

Do Something!

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Can What You Eat Help You De-Stress?

This newsletter comes to you from **Kate Harper** of Harper Coaching

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Welcome to this issue of **Do Something!** – the bi-weekly newsletter that is intended to inspire you to change the way you think and to stimulate you into action. If you like what you read, please pass it on to your friends and colleagues.

Welcome to my new readers. I am delighted to have subscribers from the **UK, USA, Canada, Japan, Switzerland, Ireland, Albania, Italy, India, South Africa, Pakistan and Australia.**

Please make sure you put kate@harpercoaching.com on your allowed list, so that you can continue to receive this newsletter.

I only aim to send out this newsletter to those people who want to read it, so if you have received this newsletter in error, or no longer wish to subscribe, please either send me a blank e-mail to kate@harpercoaching.com with ‘unsubscribe’ as the subject or follow the link below.

Hello, I am taking my own self-care advice and am flying off to Florida for a long break with my family and to see my Dad who lives there, so I am handing you over to guest writers for this and the next newsletter. The usual **Do Something!** will resume in November!

Tired all the time, but can't sleep properly at night? Digestive problems? Poor memory or concentration? Energy slump between 3pm and 4pm? Shoulder and neck pain? Headaches? Cravings for sweet foods, bread, coffee, cigarettes and/or alcohol? Spare tyre round your middle that just won't shift?

If this sounds like you, then you probably don't need me to tell you that you're stressed! But you may not realise that you could help yourself feel better just by altering what you eat and drink.

When they're stressed, most people rely on sugary foods and stimulants such as caffeine (tea, coffee, cola), nicotine and alcohol to get them through the day. But this is the worst thing they could do.

To keep your energy levels constant throughout the day, and to make sure you feel calm and able to cope with anything life may throw at you, your blood sugar (glucose) level needs to be kept balanced within a narrow range.

Your blood sugar level naturally fluctuates during the day according to when and what you last ate. It should gradually rise after a meal then slowly fall as the time for the next meal approaches. It should never rise too rapidly or fall too abruptly.

Sugary foods provide a sudden burst of energy, but this is quickly followed by a slump that leaves you feeling worse than you did to start with. (Stimulants cause stored sugar to be released into the blood, thus having the same effect on your body as eating sugary foods.) This makes you crave another stimulant to pick you up, which is followed by another slump, and so on and so on throughout the day, with your blood sugar level seesawing up and down. This in itself is very stressful for your body, never mind what else might be going on in your life!

So to keep your blood sugar levels even, and help yourself feel less stressed, you need to choose foods that will give a slow, steady release of energy.

Eat complex carbohydrates such as wholemeal bread or pasta, brown rice, beans and lentils, instead of refined carbohydrates such as sugary foods, or white bread, white pasta or white rice.

Add protein (eggs, meat, fish, nuts, seeds, natural yogurt) and/or healthy fat (from nuts, seeds or oily fish e.g. sardines, salmon, mackerel) to these carbohydrates to slow the release of energy even further.

Also, make sure you eat a small amount of food every 3 hours, rather than going for long periods without eating.

Some nutrients are especially beneficial when you are under stress:

Vitamin C from fresh fruits and vegetables;

Essential fats from nuts, seeds and oily fish;

B vitamins from wholegrains and green vegetables;

Calcium and Magnesium – most people get plenty of calcium from dairy products but you also need magnesium; good sources of magnesium include nuts, seeds, dark green vegetables and wholegrains;

so try to include plenty of these foods in your diet.

Nutritional therapy may also help with a variety of other health conditions including fatigue, skin problems (e.g. acne, psoriasis, eczema), digestive complaints (e.g. IBS, indigestion, constipation, flatulence), weight control, hormonal imbalances (e.g. PMS, infertility), and cardiovascular problems (e.g. angina, high blood pressure, high cholesterol).

by Katharine Godfrey Smith BSc (Hons), DipION, MBANT

Katharine has a BSc(Hons) degree in Chemistry and worked for 17 years in scientific and medical publishing. During this time she became more and more convinced that, because of their many potentially harmful side-effects, prescribed drugs were not the answer to illness, and began seeking a more natural approach for achieving lasting good health. Her search led her to the Institute for Optimum Nutrition (ION) in London, where she trained for 3 years to become a qualified Nutritional Therapist (DipION).

Katharine believes that good nutrition is the key to good health and a good life: if you don't eat well, you won't feel well; and if you don't feel 100%, you won't achieve your full potential in whatever you set out to do.

Katharine is a member of the British Association of Nutritional Therapists (BANT) and of the NHS Directory of Complementary and Alternative Practitioners.

She holds consultations in the Northamptonshire area, and also provides nutritional advice by post or over the telephone. For further information, or to book an appointment, please contact Katharine on: Tel. 01604 740 347; mobile 07976 829 053; or email kgs_nutrition@hotmail.co.uk.

