

Stress and Anxiety

What is Stress/Anxiety?

Stress can develop from any event or thought that leads to frustration, anger or nervousness. It emerges from a fear that personal resources are not adequate to cope with life events. Anxiety is a feeling of fear, unease and worry. The source of many of the symptoms linked to these disorders is not known.

Signs and Symptoms

A feeling of anxiety or nervousness much of the time; sleep difficulties; dry mouth; grinding teeth; lip quivering and jaw clenching; frequent headaches; neck ache; tightness in the chest; buzzing or ringing in the ears; stuttering; blushing; cold, clammy hands and feet; sweaty palms; hand tremors; back pain or muscle spasms; and irregular bowel habits, such as constipation or diarrhoea.

Complications

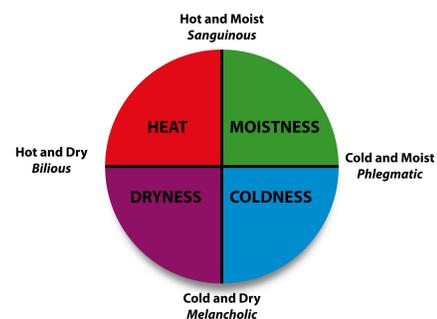
Poorly managed stress is a risk factor for the onset of many chronic diseases. As stress lowers immunity, the body is more susceptible to developing or aggravating several illnesses.

What Causes Stress and Anxiety?

A number of physical, emotional and social causes are linked to stress and anxiety. They include: divorce; bereavement; money problems; job loss or change; loneliness; insomnia and sleep deprivation. Stress may be aggravated by nutritional deficiencies, poor eating habits, like 'eating on the run', excessive alcohol or drug intake, constant physical over-exertion, and career challenges. Chronic illnesses such as thyroid disease, diabetes and asthma may trigger the onset of stress and anxiety.

The Tibb View of Stress and Anxiety

According to Tibb, anxiety and stress are associated with the qualities of **heat with dryness**. This leads to an increase in heart and breathing rates, and symptoms like diarrhoea. Although people with all temperaments are faced with different stressors each day, people with a dominant/sub-dominant bilious temperament are most susceptible to developing stress and anxiety. This is due to their inherent dominance of heat.



Treatment and Management of stress and anxiety

Treatment and management is aimed at **reducing excess heat with dryness** associated with stress and anxiety, by implementing Tibb Lifestyle Factors that will **increase the qualities of coldness and moistness**. This assists Physis in addressing both the symptoms and the causes of stress and anxiety.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Cold & Moist foods** - such as rice, cucumber, watermelon and milk, **followed by Cold & Dry foods** - like yogurt, potato, citrus fruit and coconut oil.
- Eat **less of Hot and Moist foods** - such as mutton, ginger, spinach and sugar, and the **least amount of Hot and Dry foods** - like chicken, eggs, garlic and onions.
- Try to eat more high fibre fruit and vegetables.
- Eat plenty of raw nuts and seeds particularly almonds and pumpkin seeds.
- Eat foods like avocados, apricots, asparagus and broccoli.
- Cut down eating simple sugars found in white bread, pasta, cakes, sweets and biscuits.

Other Lifestyle Factors

- **Lifestyle:** (a) Try for better quality sleep.
- (b) Take periodic rests, with meditation.
- (c) Take up regular physical exercise.
- (d) Take deep breaths, and practice breathing exercises.
- (e) Adopt regular eating habits.
- **Psychological:** There are several mind-body techniques which effectively reduce stress, like meditation, breathing exercises, yoga, tai-chi, and self-hypnosis. These should be evaluated to see which best suits the anxious or stressed person.
- (a) Develop a positive attitude, and try turning stress to advantage.
- (b) Take a short holiday.
- (c) At work, practice better time management and decision-making skills.
- (d) Talk problems through with friends.
- **Acupressure:** (a) Pressing and rub temples.
- (b) Drop the jaw and move it around.
- **Aromatherapy:** Adding plant essential oils (geranium, jasmine and lavender) to a hot bath is valuable for stress-prone people.
- **Massage therapy:** With or without these essential oils, massage is well worth considering
- **Others:** Listen to soothing music, and smell the flowers.

