

ARE YOU STRESSING OUT YOUR SKIN?

There seems to be no end to the effects that chronic stress has on the body. Chronic or long-term stress is not only associated with acute symptoms, such as headaches, muscular aches, digestive disturbance, interrupted sleep and feeling unable to cope; it is also linked with accelerated ageing and an increased risk of developing chronic diseases, such as cardiovascular disease. While stress can affect organs and tissues in many areas of the body, stress has been identified as a key driver of many common skin conditions, such as acne, eczema, psoriasis and rosacea.

We are all aware that skin conditions can cause stress, but did you know that stress can be a cause of skin conditions?

Along with lifestyle and dietary modifications, support with herbal

and nutritional options may also help to improve your stress management skills. During times of stress, your body has increased demands for certain nutrients. If you are chronically stressed, you may require more magnesium than usual to keep your muscles relaxed and keep your nervous system functioning properly. The irony is that during times of stress, you excrete more magnesium, leaving your stores of magnesium depleted. This depletion of magnesium can leave you feeling anxious, uptight and can even affect your sleep. This results in a vicious cycle, whereby stress lowers your magnesium levels and low magnesium levels increase your stress response!

Effective stress management is important for everyone to maintain good health, especially if you have a skin condition. Lifestyle and dietary

changes, specific nutrients and herbal remedies can all form part of a comprehensive treatment strategy to reduce the effects of stress on the skin. If you have a skin condition that you are struggling to manage effectively, speak to one of our practitioners today about the various strategies that can be used to address the driving factors of your poor skin health, including stress.



Superfood Spotlight – Chia Seed

Even though Chia dates back to the Aztecs, it has only recently come into favour in modern society.

Chia certainly deserves its super food title. It is the richest plant based source of Omega 3, dietary fibre, protein and antioxidants.

Chia is a gluten free wholegrain food that contains all components of the grain. Eating wholegrain foods leads to better health. Research also shows that eating wholegrain foods can help lower the risk of being overweight and lower the risk of diet related disease such as diabetes and heart disease.

It contains:

- 37% Dietary Fibre
- 20% Omega 3 ALA
- 20% Protein
- High in antioxidants
- High in Vitamins and Minerals (Calcium, Potassium, Magnesium)

Chia Muesli Bars



Ingredients

- 1 cup rolled oats
- 1 cup almonds, chopped
- ½ cup coconut flakes
- 1/3 cup sunflower seeds
- 1/3 cup pepitas
- 3 tbs chia seeds
- 1/3 cup dried apricots, chopped
- ¼ cup cranberries, chopped
- ½ cup rice syrup

Method

1. In a large frying pan, over a medium heat, separately roast the oats, almonds, sunflower seeds, pepitas and coconut flakes. Transfer to a large bowl with the chia seeds and dried fruit.
2. Pour the rice syrup into the pan to heat gently. Add nut and seed mix to the pan and stir through thoroughly.
3. Press the mixture into a flat baking sheet (30 x 20 cm) and refrigerate until cool.
4. Cut into squares and store in an airtight container.