

How To Turn Stress Into Healthy Living

*9 Easy To Follow Tips To
Reduce Stress & Enjoy Life*



Dr. Joel K. Kahn, M.D.

Praise for Dr. Joel Kahn

I have known Dr. Kahn for many years and he has always been an inspiring and innovative leader in our field, as well as being a knowledgeable and compassionate doctor. His current goal to prevent 1 million heart attacks by early detection and lifestyle education is just what this country needs as it suffers from so many chronic diseases. By focusing on prevention with lifestyle, our future will have more healthy aging, making more productive and enjoyable lives. Congratulations to Dr. Kahn for taking this on!

Kim Allan Williams, Sr., M.D., FACC, FAHA, FASNC

President, American College of Cardiology

James B. Herrick Professor

Chief, Division of Cardiology

Rush University Medical Center

Dr. Kahn is the rare physician who practices both state of the art cardiac care, including interventional therapies, combined with advanced training in nutrition. His lectures and his writings, and his clinical benefits in treating his patients with plant-based whole-food diets have inspired many and placed him as a leader in lifestyle medicine. To top it off: his precepts and practices are congruous; he practices what he preaches. All of this making him a model for the physician of the future.

Hans Diehl, DrHsc, MPH, FACN

Founder of the Lifestyle Medicine Institute and the Complete Health Improvement Program Clinical. Professor of Preventive Medicine Loma Linda University, School of Medicine

Copyright © 2015. Dr. Joel Kahn/J Kahn Corporation

All rights reserved, including the right of reproduction in whole or in part in any form.

This publication contains the opinion of the author. It is intended to provide helpful and informative material on the subject matters covered. It is sold with the understanding that the author and publisher are not engaged in rendering medical or other professional services in this report. If the reader requires personal medical health assistance or advice, a competent professional should be consulted.

The author and publisher specifically disclaim any responsibility for any liability, loss, or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of any of the contents of this report.

Table of Contents

Dr. Joel Professional Biography:	4
How Positive Emotions Can Heal:	5
Power Rx: Laugh at Least Once a Day	5
Power Rx : Drop Pressure in Five Minutes By Counting Your Breaths	6
Power Rx: Breathe Out the Tension	7
Power Rx: Count Your Blessings	7
Power Rx: Meditation	7
Power Rx: Cuddle With A Pet	8
Power Rx: Sleep Seven to Eight Hours at Night	8
Power Rx: Walk in the Sun for 15 Minutes	9
Power Rx: Try Acupuncture	10
Your Final Emotional Health Rx	10

Dr. Joel Kahn: Professional Biography

Dr. Joel Kahn is a cardiologist whose personal mission is to prevent 1 million heart attacks over the next two years. The 1 Million Heart Attacks Prevented Goal is embraced by the U.S. Department Health & Human Services and the Surgeon General. Dr. Kahn's brand of cardiology combines the best of Western and complimentary therapies for total healing. He is known as "*America's Holistic Heart Doc*" and graduated Summa cum Laude from the University of Michigan, Ann Arbor. Dr. Kahn has been practicing invasive, interventional and preventive cardiology in Detroit since 1990. He is a Clinical Professor of Medicine (Cardiology) at Wayne State University School of Medicine and Associate Professor of Medicine at Oakland University Beaumont School of Medicine. In 2013, Dr. Kahn received a certification from the University of South Florida in Metabolic Cardiology, and became the first physician to complete the program in the world. The American Academy for Anti-Aging Medicine has also certified Dr. Kahn in Metabolic Cardiology.

