



WELCOME

Nutritional, Emotional & Energetic
Interventions for Stress & Digestion

with

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Diplomate, Tutor & Trustee for the Kinesiology Association



ZEN PLUS



My 'personal' introduction to New Roots Herbal:

- Increased mental resistance to stress.
- Decreased underlying anxiety.
- Increased focus & concentration.
- Reduced the perception of stress, anxiety and irritability.
- Felt like I was in a 'Zen Bubble'.



The Relationship of Stress & Digestion

How can we use:

Nutrition, Emotional and Energetic Techniques to counterbalance & support the effects of stress on the body.



Covering these Organs of digestion:

- Stomach
- Small Intestine
- Large Intestine
- Liver
- & Adrenals Glands



Associated:

Emotions, Colour & Characteristics
of these Meridians, part of the
energetic map of the body.



Clinical Outcomes:

- The impact of colour and emotion and how to use it positively.
- The sweet spot of herbs & nutraceuticals.
- Help clients connect with the body/mind interaction.
- 5 Safe Takeaway balancing techniques for yourself & clients.

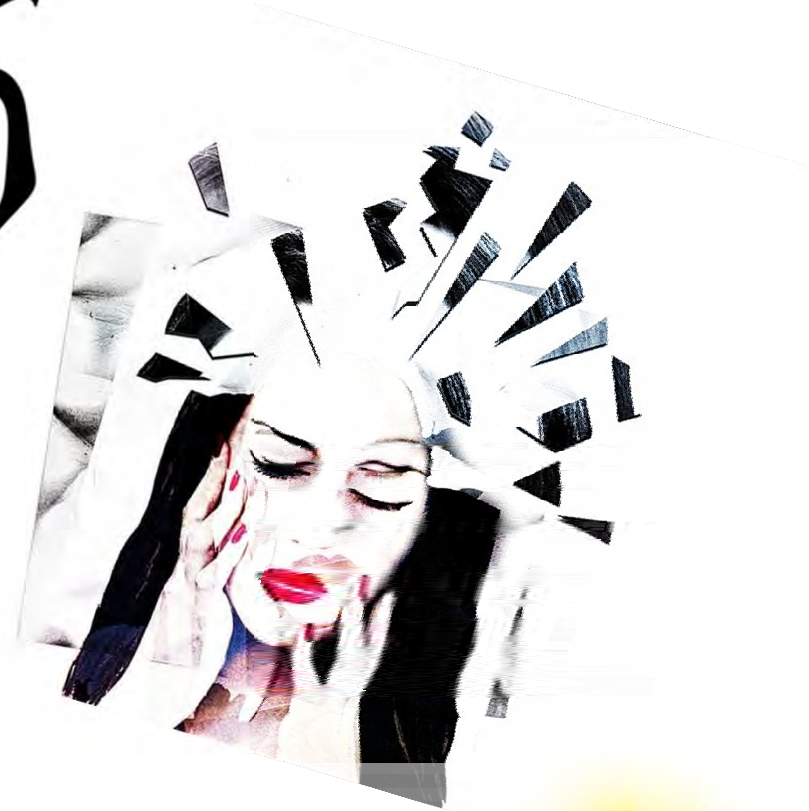


ANXIETY

“a feeling of worry, nervousness, or unease about something with an uncertain outcome”

www.newrootsherbal.eu

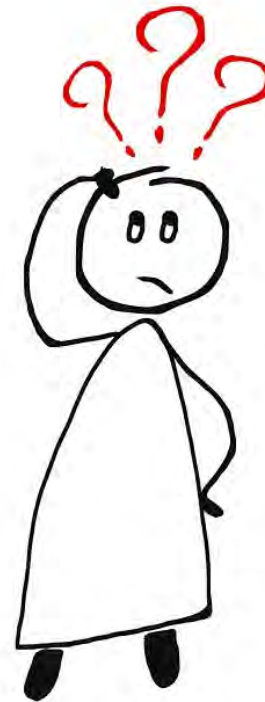




DETERMINE CONTRIBUTING FACTORS

Can you think of what may be triggering the response?