I do hope that this issue of **Do Something!** inspires you to look at what you eat!

Have a good fortnight and even if it's only a *little thing*, Susan, **Do Something!**

Warm wishes,

Kate

Passionate about helping you achieve your goals

The Do Something! Coaching Package

Many of you will already be familiar with **Do Something!** - my newsletter that is intended to inspire you to change the way you think and to stimulate you into action. In fact, today you are reading it! Well, recently I have announced the launch of the **Do Something!** Coaching Package. This is a three-month long Coaching Programme based around the ideas that form the basis of the **Do Something!** newsletter.

Do Something to move you towards your goals. We will work together to identify what you are aiming to achieve, and then put action plans in place to get you going!

Do Something today that you've been putting off for a while. Is Procrastination one of the areas you need to work on? You may have done my mini e-Course, but perhaps you need some assistance to put those ideas into practice.

Do Something for yourself. Unless you start to concentrate on putting yourself first and valuing all that you are, you will be unable to wholeheartedly do the same for anyone else.

Do Something active every day. Daily activity not only helps to lift our spirits, but also helps to keep us fit and ready to face up to the challenges that come our way. We will examine ways in which you can add more activity into your life in ways that suits you.

Do Something because you want to, not because you *have to* . Assessing what the reasons are behind our actions can be quite an eye-opener. Are you doing things because you *want to*, or do you need to look at how you can drop, delegate or even just change your attitude towards them?

Do Something new every day . Opening our minds to new experiences and adding different activities into our lives can help to stretch and educate us, as well to add a freshness that may be lacking. You will explore what appeals to you and be encouraged to try to do something new every day!

Do Something creative every week . Which aspect of creativity is the one for you? Writing, art, music, dance, film-making, cookery, gardening, photography..... The list goes on. We will explore which creative pastime is the perfect match for you.

Do Something for nothing . This may be the hardest part. We're all very good at doing something for nothing – occasionally. How can it become a part of your life? I have no doubt that what we give out we get back manifold. Do you believe it too?

So, how does it work?

Each month for three months, we will have 4 telephone sessions, each lasting 45 minutes. These will be just between you and me. In between calls, I will provide e-mail support, as required. During each session, we will use the **Do Something!** themes to give a framework to our conversations and to provide you with a focus. Simple!

So, what's the catch?

There's no catch. If you have been thinking about doing something new, making changes in your personal and professional life, then this three month programme is for you. After each session you will be clear about what you need to do next to move you on in your goals and you will have the knowledge that someone is there to support you all the way! Just picture yourself in three month's time and what do you see? The same old, same old, or something different, a life that you have taken control of.

(This is an ongoing offer, so if the time is not right for you at the moment, but you would like to take it up in the future, that just fine. If it would help to get you going, why not drop me a note asking me to contact you at some point in the future to remind you that you were interested in **Doing Something!**)

The small print.

Your investment for the three month programme is £480, payable in advance. You may pay for this at a rate of £160 per month (approximately US\$302) . If you chose to pay the full amount I am pleased to offer a 10% discount, making the total amount £432. (approximately US\$815)

You can pay by cheque, BACs (Bank Transfer) payment, and very soon, online at www.harpercoaching.com

Please e-mail me or call me on +44 (0)1540 662196 if you would like to take up this offer or with any questions that you may have.

Don't just think about it – **Do Something!**

Do Sign Up for my e-Course ~ “Discovery ~ a 6 module journey to a better you” on www.harpercoaching.com under [e-Courses](#) on the main menu.

Here is a little bit about it:

Discovery is a comprehensive 6 module e-Course for you to work on at your own speed and in your own time, which will appear in your in-box each week. Within each module there are exercises and actions for you to take, covering such subjects as "Where are You Now?" , "Choosing Your Ideal Life", "Taking Care of Your Body", "Happiness", "Motivation", "De-Cluttering", "Improving Your Self-Esteem", "Making Time for Me", "Understanding and Practising Assertiveness", "Dealing with Stress", "Managing Your Anger" and more...

Here's what one of the first purchasers of the **Discovery** e-Course have said - “**Your Discovery course is outstanding. Thanks**”

Your investment for this e-Course is UK£29.99 (Approximately USD 52.00/EUR 44.00).

If you would like to know more, please contact me.

Do try this for nothing!

Alongside “**Discovery**” and to give you a little taster, to see if you like my style, I am also offering a complimentary 7-day mini e-course on **Procrastination**. To sign up for this, please click [HERE](#) or go to www.harpercoaching.com

Kate Harper is a Motivational Life Coach, based in the beautiful Highlands of Scotland. To find out more about Kate's services please contact her at kate@harpercoaching.com or see www.harpercoaching.com

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