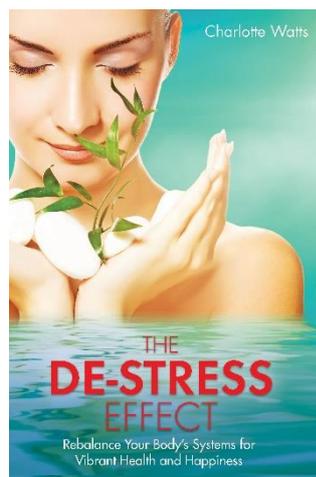


THE DE-STRESS EFFECT SUPPLEMENT GUIDE

by Charlotte Watts



Nutritional Supplement suggestions to support The De-Stress Effect:
Balance Your Body's Systems for Vibrant Health & Happiness



INTRODUCTION

If you are in the small minority reading this book from your log cabin on the side of a remote mountain, tending your flock and eating only from your naturally organic self-regulated ecosystem, the table below might not apply to you. For the rest of us, here is a basic supplement guide to help you make the most of the changes in the De-Stress 6-week Plan and help your body systems find the equilibrium they need to find optimal health and help to reduce any cravings as you go along.

I haven't gone into lengthy explanations in this book, as you will find of the supporting information on body systems, the effects of stress and dietary and lifestyle measure in The De-Stress Effect. It is also difficult to advise individual supplements beyond a certain point, without knowing the case history and individual circumstances of the individual. Therefore, the recommendations in this book are those that are viewed as quite universal within modern life within nutritional therapy, naturopathy and Functional Medicine. They are all a good starting point for the nature of challenge that we live alongside.

All of the below are safe to take long term and will aid your detoxification and energy levels during the first 6 weeks and beyond of your De-Stress Eating style. You may just want to take the basic programme for this six week period, but it is advised with the modern environment, food supply and stress tendencies that at least a multivitamin and mineral, omega 3 oil and probiotic are considered a long-term insurance policy.

You'll see much of the recommendations are presented in table form, so it is easy for you to refer back to. All supporting info has research data to back up, available upon request.

The supplements chosen are generally safe with medications, but you should check with your doctor or medical consultant if taking any pharmaceutical products.

If you need more personalised advice, see my [consultation packages](#) for more info.

BASIC DE-STRESS SUPPLEMENT PROGRAMME

Multivitamin and -mineral

–to include:

B vitamins

Chromium 400mcg

Zinc 5–15mg

Vitamin C

1,000mg a day

Avoid cheap, effervescent types with sweeteners added

Omega 3 oils – DHA and EPA

Only found in direct sources in fish oils, krill oil or algae (vegan source)

Fish oils: 2,000–4,000mg a day (usually 2–4 capsules) normal range with average of 325–330mg EPA/220–240mg DHA per 1,000mg

Krill oil: much less DHA and EPA but phospholipid form delivers to cells more easily

I recommend algae rather than plant sources (eg flax, hemp) for vegetarians as DHA/EPA needs to be converted from alpha-linoleic acid and believed to be only 5 per cent effective. There are many good vegan DHA supplements on the market now.

Also available with vitamin D₃.

Probiotics

Find a good-quality probiotic capsule or powder

Main strains are lactobacillus and bifidobacteria, and others such as *L. rhamnosus*.

A good supplement has billions, not millions, of bacteria.

Sources

Pay for quality or you won't receive the right amount of nutrients in an absorbable form.

High amounts strawberries, spring greens, blackcurrants, red peppers, watercress, oranges, lemons, kiwifruit

Moderate amounts grapefruit, nectarines, banana, spring onion, parsley, tomatoes, peaches, raspberries

High amounts oily fish such as wild salmon, mackerel, trout, herring, sardines, anchovies

Plant sources: walnuts, pumpkin seeds, of all plant sources only flax has more omega 3 than 6 oils, but in a form still needs converting, which can be compromised from stress and for those Stressed and Sore

Probiotic yoghurts won't provide you with the human-strain organisms needed to repopulate your gut but they can help make the environment more conducive to colonizing these, alongside fermented foods (yoghurt, sourdough bread, miso, kefir etc) and prebiotic soluble fibre.