Medication

Herbal Remedies

- Liquidise 11 almonds, 2tsp poppy seeds, 2tsp honey and 200ml milk. Drink daily at breakfast.
- Brew and drink chamomile tea at least three times daily.

Tibb Medication

Stress-Away tablets or syrup - This product improves brain function, and helps restore mental balance. It also enhances memory, attention span and concentration ability. Stress-Away stimulates more peaceful sleep. It is associated with qualities of **moistness** which dampens the heat associated with stress and anxiety.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament

<http://www.tibb.co.za/principles/>; diet charts: <http://www.tibb.co.za/food-drink/> For recipes: "**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>

COLD & DRY FOODS

MEATS	beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal
VEGETABLES	brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes
FRUITS	(all sour fruits), apples, cherries, coconut, grenadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas
NUTS	peanuts
GRAINS & SEEDS	barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp, sesame seeds
DAIRY PRODUCTS	egg white, sour milk, yogurt
OILS	coconut oil, corn oil, sesame oil
SPICES, HERBS & SEASONING	basil, prunes, poppy seeds, tamarind
DRINKS	sour fruit juices, tea (black), coffee, ice, sour milk
FLAVOURANTS	
CONDIMENTS & SPREADS	balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar
CONFECTIONARY & DESSERTS	
CEREALS	cornflakes, mielie meal, millet

COLD & MOIST FOODS

MEATS	Duck, rabbit
VEGETABLES	Bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, Indian ghourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini,
FRUITS	Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon
NUTS	Macadamia nuts
GRAINS & SEEDS	Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed
DAIRY PRODUCTS	Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine
OILS	
SPICES, HERBS & SEASONING	Cardamom, coriander, cumin, vanilla
BEVERAGES	Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
SWEETENERS	Fructose, glucose, rose syrup
CONDIMENTS & SPREADS	
CONFECTIONARY & DESSERTS	Custard, ice cream, rose syrup, sago
CEREALS	Pronutro, rice crispies

HOT & DRY FOODS

MEATS	Chicken, lobsters, prawns, all small bird meat, Oily fish
VEGETABLES	Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper
FRUITS	Avocado, Grapes
NUTS	Cashews, hazel nuts, pecan nut, walnuts
GRAINS & SEEDS	Chickpeas, fenugreek seeds, gram flour, mustard, seeds, papad
DAIRY PRODUCTS	Eggs
OILS	Mustard Oil
SPICES, HERBS & SEASONING	Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chilli, rocket, saffron, tarragon,
BEVERAGES	Alcohol, Grape juice, Herbal teas
FLAVOURANTS	Pungent and bitter flavourants
CONDIMENTS & SPREADS	Chili sauce, mustard sauce, peri-peri sauce
CONFECTIONARY & DESSERTS	
CEREALS	

HOT & MOIST FOODS

MEATS	Buck, goat, goose, lamb, liver, mutton, turkey,
VEGETABLES	Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips
FRUITS	Bananas, dates, guavas, mangoes, peaches, papaya,
NUTS	Almonds, brazil nuts, pistachios, apricot kernels
GRAINS & SEEDS	Bread, bu'gar wheat, flour, pasta, rye bread, sunflower seeds, wheat
DAIRY PRODUCTS	Condensed milk, cheese, cream cheese, mothers milk (for babies), clarified butter, lecithin,
OILS	Castor oil, olive oil, sunflower oil
SPICES, HERBS & SEASONING	Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper
BEVERAGES	Green tea, hot water, juices (see fruit), Herbal Teas
FLAVOURANTS	Honey, molasses, sugar, salt
CONDIMENTS & SPREADS	Mayonnaise,
CONFECTIONARY & DESSERTS	Biscuits, cakes, chocolate, liquorice, vermicelli
CEREALS	All bran flakes, bran, honey smaks, muesli, nutri-k, nutritic, oats, puffed wheat, taystee wheat, weetbix