



Welcome to the Renal Diet Headquarters podcast, with your host Mathea Ford, CEO of Renal Diet Headquarters. This is our weekly talk about how you can succeed with a kidney diet, brought to you by RenalDietHQ.com, a website whose mission is to be the most valued resource on kidney disease that people can use to improve their health.

Hi and welcome to the Renal Diet Headquarters podcast, this is number 15

being published on April 2, 2014, and this is your host, Mathea Ford, CEO of Renal Diet Headquarters. Thank you for being a faithful audience member and I really love the chance to talk to you, each and every week. I appreciate you listening; I hope I am adding value to your week. You will find the information that I share on our website, and you can go to www.renaldietHQ.com/015 and you will find the information I am sharing today.

This week I am going to talk about four things.

- #1) I am going to get you up to date on the coming launch of my newest product, The Caregivers Guide for Chronic Kidney Disease.
- #2) I will give you an overview of the theme for April, which is stress management and the things I have planned.
- #3) I will talk about natural ways to lower your stress and what you need to do to keep from increasing your stress levels, and how to naturally help if you feel stressed.
- #4) I will talk about aromatherapy for stress. I know I have talked about it a lot the last month because it is part of the Chronic Kidney Disease guide, but I will give you specific ideas about using aromatherapy to reduce stress.

Let's get started.

All the information, the writing is almost “completed” on the caregiver guide. I just need to do a little editing, but for the most part it is done!! I am really excited about that. I am still working on creating some helpful worksheets for you. When I looked at the guide, I know I have said before that it would have worksheets, but when I relooked at it, I said to myself, there is something missing. One of the things I felt was missing was a worksheet to help you if you are really that type of person, well it will have several different versions, so it will have an overall worksheet guide, then some very detailed worksheets so you can choose how detailed you want to be.

I am still working on creating those. What I want to do is ask you if you have any thoughts on worksheets that would really help you to keep track of something. Send me a message at podcast@renaldietHq.com . Send me a message and let me know what worksheets you would be interested in me adding. I know what I think I need to include but it would be helpful to have feedback from people who are experiencing it. You know if it would be helpful if you had an exercise worksheet, or if everything was on one page to track the medications and what you need to take or even it would be nice if it was easy to print like a journal page. All of those things will help me, so let me know what you would like.

That is it on the caregiver product; it is still on pre-sale for \$47.00. I know I have mentioned it the last couple weeks so I won't belabor it, but it is packed with lots of value. What I like the most, I know most of my audience wants a physical product, I actually got a letter from someone this week, who got one of my cards and is interested but does not have access to the computer, I think a lot of people have that problem. So you will get a physical product mailed to you so you don't have to download it and print it. I will be ready to go. Go to www.renaldietHQ.com/go/caregiver to learn more. I will have the information on that page. You will get the \$47.00 price prior to April 15, 2014, after that it will go up. I am appreciative of your patience with waiting.

The next topic, this month I am going to focus on stress.

What it is about stress is that it affects everything in our lives. I believe we all live a certain level of stress, but how it affects us and what we need to do about it, all those things are part of what makes us healthy or helps to make us more unhealthy and contributes to our bad habits.

We can feel stress about lots of things, but how we respond is really what is important. So that is why I want to spend this month and talk about those different parts of stress. If there is a particular part of stress or a question that you have about stress, then send it to me by email at podcast@renaldietHQ.com label it stress question and I will make sure to answer it this month. I know stress can really change the way you view the

world and affect your health in so many ways, and you may not even realize all the ways it is affecting you. So I will talk about all that this month.

I plan to give you an increased awareness about stress and also give you some tools to manage stress better. I know having a chronic illness can be very stressful. Again let me know what your challenges are with stress or kidney disease in general, you can send them to me so I can share with everyone the answers.

Alright, #3, I want to talk about natural ways to lower your stress. Okay, stress is a part of life. Everyone goes through stages in their life where they feel overwhelmed or tense and anxious about events or pressure, pretty much just everything seems to be getting to you. A lot of times, life will hand you situations where stress cannot be avoided. Knowing how to manage your stress can make all the difference.

