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Some of the Best Tips to Beat Stress

From the acute stress of an approaching work deadline to the ongoing stress of such things as difficult relationships, stress is a part of daily life.

Although some research shows that short bursts of stress can be good for you, a study out of Ohio State University and published in the journal *Proceedings of the National Academy of Sciences* found that dealing with persistent, long-term stress can actually change your genes, leading to an increase in inflammation that can bring on a variety of health issues.



It's important to learn ways to manage stress. Here is a list from online publication *Health.com* of some strategies to reduce stress.

Exercise

Exercise may be the healthiest stress-buster: it revs your body's production of feel-good endorphins, can help regulate your sleep, lowers the symptoms associated with mild depression, boosts your energy, and helps you remain calmer and more focused, all of which can go a long way toward stress management.

Eat the Right Foods

A large body of research indicates that some foods are especially good for reducing stress. That's because foods contain a wide variety of vitamins, minerals and other nutrients that help our bodies function well. Green, leafy vegetables contain folate, which produces dopamine, a pleasure-inducing brain chemical. Protein, found in such foods as turkey, produces serotonin, an amino acid that regulates feelings of well-being. Complex carbohydrates, such as those found in oatmeal, also produce serotonin. Probiotics are also among foods that can help you deal with stress. According to a small 2013 UCLA study, subjects who ate yogurt showed reduced brain activity in areas that handle emotion, including stress, compared to people who consumed yogurt without probiotics or no yogurt at all.

Get Outside

Research indicates that the vitamin D boost from sunlight may elevate your levels of feel-good serotonin. And, taking in the sights, sounds and smells around you redirects your focus from your worries, according to Kathleen Hall, a health educator and the founder and CEO of the Stress Institute, an Atlanta-based facility that offers programs on stress management and work-life balance.

Rely on Rituals

Whether it's taking a bath before bed, listening to your favorite playlist on the commute to work, or walking the dog to the park down the street every morning, in times of stress it helps to turn to a comforting routine.

Get Out of Your Head

Chronic stress can set your mind into a never-ending loop of negative thoughts and what-ifs. It's a part of the stress response.

A surefire and fun way to get out of your head is to engage in activities that put the focus on your hands or body (think knead-ing bread, sketching a picture, knitting a scarf, or climbing a rock wall). As your hands and fingers begin to fall into those familiar rhythmic moves, it sends a signal to your brain that immediately relaxes you and makes you feel grounded. So immerse yourself in a creative, engaging activity and get ready to press the mute button.

Exercise Helps Beat Effects of Short-Term Overeating

The holidays are approaching: feasts, parties, weeks of overindulging...but, according to a new study from the University of Michigan in Ann Arbor, exercise can protect the body from the harmful effects of brief periods of binge eating.

Researchers conducted a study involving four healthy, lean, active adults between the ages of 21 and 26.

For one week, the participants consumed 30 percent more calories than usual. They continued their normal exercise pattern, which included at least 2 1/2 hours of aerobic activity over a 6-day span.

Before and then again after the study period, researchers measured oral glucose tolerance levels, abdominal fat levels, and inflammation markers in blood samples.

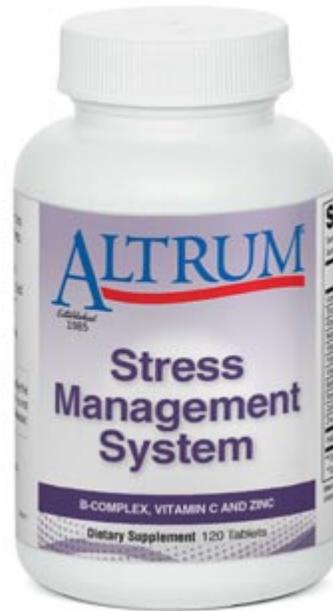
In people who do not exercise, these levels would be expected to rise after a week of overeating. However, the participants in this study showed no signs of inflammation and no changes in glucose tolerance or fat breakdown.



November ALTRUM NEWS Omega-3 Fatty Acids Provide Many Benefits

Omega-3 fatty acids are considered essential fatty acids. They are necessary for human health, but the body can't make them. You have to get them through food. Omega-3 fatty acids are found in fish, such as salmon, tuna and halibut; other seafoods, including algae and krill; some plants; and nut oils. Look for some of the ways omega-3 fatty acids can benefit your health in this issue.

ALTRUM Supplements That May Help Manage Stress*



* These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent disease.

Please check with your physician when using prescription medication in combination with food supplements.

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