Over the past 25 years, Dr. Kahn has improved the lives and vitality of thousands of his patients taking many of them from chronic health to vibrant living. His devotion to patient care has earned him Top Honors and he has been nominated as a Top Doctor in Cardiology for many years straight. His passion for education and prevention is recognized by his patients and peers doctors alike Reader's Digest magazine selected Dr. Kahn for their Holistic Heart Doc column and their publishing arm published his book, *The Whole Heart Solution*, an Amazon #1 Top Selling book. His second book, *Dead Execs Don't Get Bonuses*, was published in 2015 and is on the Bestseller List as well. Dr. Kahn medical views are published by the Huffington Post and Mind Body Green (combined circulation 50.1 million unique monthly visitors) and he is a frequent radio, TV and Podcast guest. Dr Kahn also appears regularly on Fox TV 2 in Detroit as a health commentator and a Member of the Yahoo Health Advisory Board. To learn more about Dr. Kahn, visit drjoelkahn.com.

Your Emotional Health Rx:

How Positive Emotions Can Heal:

Positive emotions are like a healing balm. They obliterate the effects of stress, and they lead to vitality and well-being.

We now know that our hearts (and our guts) are miniature brains, complete with their own supply of neurons (nerve cells) that transmit signals from the heart to the brain. The heart can also release substances that stimulate the release of oxytocin, the love hormone. This hormone boosts our well-being and triggers us to bond with others. A long, tight hug releases oxytocin and strengthens your heart health.

Our emotions can also influence the heart. When we are aroused by passion or anger, our hearts beat more quickly. When we feel calm, the heart rate slows.

You might think, “Well, that’s nice, but it’s not as if I can force myself to feel happy!” That’s not completely true. Sure, telling yourself, “Feel happy! Feel happy! Feel happy!” probably isn’t going to work. But that doesn’t mean that positive emotions like happiness, joy, and inner peace are not within your control. You can take steps to make over your mind from negative to positive. Our habits and daily activities—from breathing to meditation to sleep—have a proven impact on our emotional well-being. Even things that we rarely think of as being important—such as human touch, pets, and treatments such as acupuncture—can have a dramatic impact on mood, emotional well-being, the quality of our sleep, and our ability to relax.

And it doesn’t take very long at all to experience dramatic results. As you’ll soon find, within just five minutes, you can feel significantly better!

Power Rx: Laugh at Least Once a Day

How about a good old belly laugh? Can mirth, giggling, and playfulness really help the heart?

Indeed they can.

When researchers compared blood flow in people watching a stressful movie (*Saving Private Ryan*) compared to people watching comedy like *Saturday Night Live*, they documented a 35 percent reduction in blood flow during the stressful movie and a 22 percent increase in circulation in those laughing and enjoying themselves.

This increase in blood flow is on par with what is seen with some of the most established prescription medications. And there are no side effects . . . except maybe snorting!

This experiment was repeated on patients in Japan with similar results. It’s likely that laughter releases endorphins (happy chemicals) from the brain, and these hormones result in arteries dilating and resisting the clotting of blood.

Rx at a Glance : Make it your goal to laugh at least once a day!

Power Rx : Drop Pressure in Five Minutes by Counting Your Breaths.

To drop pressure, you want to slow your breathing so you are taking only six breaths a minute. To do so:

- * Close your eyes and bring your attention inward, toward your breath.
- * Count in your head as you slowly inhale.
- * Count in your head as you slowly exhale.
- * Try to match your inhale to your exhale. So if you inhale for a count of six, exhale for a count of six, too.
- * Going at your own pace and comfort level, try to slow your breathing so you are inhaling for a count of 10 and exhaling for a count of 10. Make this your eventual goal, but don't stress yourself out over it. Remember: This is about instilling a state of calm. It's not a competition! As you get used to this sequence, you can vary it. I usually do a 4-7-8 sequence: inhale through the nose for four seconds, hold for seven seconds, exhale through my mouth for eight. By breathing rhythmically in this way, you nudge your heart and the rest of your body to join autonomic nervous system away from the sympathetic predominance (which makes our hearts race and our palms sweaty when we face a stressful situation) and allows the parasympathetic nervous system to shine. Try it. you in the same rhythm. The technique shifts the autonomic nervous system away from the sympathetic predominance (which makes our hearts race and our palms sweaty when we face a stressful situation) and allows the parasympathetic nervous system to shine. Try it.