- Pressure at work
- Relationship / money issues
- Loneliness
- Specific event
- Certain situations
- Pain / Injury
- Hormonal changes



IMPACT OF STRESS

- Nervous System triggered.
- Release of norepinephrine ↑ pulse, blood pressure, breathing, blood sugar etc.
- Pituitary gland ↑ ACTH to stimulate Cortisol.
- ↓ WBC's ↓ Immune response.
- ↓ Digestion as blood is diverted to core areas.
- ↑ Stored fat & sugar.
- Muscles are made ready and may stay in a state of readiness.



As stress hormones flood the body

Digestion shuts down.

Digestion contractions can change.

Gastric secretions & stomach acid levels increase or decrease.

Good Gut bacteria levels change.

Symptoms can include:

Wind, bloating, nausea - few digestive enzymes.

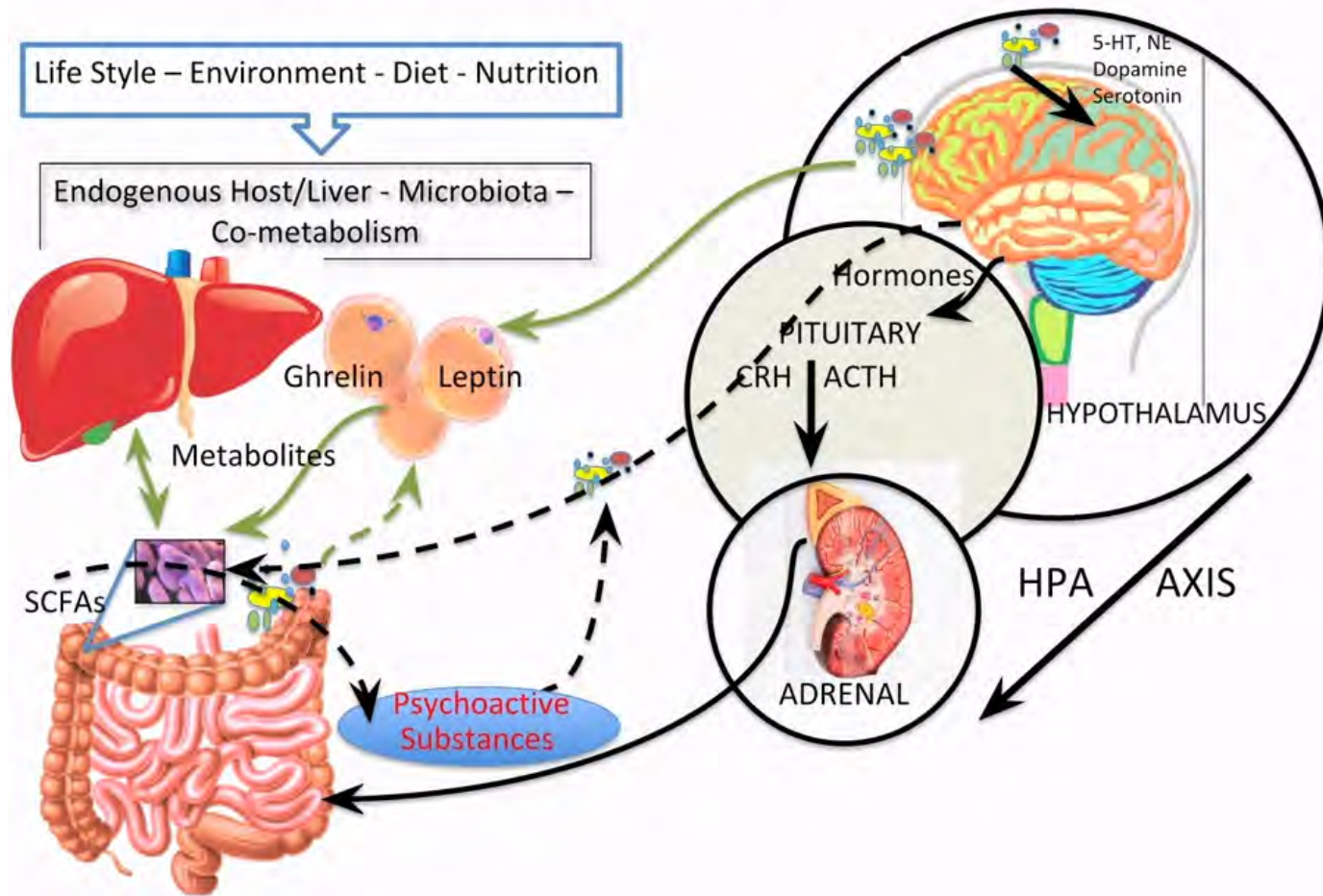
Acid reflex, pain, inflammation, - stomach acid levels rising.

