (straw, enoki, shiitake, oyster, or white; remove stem if fresh shiitake)  
 1-2 chilies\*, minced (omit if nightshades are an issue or if you'd rather keep it mild)  
 1 tbsp fish sauce\*  
 1 tbsp lime juice\* OR 1 tbsp camu camu powder OR 1 tbsp acerola cherry powder  
 1-2 tsp coconut sugar or honey  
 S+P\* to taste

Toppings: cilantro, washed + minced; minced green onions

*\*foods marked with an asterisk are high histamine. If histamines are troublesome for you, use the alternative listed or simply omit.*

### METHOD

- In a big enough soup pot, put your meat stock, kaffir lime leaves, lemongrass and galangal slices. Bring to a boil over high heat. Reduce heat to medium low, and simmer gently for 15 minutes.
- When done, strain the bits out of the stock. Return your flavoured meat stock to the pot.
- Add your sliced chicken to the stock and bring to a simmer over medium heat. Reduce the heat a bit and cook for a good 4 or 5 minutes, until the chicken is cooked through.
- Stir in your coconut milk, mushrooms and tomato or squash, return to a simmer for 3-4 minutes.
- Add your fish sauce, lime juice (or camu camu or acerola cherry powder) and coconut sugar. Taste and adjust your flavours: add more salt if you'd like it to really punch up. Add more lime juice or camu camu or acerola if you wish for a more sour note. Need more depth? Fish sauce will do it (although this is high histamine).
- Serve in individual bowls, garnished with the cilantro and green onions.