Power Rx: Breathe Out the Tension

Is there a way to calm down when you are in the middle of a stressful situation without anyone else noticing? Yes, there is. Again, a breathing technique comes to the rescue.

We are breathing all the time. No one around you knows whether you are paying attention to painful thoughts or to the natural in and out of your breathing. As a result, you can do most breathing exercises just about anywhere—even in the middle of a meeting at work—and, as long as you keep your eyes open, no one will be the wiser.

Rx at a Glance

The following technique is particularly helpful whenever you are experiencing some type of negativity, whether it's tension, anger, or something else:

- * Mentally gather up your negativity in the form of black smoke and breathe it right out your nose.
- * Imagine that every inhale brings in white, radiant light that symbolizes peace, love, and joy.
- * Imagine that both the black smoke and the white light come in and out of your nose, along with the air. Or you can visualize them coming in and out of your heart. Try it both ways and see which you prefer. □ It helps to do the technique several times in private before you try to do it when others are around. Familiarity breeds success, so practice it often, even when you are not particularly under stress.

Power Rx: Count Your Blessings

Not long ago, the University of California's Center for Greater Good launched a website called Thnx4.org that prompts users to take note of what they are thankful for, whether it be the actions of another person, a material possession, or a sunny day. When it unveiled the pilot version of the site, the Center for Greater Good asked users to complete surveys about how giving thanks affected their happiness, emotional resilience, and sense of life satisfaction. When the researchers there analyzed surveys taken before and after participants began making their gratitude entries, the upshot was clear:

Taking the time to express their gratitude made them feel more thankful, and feeling more thankful also made them happier and more satisfied with life. Site users also reported a higher resilience to stress as well as fewer headaches, less congestion and stomach pain, and fewer sore throats. ■ ■ ■ ■ ■ ■ ■ ■ ■ ■

Power Rx: Meditation

Loving kindness is a great meditation to do every day. It will transform your relationships with others. Perhaps you will do it every morning before you start your day. Or you might do it at night before bed. Here's what you do:

- * Sit quietly, close your eyes, and bring your attention inward.
- * To calm your mind, spend a few moments focusing on your breathing, following the breath in and out.
- * Bring one person to mind, preferably someone you find exceptionally easy to love. Imagine this person in front of you and cultivate a warm, light, loving feeling in your heart.
- * Think about how you and this person want the same out of life. You both want to be happy. You both want to avoid suffering.

* As you exhale, imagine that the peace travels from your heart to theirs in the form of white light. Believe that this light contains healing energy and that it has the power to bring this person happiness.

* Spend a few moments visualizing this, feeling a deep sense **of joy** over the idea of giving happiness and peace to someone else.

Power Rx: Cuddle with a Pet

Research shows that merely talking to or petting a dog can help drive down blood pressure, a phenomenon known as “the pet effect.” This effect holds even if the dog isn’t yours—and amazingly, even if you don’t like dogs. People are better able to complete a stressful task if they have a pet with them, and they find their pets more emotionally soothing than friends or family.

Indeed, pets also seem to have an amazing impact on stress, cholesterol levels, and blood pressure. Part of the effect probably comes from their unconditional love. Pets are always happy to see you, forgive you when you are not your best self, and seem to listen to you no matter what you have to say. Part of it perhaps stems from their loyalty, playful attention, and unconditional love, and part may even come from their energy field.

Power Rx: Sleep Seven to Eight Hours at Night

Every day our bodies are challenged by stress, toxins, radiation, variable nutrition and hydration, and other factors that can deplete our ability to perform optimally. To prevent cumulative wear and tear, we need to sleep so that our bodies can produce antioxidants, heal wounds, repair DNA, and encourage the activity of an anti-aging enzyme called telomerase. Also, during sleep, our levels of stress hormones such as cortisol and adrenaline drop.