Diarrhoea or Constipation - Purge or Freeze – Anxiety.

Comprised Immunity, infections - change in beneficial gut bacteria.

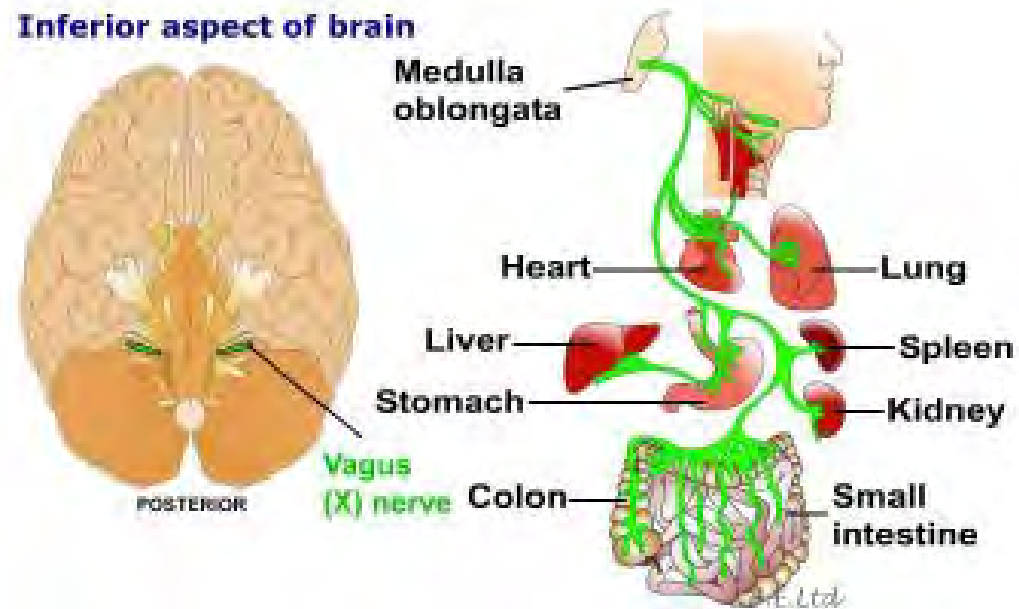


Gut-Brain-Endocrine Axis Co-Metabolism



Vagus Nerve

Vagus nerve (X)



TAKEAWAY TECHNIQUE 1

Thymus Tap

- The thymus is a gland situated behind the sternum.
- Linked to immune system and also self-esteem.
- Tap in an anti-clockwise direction in Waltz time for approx 1-3 minutes.
- Add in a positive affirmation to further enhance the benefit eg. “I accept myself” or “I like myself”.
- Self image can be a very big source of stress so acceptance is a great place to start.



A Chemical/Nutritional Intervention for Stress & Digestion:

Food:

- Biogenic/Bioactive = Life Giving
- Biostatic = Life Sustaining
- Biocidic = Life Depleting

Food Sensitivity Levels:

- General
- Hidden
- Overload
- Hypertonic



Stomach

YELLOW

EMOTION: EMPATHY/SUPPORT

Time of Day: 7am-9am

Associated with:

- Honouring & Nurturing the Self.
- Receives the Universal Energy through food allowing it into the body.
- Ability to create new ideas and absorbing information.
- *“Creative Juices - Digestive Juices”*.

Out of balance:

Anxiety, rejection, worry, confusion, depression, doubt.

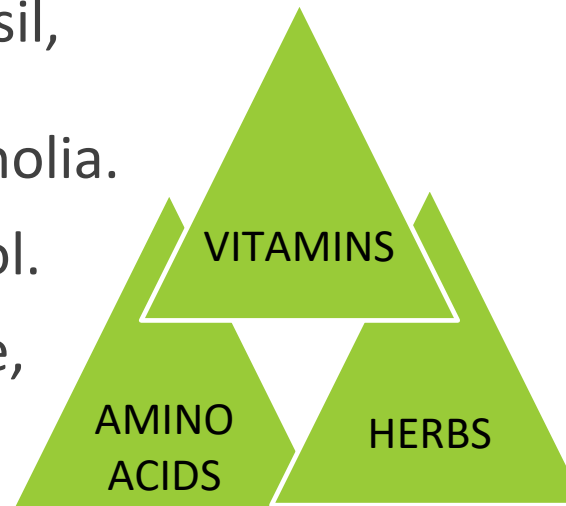


ZEN PLUS



Restores emotional and mental balance.

