Cancer and stress

**Keep cancer cells from taking the fast lane through your body**

There's nothing like a cancer diagnosis to stress you out.

Between all those trips to the doctor... medications and treatments... and maybe even surgery... it can all make even the calmest person a giant ball of nerves.

On top of that, you've got a host of new side effects that can make you feel worse than you EVER did before.

But stressing out about it -- no matter how understandable it is -- isn't going to help matters. As you know, stress has a way of making them even worse, having been linked to a myriad of health issues like headaches, insomnia, and even high blood pressure.

But according to the latest research, stress is *particularly* damaging to your body if you've got cancer -- and it can make your fight to get better feel like you're running just to stand still.

According to a new study out of Australia, stress can turn your body into a cancer "super highway" that allows cancer cells to spread SIX TIMES faster than they would under stress-free circumstances.

When you've got cancer, your lymphatic system gets switched "on" to carry immune cells to fight illness. That's why you often find "swollen glands," or enlarged lymph nodes, around a cancer site.

An immune response like this would normally be a *good*thing, but researchers in the study found that chronic stress changes that immune response in such a way that it gives cancer cells an escape route OUT of the tumor and INTO the rest of your body.

In the study on mice, the induction of stress actually increased the number and size of lymphatic vessels around the tumor. That, combined with an increased rate of lymphatic fluid flowing out of the tumor, was like routing the cancer cells down an empty, eight-lane freeway when they'd normally have to squeeze down a narrow alleyway at 5 mph.

The researchers say that they're using the study results to figure out how to use drugs to combat stress to make cancer treatments more effective.

Of course they are.

But you don't need to take yet another prescription to keep your stress at bay. A little physical activity can do a world of good, and there are many [natural supplements](http://click2.nutritionandhealing.com/t/Ag/JLQ/USI/AEEeVg/AAJz_A/NDQ1MTI4fGh0dHA6Ly9udXRyaXRpb25hbmRoZWFsaW5nLmNvbS8yMDE2LzA1LzIwL25hdHVyYWwtc3VwcGxlbWVudHMtaGVscC1lYXNlLWFueGlldHkvP3V0bV9zb3VyY2U9ZVRpcHMmYW1wO3V0bV9tZWRpdW09c3ViZW1haWwmYW1wO3V0bV9jYW1wYWlnbj1uYXR1cmFsLXN1cHBsZW1lbnRzXzE2LjA1LjIw./AQ/SeC2) that can help ease anxiety and stress.

Remember that your health begins and ends in your gut -- including your MENTAL health! A probiotic can balance out your gut flora to make sure they're sending more good signals to your brain than bad. It's really incredible how much a dose of "good bugs" can improve your mood.

Secondly, try a [B vitamin](http://click2.nutritionandhealing.com/t/Ag/JLQ/USI/AEEeVg/AAJz_A/NDQ1MTI5fGh0dHA6Ly9udXRyaXRpb25hbmRoZWFsaW5nLmNvbS8yMDE2LzA0LzE1L2ItY29tcGxleC12aXRhbWlucy1uYXR1cmVzLWNoaWxsLXBpbGwvP3V0bV9zb3VyY2U9ZVRpcHMmYW1wO3V0bV9tZWRpdW09c3ViZW1haWwmYW1wO3V0bV9jYW1wYWlnbj12aXRhbWluc18xNi4wNC4xNQ./AQ/ys-q) complex of folic acid, B12 and B6. The B vitamins play a key role in mood and mental function, and have shown in a previous study to reduce stress pretty quickly -- in less than three months.

Finally, [ashwagadha](http://click2.nutritionandhealing.com/t/Ag/JLQ/USI/AEEeVg/AAJz_A/NDQ1MTMwfGh0dHA6Ly9udXRyaXRpb25hbmRoZWFsaW5nLmNvbS8yMDE2LzA4LzI0L0FzaHdhZ2FuZGhhLWNhbi1oZWxwLXlvdS1sb3NlLXdlaWdodC8-dXRtX3NvdXJjZT1lVGlwcyZhbXA7dXRtX21lZGl1bT1zdWJlbWFpbCZhbXA7dXRtX2NhbXBhaWduPUFzaHdhZ2FuZGhhXzE2LjA4LjI0./AQ/lfKK) has been shown to not only relieve stress and anxiety, but also help you sleep. And a good night's sleep is more important when you've got cancer than ever before.

To Your Health,

Dr. Glenn S. Rothfeld, M.D.

**Natural supplements help ease anxiety**

**These natural remedies can soothe stubborn anxiety**

**Q:** I have been struggling with anxiety for years. Sometimes it gets better for a little while, but it always seems to come back. I’ve tried a couple different types of antidepressants, but they only helped a little. Is there anything else I can try?

**G.R.:** Anxiety is one of those problems that can put a real damper on your life. Attacks can come on suddenly and seemingly without reason — and they can have an almost paralyzing effect.