How important is sleep duration? In a study of over 80,000 women in the Women’s Health Initiative, women with both insomnia and prolonged sleep had the highest rate of heart disease, while the midrange sleepers, those at the sweet spot of seven to eight hours, had the lowest rates, almost one-half lower.

Rx at a Glance

Perhaps the hardest aspect of good health is achieving at least seven (but preferably eight) hours of uninterrupted sleep at night. Use these tips to rest well:

* If you think you might have sleep apnea, see your health care provider as soon as possible. Chances are, your health care provider will prescribe a sleep study that you can actually do at home.

- * Avoid electromagnetic frequency around bedtime. Our thoughts and other brain activity all arise from the bioelectrical activity of neurons, and the electromagnetic waves emitted from cell phones and laptop computers using wireless frequencies can change our brain. Turn down the delta waves we need for stage two sleep, an effect that may last as long as an hour after you've turned off your phone. This will help to prevent tossing and turning.
- * Dark and cool bedrooms may help induce better sleep.
- * Don't watch TV or use computers for at least a half hour before bed.
- * Stop eating two to three hours before bedtime.
- * Try herbal therapies. Take one of the following about 30 minutes before bed: melatonin (1 to 5 mg), valerian root (150 to 600 mg in escalating doses), L-theanine (200 to 400 mg), or magnesium (250 to 500 mg, preferably of the chelated forms) if you have insomnia.

Power Rx: Walk in the Sun for 15 Minutes

You already know that walking is good for your heart. You also know that vitamin D, produced in your skin when it interacts with sunlight, is good for the heart.

Here's one more reason to walk in the sun: blood pressure. When our skin is exposed to sunlight, a compound is released in the blood that helps to lower blood pressure. Researchers at the University of Edinburgh studied the blood pressure of 24 volunteers as they sat under ultraviolet light for 20 minutes. Blood pressure dropped for an entire hour following exposure to UV light..

Rx at a Glance

- * Make a habit of walking outdoors once a day.
- * Go barefoot. If you can walk barefoot in the grass or on the Earth, a practice called grounding,, may also lower inflammation.
- * Stroll after meals. If you walk after a meal, you'll blunt the rise of post-meal blood sugar levels, reducing your risk for developing diabetes.

Power Rx: Try Acupuncture

Acupuncture is a key component of traditional Chinese medicine that is now widely available in North America. It has been used in many treatments of heart disease, and many studies support its use.

The use of acupuncture has been supported by the National Institutes of Health, the National Center for Complementary and Alternative Medicine, and the World Health Organization.

Acupuncture may also help drop blood pressure by increasing the action of the calming parasympathetic nervous system and decreasing the action of the stress-inducing sympathetic nervous system.

Rx at a Glance

If you're interested in giving acupuncture a try:

- * **Sign up for the long term.** Acupuncture seems to only work as you are getting it. Subsequent studies have shown some benefit goes away when acupuncture is stopped.
- * **Ask friends and relatives for referrals.** The American Association of Acupuncture and Chinese Medicine is also a good resource to find licensed acupuncturists (www.aaaomonline.org).
- * **Give the treatments time.** You should notice an improvement in blood pressure, chest pain, and/or stress levels within three to four treatments.

Your Final Emotional Health Rx

You just read several lifestyle suggestions, most of which cost zero dollars. Many of them you can do at home, right now. And they are amazingly effective. I can't emphasize the importance of stress relief strongly enough.

Which prescriptions you decide to incorporate into your life will depend a lot on your personality, lifestyle, and current state of emotional health. If you describe yourself as a high-stress, type A person, the breathing exercises should become one of your main practices. If you are the type of person who embraces everything from the mind-body field, then acupuncture and Earthing are probably for you. Just try these strategies with an open mind. Some will stick. Others won't. That's okay. What's most important is that you find a few strategies that help you feel calmer, happier, and more at peace.