- **A synergy of 9 adaptogenic herbs:** Ashwagandha, Rhodiola, Holy basil, Passionflower, Oat, Astragalus, Phellodendron, Red jujube, Magnolia.
- **Vitamins:** B-Complex with Inositol.
- **Amino acids:** L-Theanine, Choline, PABA.





High Potency Digestive Enzymes

- **Papain** shown to digest wheat gluten and make it innocuous for people with celiac disease.
- **Pepsin A** - break down proteins in peptides.
- **Pancreatin** – providing.
 - Amylase - breakdown of starch and carbohydrate molecules into smaller sugars.
 - Protease - protein digestion & are responsible for maintaining the small intestine free of parasites.
 - Lipase - A deficiency in pancreatic lipase results in poor absorption of fat and fat soluble vitamins.



LAVENDER OIL

Restlessness, mental stress and insomnia...

- ↑GABA – relaxing and regulating brain activity.
- Anxiolytic and mood-stabilizing properties.
- Sedative, analgesic, anticonvulsive and neuroprotective.
- Clinical trials show that it can reduce the symptoms of generalized anxiety disorder (GAD), post-traumatic stress disorder and chronic fatigue (neurasthenia).
- Significantly improves the quality and duration of sleep, as well as mental health, without an excessive sedative effect.



TAKEAWAY TECHNIQUE 2

EMOTIONAL STRESS RELEASE

- Focus on an issue that is causing you stress.
- Hold the frontal eminences, focus on the problema.
- Pressure is very light.
- (same as you would hold an eyelid).
- The gentle pressure returns blood to the brain's frontal lobe and also to the stomach.
- The frontal lobe is where clarity of thought & problem-solving happens, thereby reducing stress.



Small Intestine

RED

EMOTION: JOY

Time of Day: 1pm-3pm

Associated with:

- Relationships that are supportive & nurturing to your physical, emotional, mental and spiritual health.
- Mental clarity, judgement and power of discernment.
- Stepping forward on life path, making choices and assimilating life occurrences with wisdom.

Out of balance:

Vague life direction, too many irons in the fire, procrastination, separation, sarcasm.



Plant Digestive Enzymes



- Vegan formula offering a wide range of 100% highly bioavailable and easy to absorb vegetable enzymes.
- Active over a broader range of foods wider variety of different enzymes.
- Helpful in cases of digestive stress, nutrient assimilation and absorption, and waste elimination. It's recommended in cases of poor digestion, gas, food intolerance, tiredness, fatigue and candidiasis.



Organic Seabuckthorn oil & Goji

- Positive effect on mucous membranes; digestive (anti-ulcer), respiratory and genitourinary tract and the eyes.
- Rich source of unsaturated fatty acids; linolenic acid (omega-3), linoleic acid (omega-6) and oleic acid (omega-9), and palmitoleic acid (omega-7).
- **Study: sea-buckthorn administered to 116 patients with peptic ulcer, the oil showed anti-ulcer activity, promoting the regeneration of the gastric mucosa and accelerating the recovery process.**
- Obtained through supercritical CO2 extraction, 100% natural oil, solvent-free and free from oxidation.



Case Study 1

Female in her 70s

Background

Low Level Anxiety and Safety issues come up periodically.

Anxiety heightened beginning of Covid-19

- Zen Plus,
- Pro Urgency,
- Seabuckthorn Oil & Goji Berry
- Bach Flower Mix

Pre-session

“Feeling sick, scared and apprehensive with lots of old stuff around - not surprising really. So many changes and 'trying' to adapt - that's where I am going wrong!!”.

Post session and taking the above supplements

Feeling so much calmer, digestion much more settled, no sensation of heart racing.

