

# Investing in Your Health

In the order of taking care of business, it is common to lose sight of the business of taking care of ourselves. As women at the top, we have a plan for making our vision come to light. In times of

frustration and difficulty we push ourselves to the limits. This drive is what got us to the place where we are in the first place. But it may also be a contributing factor to less than stellar health status.

Stress is the number one contributor to the demise of health. Not that stress in of itself is a bad thing. It is a primal response which gets one ready to take on a difficult situation.\* But most of those primal situations were physical in nature such as running from a large animal or a fire. In that way, the stress hormones which were released got burned off in the process of physical activity. Nowadays, stresses are sedentary: at the desk, on the phone, or in the car. This is why exercise is so important. As stated above, physical activity burns off stress hormones that, if left to accumulate, contribute to ill health conditions such as blood sugar imbalances and menstrual/menopausal disorders. Depending on your energy level, exercise can be a gentle as yoga or as rigorous as running. If you are already overtaxed, laborious exercise will only add more stress to the picture.

In business, stress will always be a piece of the puzzle. But it doesn't need to be the piece that influences the outcome of the picture. Your mind set can impact the effects which stress has on your body. Seeing difficult situations as challenges allows you a perception of control. You can then formulate a plan and execute each step to achieve your desired outcome. Otherwise, you approach this challenge as an annoyance which you will not enjoy or as an emergency where you are likely to run around with no direction.

Breathing is the easiest thing that you can do to help alleviate the effects of stress on the body. Oxygen is key to brain function and energy production. Most people, when faced with a challenge will hold their breath in anticipation and block these functions thereby elevating anxiety. But as a cool, calm and collected business woman, you take a deep breath and let it go. Breathe in the confidence and release the stress. As deep breathing expands the lungs, they massage

the surrounding organs and promote the flow of blood within the body, further promoting optimal health.

Eating a healthy diet is very important. With a busy schedule it is easy to justify a poor diet by eating on the run. Yet, you can make healthy choices in what you eat, when you eat and how much you eat. Too many simple carbohydrates (bread, potatoes, sugar, white rice, etc.) can deplete your body of mineral sources leaving you fatigued. Good sources of carbohydrates include fruits and non-starchy vegetables. Protein (nuts, seeds, meats, grain combinations, etc.) will give you sustained energy and contribute to balanced blood sugar. Healthy fats sources (olive oil, avocado, canola oil, fish oils) are vital for the structure of every cell in your body. These fats also play a role in a healthy nervous system. Water is necessary for every metabolic function that takes place in your body. Drink clean water preferably with minerals. Distilled water lacks minerals and, in search of equilibrium, will pull nutrients out of your bones and tissues. A general rule is to drink eight 8oz. glasses daily, which is equal to a half gallon.

Take a vacation and leave it all behind. Since this event generally happens only once or twice per year, pampering is a necessity! Take a nice long bath and let the water wash away all of your tension. Regular Acupuncture treatments or massage sessions can contribute to your sense of peace and relaxation. Get your nails done for a femininity boost.

Bring balance to your life and business by making your health a priority. As an entrepreneur, you are your business. And even more accurately, you are the center of your business. In order for your enterprise to be successful, you must take the best possible care of yourself. And remember that work is only a part of your life.

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