

# business profile

## Body Quest

### FIVE EASY WAYS TO KNOCK OUT STRESS

Anxious. Overwhelmed. Spinning out of control. The number of stressed out people in Canada is increasing at an alarming rate, giving rise to heart disease, stroke and diabetes. Stress has also been linked to psychological conditions including depression, anxiety and insomnia. The good news is this destructive mindset can be managed with simple lifestyle changes. Here is the Body Quest Fitness Five-Step Formula to knock out stress, guaranteed to calm even the most frazzled!

#### Get Moving

"Exercise is a feel good drug," says Haman Dowlatrām, owner of Body Quest Fitness and pro trainer of more than 20 years. "The more you move, the more endorphins (the body's natural feel good chemicals) you release."

Endorphins are produced in the brain and act as the body's natural painkillers. This means exercise helps boost your mood naturally. Physical activity also helps to decrease the stress hormone cortisol, relieving tension and helping to relieve stress. Another reason to get off the couch? Research shows that physically fit people tend to recover faster from depression and other illnesses. They also maintain good mental health as they age.

#### Eat Nutritious Food

You've heard the expression you are what you eat? "Food is fuel to the cells, and the better quality the food, the better the cells respond, and this means your body will function better," says Dowlatrām.

Stress-busting foods include complex car-



bohydrates packed with vitamin C like oranges, grapefruits, kiwis and strawberries. Nuts and seeds contain high levels of B vitamins and magnesium, another mineral involved in the production of serotonin. Dark leafy veggies are also packed with high levels of B vitamins and can help calm anxiety and depression. To keep energy levels constant and avoid any mid-day crashes, eat five to six small meals throughout the day.

#### Rest Up

Getting enough shut-eye is one of the most important habits of good health and a fool-proof way to relieve tension. "We need sleep to repair damaged tissue," says Dowlatrām. When we go to sleep at night we give our bodies an opportunity to produce new bone, muscular and nervous tissue. If we short-change ourselves on quality and quantity of sleep we become more susceptible to injury, muscle and joint pain, and stress. Sleep deprivation can cause dizziness, headaches, and high blood pressure. So how much sleep do we need? Every person

is different, but the average is about seven to eight hours a night.

#### Take Your Vitamins

Nutritional deficiencies or imbalances in your diet can cause undue stress on your body. One way to make sure you're healthy is by taking quality supplements. "There is an amino acid in your blood called homocysteine. If this is off balance, it can lead to heart problems," says Dowlatrām. Research suggests homocysteine may promote fatty deposits in blood vessels by damaging the inner lining of the arteries and promoting blood clots. Folic acid and other B vitamins may help break down this dangerous amino acid.

Another reason to take vitamins? If you're not getting enough nourishment through your food on a daily basis, (and most people aren't), you can damage your health and be at risk for serious conditions including high blood pressure and osteoporosis.

Just popping a pill though is not the right answer. "Understanding vitamins and micro-nutrients is very important to ensuring your body can most effectively absorb the vitamins you take," explains Dowlatrām.

Taking your vitamins all at once may actually reduce their effectiveness. That's because some vitamins cannot be properly absorbed by your system if taken in combination with other vitamins or medications. (For example, calcium will impact the effectiveness of some thyroid medications).

Product quality is also important. "Some of the coating in some vitamins is very cheap, this means the body may not be able to properly break it down."

The best advice? Talk to a professional, like the knowledgeable staff at Bodyquest, before making a purchase.

#### The Benefits of Vitamins

Why take vitamins? They help beat stress, improve immune function and do a number of other great things like fight off fatigue and keep your skin healthy.

Here's what some Bodyquest clients have to say about the benefits.

#### Chris W. - Head Golf Pro

"Wow, I can't believe how much better I feel after starting my vitamin routine and in

less than one week."

#### Nelson B. - Police Officer

"Amazing results in such little time. I used other vitamins for years, but what a difference quality makes."

#### Neil M. - Canine Officer

"My endurance has more than doubled. I feel I can keep up with the high stress pace of the job and still come home smiling."

#### Kim M. - Sales

"Adding quality supplements into my everyday diet allows me to feel confident that my body is getting the nutrients that it needs. By this I mean, having the proper supplementation increases & enhances my overall health and mental well-being, and it made by body look hot was just an added bonus."

#### Lyn P. - Floral

"63 years old and still not too old to benefit from great advice on additional vitamin supplements."

#### Laugh It Off!

When life gets tough, laugh it off ... literally! Not only does laughter give your belly a great workout, it also releases health-enhancing hormones like endorphins and neurotransmitters. A little laugh goes a long way by also helping to lower the level of stress hormones like dopamine, cortisol and epinephrine. The best part? Laughter is contagious, so the more you laugh, the more others will too.