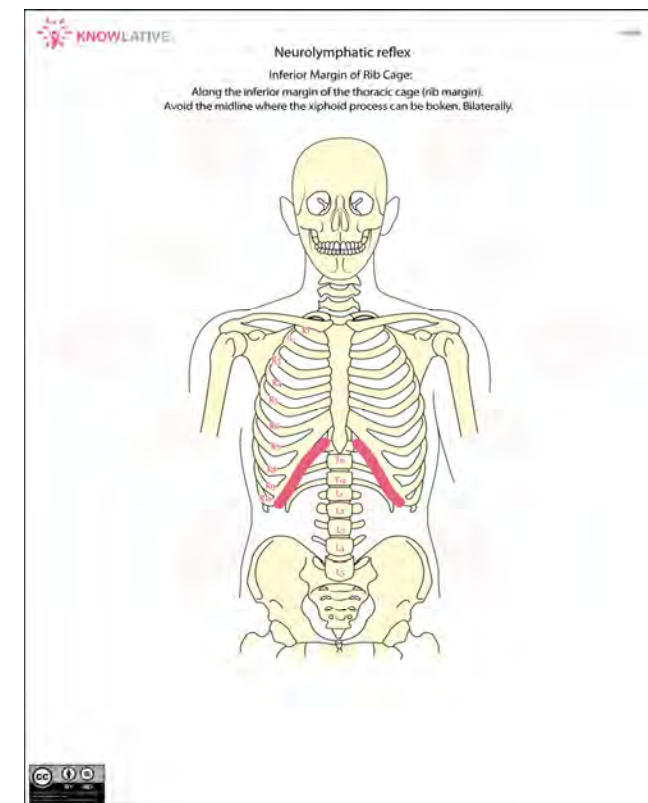
“My relationship with S*** feels much softer and accepting and this is rippling out to others as well. I really feel the difference with the ZenPlus and my tummy seems to have settled with that new bacteria tub you recommended for me.? I could do with some more please.



TAKEAWAY TECHNIQUE 3

Rubbing Neurolymphatic Points linked to Small Intestine:

- Rub the intercostal border of the ribs, Starting 1” out from sternum bottom, rub in a circular motion downwards following the rib border.
- Can feel sore, painful, congested, ticklish and all these indicate the need for it to be done.
- Stimulates lymphatic flow - cleansing & also digestive motility.



LIVER

GREEN

EMOTION: ANGER

Time of Day: 1am-3am

Not a subtle energy meridian!

Associated with:

- Linked to energy bursting forth as in Spring growth, forward thinking,
- Has vision, love starting projects, make decisions easily, and has clear insight.
- Liver is the Planner, power of visioning, what we can see in our minds eye,
- It generates anger, acts as a clearing force, keeps things moving and flowing.
- When anger dissolves, this energy transforms into faith, optimism, and wisdom.

Out of balance:

- Excessive anger & resentment causes Qi in the body to rise up, headaches, high blood pressure or GERD.
- If the Qi stagnates - abdominal distention, frustration, slow digestion can occur.



SIGNS OF LIVER IMBALANCES

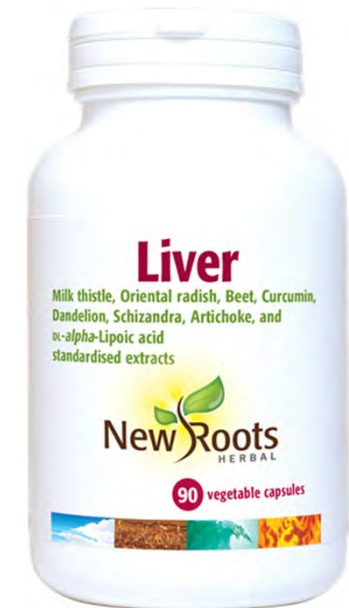
- Headaches.
- Bad breath.
- Dark circles under the eyes.
- 'Yellowing' sclera.
- Night sweats.
- Heat on the tongue.
- Constipated.
- ↑ALT, ALP, AST, LDH, GGTP, Ferritin.
- ↓Cholesterol, triglycerides, albumin, Total protein.



LIVER



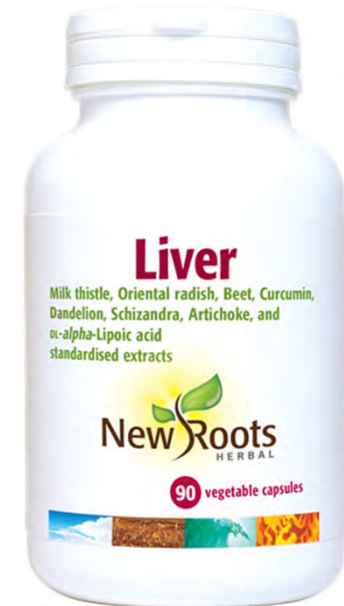
- **Milk thistle** (80% silymarin) promotes bile flow, tonic for the stomach, gallbladder, female organs and liver.
- **Lipoic acid**: liver repair and protection, energy for the brain and the immune system.
- **Beetroot**: stimulating, cleaning, regenerating the liver; increases bile flow.
- **Oriental radish** – gallbladder congestion. Regenerates, cleans and regulates liver function.
- **Artichoke**: benefits the liver, kidneys and poor digestion.



