

Stress and Anxiety

What is Stress/Anxiety?

Stress can develop from any event or thought that leads to frustration, anger or nervousness. It emerges from a fear that personal resources are not adequate to cope with life events. Anxiety is a feeling of fear, unease and worry. The source of many of the symptoms linked to these disorders is not known.

Signs and Symptoms

A feeling of anxiety or nervousness much of the time; sleep difficulties; dry mouth; grinding teeth; lip quivering and jaw clenching; frequent headaches; neck ache; tightness in the chest; buzzing or ringing in the ears; stuttering; blushing; cold, clammy hands and feet; sweaty palms; hand tremors; back pain or muscle spasms; and irregular bowel habits, such as constipation or diarrhoea.

Complications

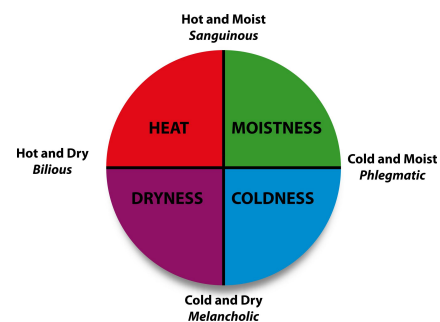
Poorly managed stress is a risk factor for the onset of many chronic diseases. As stress lowers immunity, the body is more susceptible to developing or aggravating several illnesses.

What Causes Stress and Anxiety?

A number of physical, emotional and social causes are linked to stress and anxiety. They include: divorce; bereavement; money problems; job loss or change; loneliness; insomnia and sleep deprivation. Stress may be aggravated by nutritional deficiencies, poor eating habits, like 'eating on the run', excessive alcohol or drug intake, constant physical over-exertion, and career challenges. Chronic illnesses such as thyroid disease, diabetes and asthma may trigger the onset of stress and anxiety.

The Tibb View of Stress and Anxiety

According to Tibb, anxiety and stress are associated with the qualities of **heat with dryness**. This leads to an increase in heart and breathing rates, and symptoms like diarrhoea. Although people with all temperaments are faced with different stressors each day, people with a dominant/sub-dominant bilious temperament are most susceptible to developing stress and anxiety. This is due to their inherent dominance of heat.



Management of Stress and Anxiety

Management is aimed at **reducing excess heat with dryness** associated with stress and anxiety, by implementing Tibb Lifestyle Factors that will **increase the qualities of coldness and moistness**. This assists Physis in addressing both the symptoms and the causes of stress and anxiety.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Cold & Moist foods** - such as rice, cucumber, watermelon and milk, **followed by Cold & Dry foods** - like yogurt, potato, citrus fruit and coconut oil.
- Eat **less of Hot & Moist foods** - such as mutton, ginger, spinach and sugar, and the **least amount of Hot & Dry foods** - like chicken, eggs, garlic and onions.
- Try to eat more high fibre fruit and vegetables.
- Eat plenty of raw nuts and seeds particularly almonds and pumpkin seeds.
- Eat foods like avocados, apricots, asparagus and broccoli.
- Cut down eating simple sugars found in white bread, pasta, cakes, sweets and biscuits.

Other Lifestyle Advice

- **Lifestyle:** (a) Try for better quality sleep.
- (b) Take periodic rests, with meditation.
- (c) Take up regular physical exercise.
- (d) Take deep breaths, and practice breathing exercises.
- (e) Adopt regular eating habits.
- **Psychological:** There are several mind-body techniques which effectively reduce stress, like meditation, breathing exercises, yoga, tai-chi, and self-hypnosis. These should be evaluated to see which best suits the anxious or stressed person.
- (a) Develop a positive attitude, and try turning stress to advantage.
- (b) Take a short holiday.
- (c) At work, practice better time management and decision-making skills.
- (d) Talk problems through with friends.
- **Acupressure:** (a) Pressing and rub temples.
- (b) Drop the jaw and move it around.
- **Aromatherapy:** Adding plant essential oils (geranium, jasmine and lavender) to a hot bath is valuable for stress-prone people.
- **Massage therapy:** With or without these essential oils, massage is well worth considering
- **Others:** Listen to soothing music, and smell the flowers.

Herbal Remedies

- Liquidise 11 almonds, 2tsps poppy seeds, 2tsps honey and 200ml milk. Drink daily at breakfast.
- Brew and drink chamomile tea at least three times daily.

Hot & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes		
all small bird meat	bitter melon	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and bitter flavourants	chilli sauce			spicy dishes		
	celery	grapes		hazelnuts			chickpeas	cinnamon		grape juice				mustard sauce	
	green pepper			pecan nuts			fenureek seeds	cloves, garlic		herbal teas				peri-peri sauce	
	leek			walnuts			gram flour	green/red chilli		(see herbs)					
	onion						mustard seeds	fenureek							
	red pepper						papad	lavender							
	yellow pepper							nutmeg							
										oregano					
										paprika					
					parsley										
				rocket, rosemary											
				saffron											
				tarragon											

Hot & Moist Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes	
buck	artichokes	bananas	almonds	bread	clarified butter	castor oil	bay leaves	green tea	honey	mayonnaise	biscuits	all bran flakes	sweet dishes	
goat	asparagus	dates	brazil nuts	bulgar wheat	condensed milk	olive oil	black pepper	hot water	molasses		cakes	bran		
goose	olives	guavas	pistachios	flour	cheese	sunflower oil	cayenne pepper	juices	salt		chocolate	honey smaks		
lamb	spinach	mangoes	apricot kernels	pasta	cream cheese		chives	(see fruits)	sugar		liquorice	muesli		
liver	spring onion	peaches		rye bread	mother's milk		ginger, fennel	herbal teas				vermicelli		nutri-k
mutton	sweet potato	papaya		sunflower seeds	(for babies)		green masala	(see herbs)						
turkey	turnips			wheat	fresh cream		marjoram							
				macaroni			mint, sage							
				dill seeds			soya sauce							
					thyme, turmeric									
					watercress									
					white pepper									