So I want to go over some tips for natural ways to lower your stress.

#1) Take a break. Sometimes separating yourself from a stressful situation, even if just for a few minutes can give you the space you need to tackle the issue. What if you are driving and you are just so frustrated with the person in front of you. Sometime I just slow down enough that that person just drives further away, cause I think they are driving to slow in the regular lane. That is what I do; I just slow down and let them get out of the way and then just drive on. So it does not continue to frustrate me. Take a step back and breathe for a few minutes and look at the situation with a fresh outlook. More often than not people tend to make a more out of a situation when they are overwhelmed with stress. Sometimes with a moment or two of clarity, you can see that it is not really the end of the world and it is only momentary.

#2) Meditation. Meditation may seem a little hokey, but centering your mind for only a short period of time can really do wonders for your stress levels. For the record, meditation is not at all about crossing your legs and humming. Simply close your eyes and focus on deep and even breathing and relaxing your mind is all it takes. So just close your eyes and breathe in and out and focus on your breathing. I use to wonder why you focus on your breathing and not just focus on random thoughts or whatever. Where you really benefit from meditation is that ability to focus on breathing, when you focus on breathing that will allow your mind to relax. I think it is amazing, and then your mind can do the other things it does. When your mind is all caught up trying to figure out the situation and what is going to happen next, it adds to your stress level, and then it is hard to get what your mind needs. If you take a moment and meditate, breathe deep, close your eyes and just focus on breathing it will help and you will do better.

#3) Exercise. Getting some exercise is a great way to relieve stress. Not only does exercise help you focus on something other than what is stressing you out, it also

releases feel good endorphins. Exercise can also help you out with the next item on our list which is sleep.

#4) Sleep. Sleep is something that you can't do without. Missing out on a good night's sleep can put your entire body in a funk. Your body needs a certain amount of sleep to function properly, everyone is a little different, but for the most part it is seven to eight hours of sleep a night. If your body is not getting what it needs, all the different systems in your body will be affected. Sleep deprivation can lead to some pretty serious health issues and will certainly affect your mood and stress levels. It is much easier to handle things when you have had the proper amount of sleep and you are not tired. Make sure you are getting close to eight hours of sleep every night and never under estimate the effectiveness of a good power nap. I try to take a nap on the weekends, I just sleep for an hour then get up and I am raring to go. Just make sure you are taking care of yourself and getting enough sleep.

#5) Eating right. I get told all the time and I agree with this, that the renal diet is not a healthy diet for everyone. Most of the time you don't eat whole grains and all your fruits and vegetables, you are limited there, but everyone has heard the phrase, you are what you eat and if you are putting the right foods in for your renal diet, you will get good out. If you put bad in it will affect your labs and everything else, and your mind and body will suffer. Eating a healthy balanced diet with those right fruits and vegetables in the right amounts, not too much simple sugar will help your body and mind. The healthier you are, the healthier you can react to stressors. Not only that but natural sugars in the fruits, and vitamins and minerals in fruits and vegetables can raise your endorphin and serotonin levels, which will help you deal with stress and depression.

#6) Tea time. Sometimes a stressful situation can be helped by a hot cup of relaxing herbal tea! Something like chamomile. A steaming cup of soothing chamomile or peppermint tea can do wonders for stress relief. Even just the act of getting the tea ready, boiling the water, dunking the tea bag can be a calming routine. Avoid caffeinated teas however they might make you feel a little jittery instead of relaxed.

Just remember that stress happens. When it does you can manage your own stress by using some of the tip that I just talked about. Try exercising, eating right, meditation, taking a break, getting a good night sleep and maybe even having some tea. Try some of these tips for stress relief when you are feeling overwhelmed. Really what you need to do is give your body the relief that it needs without needing those additional medications. Some of the things that I just talked about require you to be a little proactive. So remember, if you know it is going to be a stressful day, if you know you are going to be traveling a lot, or it will be lab days (hearing about labs seems to be stressful), or the dialysis clinic is stressful for you, and maybe talking about your diet or

gaining weight. If that is stressful, make sure you are doing the things you can to reduce the stress up front.