Need to Know

Advised to meet the shortfall of nutrients in the modern diet, due to stress, poor soil quality and distribution methods.

Energy nutrients to support blood sugar balance. Also shown to support weight-loss efforts.

Poor levels in modern food.

Higher need for this nutrient if under stress or exposed to pollution.

Naturally anti-inflammatory. May help reduce cravings. Supports liver detoxification.

Modern diets much higher in omega 6 oils and lower in omega 3 oil.

Appetite and energy regulating effects shown to support weight loss.

May help reduce negative blood sugar effects of stress.

Helps reduce the anxiety associated with psychological stress as well as mood and concentration, particularly krill oil.

Krill oil provides omega 3 oils from phospholipids which protect the brain from stress.

Omega 6 oils are high in the modern diet (from cereals, seed oils and bread) and have been shown to raise levels of endocannabinoids in the brain. Endocannabinoids increase appetite and dampen memory, mood, pain perception and energy (yep, the same system affected by cannabis and yes, these effects similarly bring on 'the munchies' and are linked to weight gain). Eight weeks' supplementation with krill oil (rich in both omega 3 oils and also phospholipids, which nourish brain chemistry) have shown to reverse these metabolic dysfunctions.

Those with better levels of beneficial, probiotic bacteria in their guts have shown to be able to break down phytic acid in grains and beans more efficiently.

Low probiotic levels are linked to weight gain and inflammation.

Stressed and Bloating Suits need to take a probiotic supplement, cut sugar down and eat more vegetables. This may be an important step for anyone keeping grains and beans in their diets.

Probiotics have shown to help reduce stress-related anxiety, through signaling back up to the brain.

EXTRA CONSIDERATIONS: Energy Nutrients for Tired Suits – see page 55

Iron

Normal supplementation range: 4mg – 40mg daily, often found in a multivitamin and -mineral; do not take high amounts without checking levels as can exacerbate inflammation.

To treat a diagnosed deficiency 100mg is often recommended by doctors.

Best forms to supplement: iron bisglycinate (gentle iron), glycine amino acid chelate, ferrous fumarate or gluconate are readily absorbed and cause fewer intestinal side-effects.

Animal sources – haem (the form from which we can make haemoglobin in blood): red meats, fish, poultry, organ meats, eggs, dairy

Vegetarian sources – non-haem; prunes, dried figs, sesame seeds, tofu, pine nuts, millet, beans (lentils, lima, navy, pinto, black), spinach, watercress
Oats, soybeans and fortified cereals and breads also contain non-haem iron, but unless prepared as we suggest in the coming chapters, may inhibit absorption.

Low iron levels can show up as tiredness through poor oxygenation of blood and lowered production of ATP, our energy fuel.

Low mood and sugar cravings can also result as iron is needed for serotonin production and thyroid function.

Heavy periods may reduce levels.

Vegetarians and especially vegans may need to get levels checked by their doctor.

Vitamin B₆ is needed for iron utilization, and vitamin C for absorption, so ensure good intake of these, too.

Don't take iron in food or supplement form with calcium supplements, tea or antacids, as these inhibit its absorption.

Vitamin B₁₂

Normal supplementation range: 100-1000ug daily usually in a B-complex or multivitamin formula.

It's safe to take an extra supplement (even with other B vitamins in a B complex) during stressful times on top of levels in a multivitamin.

Can be injected by GP if levels are very low.

Animal (high) sources: meat, poultry, organ meats, fish, eggs, milk, dairy, seafood

Plant (low) sources of B₁₂ are similar but not as effective and some may even worsen B₁₂ deficiency: dulse, chlorella, nori, cultured and fermented bean products like tempeh, tofu, miso and also mushrooms show varying amounts.

Needed for DNA synthesis, red blood cell production, serotonin production, nerve health and heart health; low levels are a form of anaemia and affect the way we metabolize fats and make energy from food.

Vegetarians – especially vegans – and those over 50 can commonly be low in vitamin B₁₂ and suffer energy drops as a result, often showing years after low intake begins.