The good news is that there are plenty of tools in the alternative doctor’s arsenal that can help soothe anxiety and hopefully make the flare-ups less frequent.

Magnesium is always a good place to start, as it’s been proven to have a calming effect on the nervous system. L-theanine is a natural herbal remedy that can also help you relax — and its effects are noticeable pretty quickly.

Another natural remedy that is worth trying is a simple probiotic. There’s actually a direct link between our gut health and how we think and feel.

In one UCLA study, researchers found measurable changes in the brains of women just four weeks after starting probiotics. These are the types of changes that can improve mood, reduce anxiety, and even relieve depression.

In fact, researchers exposed women to situations designed to make them feel uncomfortable — and those taking probiotics reported significantly less anxiety.

Finally, don’t rule out tried-and-true strategies like talk therapy and mindfulness-based meditation. You can actually pick up a lot of basic meditation techniques for free online.

Want me to answer your question next? Just drop me a line ataskdrrothfeld@nutritionandhealing.com

**B complex vitamins are nature’s “chill pill”**

**Make stress VANISH with this simple vitamin fix**

You’ve heard that old adage that stress kills – and it’s absolutely true.

The chronic stress that comes from worrying about relationships… or your job… or your health… or paying the bills can make you a sitting duck for everything from heart disease to diabetes.

And most folks who head to their docs for help end up leaving with a prescription for a powerful, addictive drug like Xanax – or an antidepressant that cause everything from weight gain to suicidal thoughts.

But if you’re ready to finally beat stress for good – without all the side effects that come with prescription drugs – there’s a powerful natural remedy that provides relief fast.

And you can pick it up just about anywhere.

I’m talking about B vitamins, also known as a B complex. And adding a simple B complex to your daily supplement regimen can help melt away even the toughest stress.

In one study, patients suffering from chronic stress were given a daily, high-dose B complex vitamin. And after just three months, they reported dramatic reductions in their workplace stress.

And that makes perfect sense. B vitamins – especially folic acid, B12 and B6 – play a critical role in mood and mental function.

Without adequate levels of B on board, your body is unable to manufacture key neurotransmitters it needs to deal with stress, including serotonin, dopamine, norepinephrine, and epinephrine.

Now, as I said, this study on B complex vitamins looked at patients after three months – but many people experience relief much faster than that. Especially if you’re deficient in B vitamins, you could notice a real difference in just weeks.

So if you’ve been dealing with more than your fair share of stress, swing by any health or vitamin shop and pick up a quality B complex.

You should end up spending well under $20 a month. And as far as your mental health is concerned, that’s an investment well worth making.

**Ashwagandha can help you lose weight**

**Ancient herb helps you conquer stress eating and shed pounds**

You know stress isn’t good for your health — and that’s especially true when it comes to your waistline.

You know how it is after a particularly nerve-wracking day… when nothing can calm your nerves better than your favorite finger food or the newest flavor of Häagen-Dazs.

And next thing you know, you’ve eaten the whole thing.

If you’re a stress eater, you need to get the problem under control if you ever hope to lose weight and keep the pounds off.

Fortunately, it looks like there’s a simple herbal remedy that can help in a big way.

I’m talking about ashwagandha, a.k.a. “Indian ginseng.” And while many modern studies have shown that it can help you sleep and keep your mind sharp, the latest research shows that it can even combat stress eating and help you lose weight.

A new study has found that ashwagandha can actually change HOW you eat and WHAT you crave — especially in those moments when you’re a bit overwhelmed and look to food for comfort.

In just two months of taking 600 mg daily, people with chronic stress saw significant reductions in their food cravings compared to the placebo group. More than that, their body weight and body mass index (BMI) reduced by 3 percent.

That may not sound like much, but it was more than DOUBLE what the placebo group saw.

It’s important to note that ashwagandha isn’t an appetite suppressant. Instead, it works with your body’s own natural mechanisms to cope with stress.

Think of it as a “chill pill” for your adrenal glands. It balances your body’s hormonal response to stress, so you don’t have those spiking levels of cortisol that make you reach for a bag of chips to feel a bit better. (And you know how hard it is to stop crunching, once you’ve started.)

It’s crucial to deal with any stress you’re feeling, since weight gain isn’t the extent of your worries. In fact, stress is the underlying cause behind nearly 60 percent of all doctor’s visits for a variety of conditions — including depression, high blood pressure, and even heart disease.

You can maximize ashwagandha’s mellowing potential by pairing it with other stress-busters I’ve shared with you before, like [rhodiola rosea](http://nutritionandhealing.com/2016/02/04/rhodiola-rosea-anxiety-disappear/) and [B vitamins](http://nutritionandhealing.com/2016/04/15/b-complex-vitamins-natures-chill-pill/).

But if you’re planning on getting THAT relaxed, just make sure you stay in for the night. The scientific name for the ashwagandha species of plant, “somnifera,” means “sleep-inducing”!

**Source:**
RCT supports Ashwagandha root extract’s weight management potential
(nutraingredients-usa.com)