#4) Last things I am going to talk about today is aromatherapy for stress relief. Stress is basically an everyday occurrence. We all have stress; it is more about how much we are going to have. Sometimes stress will become overwhelming. Some people often need to have their stress managed by the doctor and medications. There are other methods of managing stress that will not involve your doctor.

Aromatherapy is a great method. We just talked about some other ways to help you with stress, but the premise behind aromatherapy is that certain oils or scents, usually herbal or floral extracts, can trigger some sensory nerves in the brain and cause you to have a favorable reaction. Aromatherapy can be used for a wide variety of issues including energy, alertness, sleeplessness, headaches, sinuses and even stress. There are multiple methods of aromatherapy, and I have talked about a few, any of which can be used to take the edge off of a stressful day.

Let's start with a bath. There is nothing like a long soak in a hot relaxing bath. That just sounds wonderful just talking about it. You can add essential oils to any number of aromatherapy baths to take your stress relieving bath to the next level. There are quite a few aromatherapy bath additives on the market. You can purchase them online and in specialty stores and even sometimes in the pharmacy. Aromatherapy products for the bath can come in many forms. Bubble bath, bath bombs, bath salts, other beads, melts made just for stress relieving bath time, even just straight essential oil you can put about 5 or 6 drops in your bath. Put it in the bath, close the door, let the aromatherapy oil fill the room, breathe it in and relax, do maybe some meditation and focus on breathing in and out.

Candles, candles are another thing that can be found anywhere. Scented candles, if you know what scent to buy, they can do more than just make your house smell good, they can take the edge off of a stressful day and help you relax. One of the best options is lavender or rose. Both of those help you calm down and relax, so they can help you focus.

Massage oil, of course a massage itself can do wonders for that stressful tension you carry around, especially in your back, neck and shoulders. Massage with aromatherapy massage oil will take that massage from amazing to healing and uplifting all at once. You can head to your local spa or massage parlor for a nice aromatherapy massage or you can do it at home. Mix your choice of body oils; try unrefined grape seed or sesame oils or vitamin E oil from your local pharmacy and add in a few drops of your choice of stress relieving essential oil. Be careful with how much you add. Just add 1 or 2 drops per 4 or 5 ounces, don't overdo it because it can, if you have chronic kidney disease,

can affect your kidneys, so just be careful with how much you use. More is not better. Just use 1 to 2 drops per 4 ounces. I will say that that is one of the things that the caregiver guide does go into great detail on is massage oils and essential oils.

Essential oils are the base of most every aromatherapy product and they can be used on their own as well. Essential oils are natural oils that are extracted from plants, herbs and flowers. Different oils have different uses; some have a variety of uses. Essential oils are highly affective for aromatherapy stress relief and most of the time you can add them to lotions or oils. The best ones to use for stress relief are bergamot, eucalyptus, chamomile, cedar wood, lavender, Franken scents, rose and vanilla. Now probably vanillas, lavender and maybe rose are going to be the easiest to find. Most of the time you can find them at Whole Food stores, some pharmacies', specialty stores, and often they are much cheaper online, just make sure to purchase only for a reputable business and check to make sure their products are guaranteed to be 100% pure.

Aromatherapy is a surprisingly powerful tool for stress relief. It is like, even if you don't believe it is working, if you use them, over a period of time you will notice the difference. It will help you with the stress you carry around every day.

So that is the end of the podcast for today. I talked about the caregiver product that I am really looking forward to being able to share with you and show you pictures. I also told you that this month we are going to talk about stress and ways it will affect you and how to relieve stress. Today I started off talking about stress with natural ways to lower your stress and also aromatherapy ways to lower stress.

Let me know if you have any questions about stress or how it affects you with chronic kidney disease by sending me an email at podcast@renaldietHQ.com otherwise I look forward to talking to you next week. Thank you!

You've been listening to the Renal Diet Headquarters podcast. Head on over to the website at www.RenalDietHQ.com/go/email to sign up for our email list and get exciting updates every week about what is happening. Thanks and we will talk to you again next week!!