Even if eating animal food sources, digestive issues can cause low levels from poor absorption; sublingual (under the tongue) or liquid forms best to supplement and often come with extra B vitamins needed.

Antacid and diabetes medications can affect B₁₂ absorption.

EXTRA CONSIDERATIONS: Calming Magnesium for all Suits, particularly Wired & Demotivated – see pages 55 and 64

Magnesium

Normal supplementation range: 300–700mg

Best forms as citrate or amino acid chelate.

Glycine and taurine forms can help produce sleep neuro-transmitters in the evening.

Only take calcium or bone-health supplements with magnesium included.

Can take 300–400mg evenings to promote sleep, and extra in the morning to help prevent anxiety where needed.

In balance with calcium: Green leafy vegetables, nuts, seeds, fish, carrots, sweet potato, avocado, cauliflower, tahini, parsley; occasional soy, whole grains, lentils

Modern man can tend to get more calcium and less magnesium than Stone Age from more dairy and fewer green leaves. As these two 'calming minerals' work together (balance anywhere between 2:1 and 1:1 is much discussed), many people benefit from extra magnesium to be able to use both.

Magnesium deficiency can show up as any symptom relating to nervous system agitation: anxiety, insomnia, headaches, muscle cramps, PMS, depression, fatigue, fibromyalgia, panic attacks, IBS, blood-sugar issues.

EXTRA CONSIDERATIONS: Thyroid-supporting Iodine for Cold Suits – see page 57

Iodine Normal supplementation range: 20-150mcg include in your multivitamin and - mineral – see basic programme above or	High amounts found in mackerel, cod, shellfish, lobster. Some seaweeds such as kelp or kombu are rich forms of iodine (nori, dulse and arame usually test low). Buy organic as they have an easy affinity for toxic metals. Moderate amounts found in butter, eggs, goat's cheese and yoghurt. Note: even in iodized salt, the iodine can quickly evaporate; the good quality sea salt we recommend is not iodized.	Traditionally obtained from fish, seafood and seaweeds. Lower levels now eaten as less is used in dairy farming and bread-making processes. Vegetarians and vegans may see low levels. While mass iodine deficiency has been documented and linked to low growth and mental function in children, it can aggravate hypothyroidism in too high amounts, so don't just plough in willy-nilly above the amounts we suggest. Discuss with your GP and increase iodine food intake with the amount in a good multivitamin, or have extra kelp as a natural source.
Best form to supplement: kelp – this is a natural source of potassium iodide.		

EXTRA CONSIDERATIONS: Vitamin D3 for all Suits, particularly Demotivated – see page 64-7

Vitamin D Normal supplementation range: 2,000-10,000IU a day is safe, 2,000 common in high-strength supplements.	Best source: sunlight, see page 244 for guidelines. High amounts found in mackerel, salmon, trout, herring Moderate amounts in eggs Note: Cow's milk and other dairy foods are fortified in the US but not the UK.	Needed for mental health, bone density through calcium utilisation and prevention of some cancers. Deficiencies arise when not enough sunlight exposure on bare skin, with high rates where heavy-factor sun creams are used. Cortisol affects our ability to uptake vitamin D3.
Best form to supplement: cod liver oil or vitamin D ₃ .		
Vegetarian form: vitamin D ₂ is synthetic and works less effectively than D ₃ , so prioritize sunlight exposure.		

EXTRA CONSIDERATIONS: Liver Support for all Suits

Single supplement or formula with: Milk thistle Artichoke Glutathione Turmeric	A dedicated liver-support tonic or supplement can help you through the changes but may release more toxins and produce more gas in the bowel to begin with so you might feel worse before you feel better.	Optimising liver function has shown to help support weight loss programmes. It may also help support the good digestion and blood sugar balance that can help reduce sugar cravings and regulate appetite, as well as supporting digestive and immune function.
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EXTRA CONSIDERATIONS: Adaptogenic Herb Support for all Suits

Single supplement or 'stress' type formula with: Rhodiola Gingko biloba Rhemmania Schisandra	Buy quality herbal supplements and follow instructions on the label building up from the lowest dose. Consult a qualified medical herbalist for specific advice.	These herbs work like a 'good stress', encouraging resistance and appropriate response to stressors via the brain.
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EXTRA CONSIDERATIONS: Antioxidant Support for Sore Suits – see page 55

Try an **antioxidant/anti-inflammatory nutrient complex** to help temper any inflammatory responses that are kept firing off due to stress, but also see the digestive support below and ensure you take a probiotic for the good gut flora that allows immune modulation.

