

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

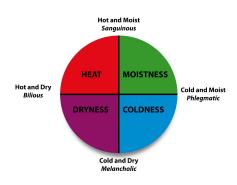
Poorly managed stress is a risk factor for the onset of many chronic diseases. As stress lowers immunity, the body is more susceptible to developing or aggravating several illnesses.

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.

Cold & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
beef	brussel sprouts	(all sour fruits)	peanuts	barley	sour cream	coconut oil	basil	coffee		balsamic		cornflakes	sour dishes
biltong (beef)	cabbage	green apples		beans(all types)	egg white	corn oil	tamarind	ice		vinegar		maltabella	
crabs	cauliflower	cherries, coconut		corn	sour milk	sesame oil		sour fruit juices		peanut butter		mielie meal	
fish	eggplant	china/dry fruit		couscous	yoghurt			tea (black)		pickles		millet	
knuckles	green beans	granadilla		lentils						tomato sauce			
mussels	mushrooms	grape fruit		maize						worcestershire			
ostrich	peas	lemon, lime		mielies						sauce			
oysters	potatoes	naartjies, oranges		popcorn						vinegar			
pork	sauerkraut	pineapple,plums		poppy seeds									
snails	tomatoes	prunes, pomegranate		samp									
snoek		raspberries		sesame seeds									
tripe		strawberries											
tuna		sultanas											

Cold & Moist Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
duck	beetroot	apricot	macadamia	cucumber seeds	coconut milk		cardamom	milk shakes	fructose		custard	pronutro	
rabbit	baby marrow	cranberries		linseed	cow's milk		coriander	rooibos	glucose		ice cream	rice crispies	
	butternut	figs		melon seeds	goats milk		cumin	sugar cane	rose syrup		sago		
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	juice		1			
	cucumber	litchis, melons		rice cakes	butter			water					
	squash	mulberries		rice	margarine								
	lady fingers (okra)	pawpaw, pears		semolina	rice milk								
	lettuce	prickly pears			soya milk								
	pumpkin	quince											
	radish, sprouts	spanspek											
	soya beans	sweet apples											
	tofu												
	zucchini												

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	bitter gourd	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and	chilli sauce			spicy dishes
meat	celery	grapes	hazel nuts	chickpeas			cinnamon	grape juice	bitter	mustard sauce			
chicken	green pepper		pecan nuts	fenugreek seeds			cloves, garlic	herbal teas	flavourants	peri-peri			
lobsters	leek		walnuts	gram flour			green/red chilli	(see herbs)		sauce			
mackerel	onion			mustard seeds			fenugreek						
oily fish	red pepper			papad			lavender						
pilchards	yellow pepper						nutmeg						
prawns							oregano						
sardines							paprika						
							parsley						
							rocket, rosemary						
							saffron						
							tarragon						

Hot & Moist Foods

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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)				nutrific	
turkey	turnips			wheat	fresh cream		marjoram					oats	
				macaroni			mint, sage					puffed wheat	
				dill seeds			soya sauce					taystee wheat	
							thyme,turmeric					weetbix	
							watercress						
							white pepper						