LIVER



- **Curcumin:** anti-inflammatory and choleric effects, increasing total bile acid production by 100%^(18,19).
- **Dandelion:** Increases bile production and flow to the gallbladder, and has a diuretic effect on the gallbladder, causing to release of retained bile. act as liver tonic^(13,14).
- **Schisandra:** adaptogen; improves the body's ability to face stress. Modulates cell mediated and humoral immune responses ⁽¹⁵⁻¹⁷⁾.



TAKEAWAY TECHNIQUE 4

Cross-Crawl

- Walking can be a good way to enhance brain integration.
- Raise one knee towards the body midline and move the opposite hand down to touch your knee, ideally crossing both limbs slightly over the midline.
- Then put that leg down and bring up the other, touching it with the opposite hand.
- Repeat for as long as you like.
- This kind of movement can feel very awkward, especially if integration is a problem.
- If this is the case, take your time to practice cross crawling, slow down the movement if you have to, but try not to default to same-side movement.



Large Intestine

WHITE

EMOTION: GRIEF

Time of Day: 5am-7am

Associated with:

- Allows us to grieve appropriately & then move on with living.
- Give value to our sense of self worth.
- Ability to return our mindset from negative to positive.
- Breast soreness with menstruation may indicate lymphatic congestion.

Out of balance:

- Releasing, Self-poisoning, Control, Stubbornness, Compulsiveness, Rigidity, Guilt.



PEACE GREENS

A complete formula to restore overall health



- **Plant digestive enzymes and pre and probiotic strains** and for optimal digestion, absorption and immune support.
- **50 of the highest-quality ingredients:**
 - **Detoxifying nutraceuticals;** milk thistle, beet, broccoli extract, spirulina, chlorella, wheatgrass, barley grass and alfalfa...
 - **Immune and adaptogenic herbs, reducing stress and fatigue;** Siberian ginseng root, bee-pollen, ginseng, D-ribose...
 - **Antioxidants for cardiovascular health;** grapeseed extract, green tea, acerola, S.O.D...
 - **Brain function;** ginkgo, bilberry...



ProUrgency



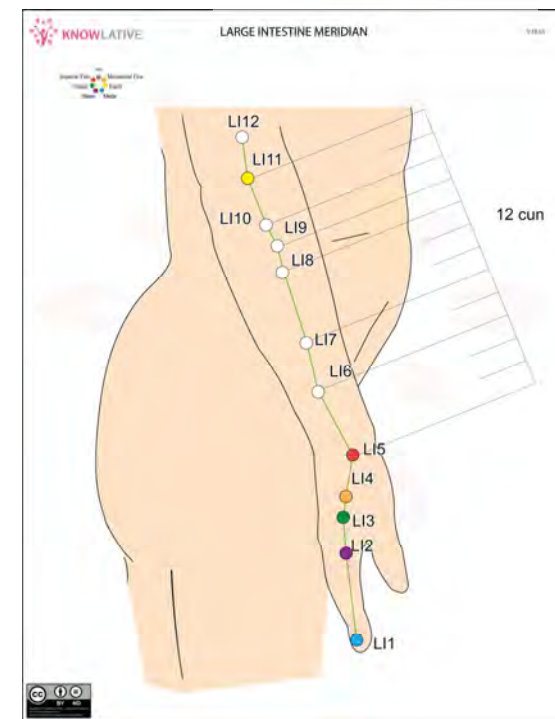
- PH5D enteric coated. 10 strains - 50.000 Mill CFUs, including FOS and AOS.
 - Contains 18 billion CFU Bifidobacterium bifidum R0071.
 - Reduces symptoms of stress and stress-associated diarrhea.
 - Increases the production of intestinal IgA.
- Contains high-quality bovine colostrum (8% proline-rich polypeptides).
 - Immunoglobulins destroys pathogenic bacteria.
 - And improve the intestinal mucosal lining.



