



Stress and Digestion

by Dr. DicQie Fuller



The word “stress” is such a broad term and often I hear it used to describe a feeling. Stress is actually a reaction to a stimulus or threat that may be real or perceived. This reaction disturbs our balance. Stress can be emotional strain and it can be chronic stressors from our lifestyle such as negative beliefs or our environment.

Your gut is especially vulnerable to the presence of chronic and even acute stress. A family of peptides called corticotrophin releasing factors (CRF) are responsible for coordinating the body’s response to stress, and CRFs have a potent effect on visceral hypersensitivity and increased perception to pain. This affects the hypothalamic-pituitary axis (HPA) to eventually stimulate the adrenal glands.

Not only does stress affect the physiological function of the gut, but it has also been shown to actually cause changes in neurotransmitter levels. Chronic exposure to stress may lead to undigested foods. Toxins in our food, water, and environment (such as from pesticides in food, carpets in your home, exhaust fumes from vehicles, industrial food processing, and GMOs) also put stress on our body’s 11 systems.

Have you been emotionally stressed in addition to being exposed to gluten, pesticides, and/or heavy metals (in water and/or dental fillings)? In addition to the unnoticed stressors of daily living, many

of us spend a great deal of time feeling additional stress due to global catastrophes, family drama, or personal struggles. What goes on in your gut can dictate your mood, your perspective, and your sense of optimism. Having earned the title of “the second brain,” the gut is in constant dialogue with the brain. The connection between the gut and our psychology is a two-way street. On the one hand, things like brain fog. On the other, mental stress or trauma.

Scientists have found that the bacteria normally present in the digestive system and living inside of us can actually detect whether or not we feel stress. When we experience mental, emotional, or physical stress, we move energy stores into the muscle, increasing our breath. Stress moves our body to a fight-or-flight response. As it turns out, the health of the digestive system is central to how good we feel on a daily basis. And our mental wellbeing influences whether or not you can reverse the effect of stress in your life.

Product Spotlights

- Transformation™ [CalmZyme](#) is uniquely formulated with natural herbs and enzymes to assist the body with relief of occasional stress and to enhance the quality of sleep.*
- Transcendence™ [ReZEN](#) has a calming effect on stress, improving mood, and promotes balance within the autonomic nervous system and overall brain health.*
- Transformation's [Stress Management Kit](#) includes a selection of our Foundation products conveniently packaged with a support formula plus our Stress Management with Enzyme Nutrition booklet.*

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