Antioxidants are abundant in natural foods and all those prioritised in the De-Stress Eating suggestions, but oxidation from stress, exercise, sunlight, technology, sugar and processed foods can increase our needs.

Look for any of antioxidant substances in the following table. Those marked with an asterisk* are known to support good blood sugar balance, too.

Ingredients of a Good Anti-inflammatory/antioxidant Supplement

Cinnamon*	Resveratrol	Co-enzyme Q10*
Bromelain	Quercetin	Alpha lipoic acid*
Turmeric/active agent curcumin*	Green tea extract/catechins*	Berry extracts/ anthocyanins*
Citrus bioflavonoids	Hesperidin	Rutin
Carotenoids; beta carotene, lutein, astaxanthin, lycopene	Green 'superfoods' e.g. chlorella, spirulina, chlorophyll	Herbs like Boswellia, Goldenseal, Olive Leaf and Cat's Claw

SLEEP AND BOWEL MOVEMENTS

We can gauge much of our health from the quality of our sleep and bowel movements, so supporting these with the suggestion in The De-Stress Effect are foundational to fundamental change, but you may need some help from supplements, at least in the beginning or if life circumstances mean you can't always treat yourself as you'd need.

EXTRA HELP FOR: Sleep - for all Suits, especially Wired, Tired and Demotivated

If you have long-term insomnia you may also find supplementation of 500–1,000mg of the amino acid **taurine** helpful alongside magnesium and often found in calm or sleep supplement formulas. This is found in fish, meat and milk so vegetarians may need to supplement it; the body can produce some but this may suffer in times of stress or low vitamin B₆ levels. Taurine and magnesium act like GABA, our brain's natural 'braking system', acting to help us switch off and fall asleep. May be particularly helpful if overthinking or recurrent thoughts are getting in the way of sleep.

Vitamin B6 is the only B vitamin recommended at night. Others can stimulate, but B6 is needed to produce GABA and serotonin and works with magnesium. A supplement up to 50-100mg can be taken with dinner, stop if any numbness or tingling occurs, but this is extremely rare.

L-Theanine is an extract of tea, known to have calming effects on body and mind. Taken in concentrated form in supplements, it may help reduce mental and physical stress and increase mental focus. It is often found in sleep formulas, but can also be taken – as all the supplements in this section – to help promote a calm attitude and body responses throughout the day. They will not make you sleepy, but simply allow your nervous system to come down again after feeling on ‘constant alert’; where you can feel more clarity, safety and perspective.

EXTRA HELP FOR: Digestion – for all Suits, especially Bloating and Sore

Consider taking 1–2 **digestive enzyme** capsules with each meal over the first 6 weeks of De-Stress Eating (and beyond, if necessary) to break down food eaten as you enhance your body’s digestion by reducing stress hormones. Take in the first few mouthfuls of a meal.

Ensure a good quality **probiotic** supplement (see above) to ensure healthy gut landscape in the face of stress. Probiotics taken at night can work well overnight, aiding best immune-modulation and helping address root causes of gas.

Aloe vera juice can help constipation, but do not take it for longer than 3 months at a time or the bowel can start to rely on it. Take as directed or 2 tablespoons pure liquid on an empty stomach morning and evening. Aloe juice can also be taken with turmeric or crushed fennel seeds to prevent tummy pains.

Magnesium supplements (see above) can help release spasm or seizure in gut muscles which can lead either to constipation or diarrhoea.

FURTHER ADVICE

If you need further advice for specific symptoms or conditions or choosing appropriate supplement brands for you, see my [**consultation packages**](#) for more info. This includes a special deal for those who have read The De-Stress Effect and are on the plan, but need more personalised advice.