TAKEAWAY TECHNIQUE 5

Large Intestine 4 - Acupressure Point

- Known as the Great Eliminator.
- Helpful in relieving pain, headaches, regulating elimination, and clearing out symptoms both in the head and the intestines.
- To find LI 4, locate the fleshy depression where the thumb and first finger meet, the point of the “V”.
- Often a little achy, especially when TLC is required.
- Massage the point for several minutes.





Colour

Colours have different frequencies so we can be drawn to them at different times.

Ways to use:

Wear different colours even in underwear.

Have it visually on our desk or living area.

Cook with different colours - eat a rainbow.

Use different colour crystals.

Include in visualisations.

Case Study 1

Female 26 years

Background

Skin issues, Eczema around eyes and hands, elbows for years, Tiredness, Stress with young child and husband working away a month at a time. No support network - Family

- Pro Urgency,
- Seabuckthorn Oil & Goji Berry
- Peace Greens
- Bach Flower Mix

Pre-session

“Exhausted, stressed, at low ebb, very fed up with skin problems especially around the eyes”.

Post 5 x sessions and taking the above supplements

Eyes and skin so much softer, no itchiness and redness. Much better sleep, Stress Levels down to 3/10. More loving relationship with young child due to feeling better. Can manage.

We had discovered that the skin issue was in part related to food intolerances and also linked to not grieving the death of her dad, shortly after the birth of her child. She is now thinking of her Dad more, has shed some tears of grief and remembering the good times they had.



MULTI NUTRI MAX



- **Vitamins:** D, E, C, B1, B2, B3, B6, folate, B12, Biotin, B5.
- **Minerals:** Mg, Zn, Mn, Cu, B, I, Cr, Se, Ca, K, Inositol.
- **Amino Acids:** Proline, Cysteine.
- **Nutraceuticals:** DMG, Green tea, Citrus bioflavonoids, Bee pollen, D-Ribose, ALA, Chlorella, Spirulina, TMG, Lecithin, PABA, CoQ10, Rutin, Choline, Hesperidin, Quercetin, Tomato, Piperine.



QUALITY ASSURANCE - TESTING

- Potency
- Oxidation
- Disintegration
- Purity
 - Heavy metals.
 - 80 pesticides, PCB's, Solvents.
 - Aflatoxins, Mycotoxins, etc.



QUALITY ASSURANCE - LABELLING

- Health Canada Approved.
- What it says on the bottle is in the bottle.
- Health claims are backed by research.



Who Am I?

Rosemary Tarrant, Practitioner & Tutor,
with a clinic in the beautiful Scottish Borders living the dream!

What is my background?

Started with Kinesiology (as a hobby!)

In the following years I trained in:

- Massage.
- Homeobotanicals.
- Nutrition.
- Clinical Massage.

and then have also done extra training such as:

- Dr Anne Jensen's HeartSpeak & HeartSpeak Lite.
 - Dr Tom O'Bryan's certificate in Gluten-Free Practitioner Training.
 - Cytoplan's Brain Health Programme.
 - Patrick Holford's Zest4Life and others.
-
- ✓ Tutor of the Kinesiology Foundation Course for nearly 20 years.
 - ✓ Also taught the Kinesiology Practitioner Course in London and in Scotland from 202.
 - ✓ Trustee for the Kinesiology Association since 2018.
 - ✓ Part of the Kinesiology Association Training Review Committee.
 - ✓ Written the Muscle Testing Section of the new Foundation Manual.



Thank You

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Interventions for Stress & Digestion

with
Rosemary Tarrant



NEW ROOTS HERBAL PRODUCTS

Available from:

- Amrita Nutrition*
- The Natural Dispensary
- www.newrootsherbal.eu

* At Amrita Nutrition receive a **10% discount** off the New Roots Herbal product range – valid until **13th October 2020**. Enter the following discount code at check out: **newroots10**

More info: Helen Edwards

Mobile: 077255 712138

Email: hedwards@newroots.info



<https://www.newrootsherbal.eu>

NEW ROOTS HERBAL - REGISTRATION

Register at www.newrootsherbal.eu/anp to download the :

- Presentation slides
- Webinar handout: Nutritional, emotional & energetic interventions for stress and digestion
- Stress & digestion nutritional meal plan



