

The Chronic Disease Prevention and Weight Management Program *Stop the Hidden Biochemical Stress and Improve Your Adaptation IQ*

When you first experience stress the body responds with adrenalin, the fight or flight hormone, which increases heart rate and attentiveness. If stress continues, cortisol is secreted raising blood sugar, breaking down muscle, increasing fat deposition; and though helping to ensure survival, creating long term havoc and risks for obesity, heart disease, diabetes, cancer and other catastrophes.

This sequence is described as the general adaptation syndrome and is a key factor in the obesity and chronic disease epidemic. The price paid in the attempt to cope with long-term stress, whether from stressful situations, emotional trauma or poor dietary habits, is termed allostatic load and leads to tremendous wear and tear on every part of the body, especially the brain.

To make people aware of the consequence of long term stress and elevated cortisol levels, I have written *The Adaptation Diet*, a guide to reducing cortisol through improved dietary habits, and *Power of the Five Elements*, a roadmap to recognizing and controlling your behavioral stress-response patterns and enhancing healthy aging. Based on these books we have started a program at the La Jolla Clinic of Integrative Medicine that addresses chronic disease prevention and weight management.

The focus of the program is for you to achieve improved body composition, weight loss and healthier levels of the key biochemical markers of adaptation including blood sugar, CRP, cholesterol and triglycerides, and blood pressure. We will help you develop a lifestyle program including dietary recommendations, nutritional supplements, behavioral suggestions, an exercise program and stress reduction and relaxation techniques. The information in the books will further reinforce the program.

You can measure your adaptation quotient by filling out the Adaptation Questionnaire below. If your score is elevated and you are interested in reducing your cortisol levels, losing excess weight and decreasing your risk for chronic disease, additional assessments should be undertaken. These include a limited number of lab tests such as salivary cortisol levels and selected blood tests, body composition measurements and additional questionnaires. Through these evaluations, an individualized program to improve your adaptation will be developed for you. Contact the office at 858-457-1314 to schedule an appointment.

The Adaptation Questionnaire

The following signs and symptoms could indicate excess biochemical stress. Though many of these symptoms can be seen with a range of medical problems, the underlying issue often is maladaptation, the impact on your health of having elevated cortisol levels from long term stress.

Score 1 point for each symptom in the Early signs lists and 2 points for each symptom in the Later signs or Long-term outcome list

Early physical signs and symptoms

Weight gain, esp. in abdomen _____
Headaches..... _____
Hypoglycemia, (low blood sugar) _____
Frequent colds and flu..... _____
Muscular pain and tenderness..... _____
Joint pain and tenderness..... _____
Poor exercise tolerance..... _____
Fatigue and tiredness _____
Heart palpitations _____
Menstrual irregularity..... _____
Back or neck pain..... _____
Abdominal discomfort..... _____
Alternating diarrhea/ constipation _____
Total _____

Later Signs/Symptoms of Maladaptation

Allergies _____
Sexual dysfunction _____
Loss of muscle mass..... _____
Depression..... _____
Obesity _____
Glucose (sugar) intolerance, insulin
resistance _____
Poor wound healing..... _____
Increased blood pressure _____
Apathy _____
Salt craving..... _____
Worsening premenstrual tension..... _____
Generalized weakness and fatigue.... _____
Poor memory _____
Total _____

Early emotional and behavioral signs

Nervousness..... _____
Anxiety, agitation _____
Poor sleep _____
Noise sensitivity _____
Worries and fears..... _____
Inability to concentrate _____
Alcohol craving or intolerance _____
Dependence on caffeine/stimulants.. _____
Craving sweets and fats _____
Lower sex drive _____
Total _____

Long-Term Outcomes of Maladaptation

Reduced resistance to infection _____
Greater susceptibility to cancer _____
Heart disease..... _____
Poor recovery from injury _____
Diabetes _____
Arthritis..... _____
Chronic depression and anxiety..... _____
Alzheimer's disease and other
cognitive disorders..... _____
Chronic fatigue syndrome..... _____
Hypertension (high blood pressure) . _____
Increased cholesterol/triglycerides ... _____
Osteoporosis _____
Total _____

Grand Total..... _____

After completing the questionnaire total the points and use the scoring guide below. If your score is elevated and you are ready to make the changes needed to reduce your stress hormone production and improve your adaptation IQ, contact us at 858-457-1314.

Scoring Guide

0-5	mild maladaptation
6-12	moderate maladaptation
above 12	significant maladaptation