

# WELLNESS JOURNEY: IMPACT OF STRESS ON THE IMMUNE SYSTEM; BENEFITS OF KEEPING IT SIMPLE

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2023

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## WELLNESS JOURNEY: BENEFITS OF KEEPING IT SIMPLE

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We are continuing our wellness journey to make positive changes to help balance our full plate. Today we are focused on supporting our immune system with simple ideas to reduce long-term stress.

Today we will keep a close eye on Chef Olive as he prepares a quick healthy, balanced meal the whole family will enjoy!

**BONUS:**  
Attendees will be entered into a raffle for a prize!

# IMPACT OF STRESS ON THE IMMUNE SYSTEM

## BENEFITS OF KEEPING IT SIMPLE

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Did you realize your stress could do more damage than make it a bad day? Let's learn together!

We have a plan for 2023 based on what we are hearing from the team!

Stress is a fact of life, though  
let's keep it manageable to help maintain our long-term health

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# WHO ARE KITCHEN ON FIRE & OCEAN VIEW NUTRITION?

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## Good health, Good food and Good fun!

From public cooking classes to corporate events to individual consulting and everything in between (Currently both Virtual and In-Person)

Bringing people together through  
Cooking, Good Nutrition and Community Outreach

BUY seasonal, local, organic and GMO free when possible  
COOK using healthy cooking techniques  
EAT a variety of wholesome foods including herbs and spices  
SHARE and enjoy meals with friends and family  
AWARENESS of allergies and sensitivities

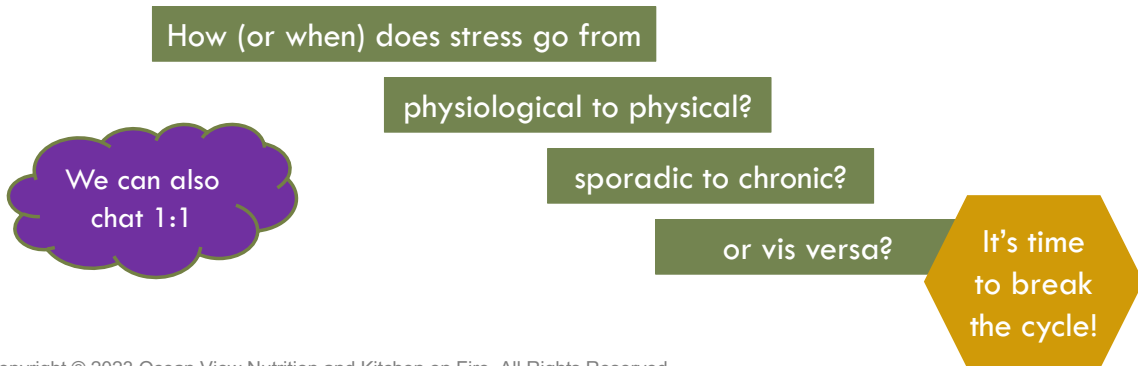
We're all good 😊

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# OBJECTIVES FOR TODAY

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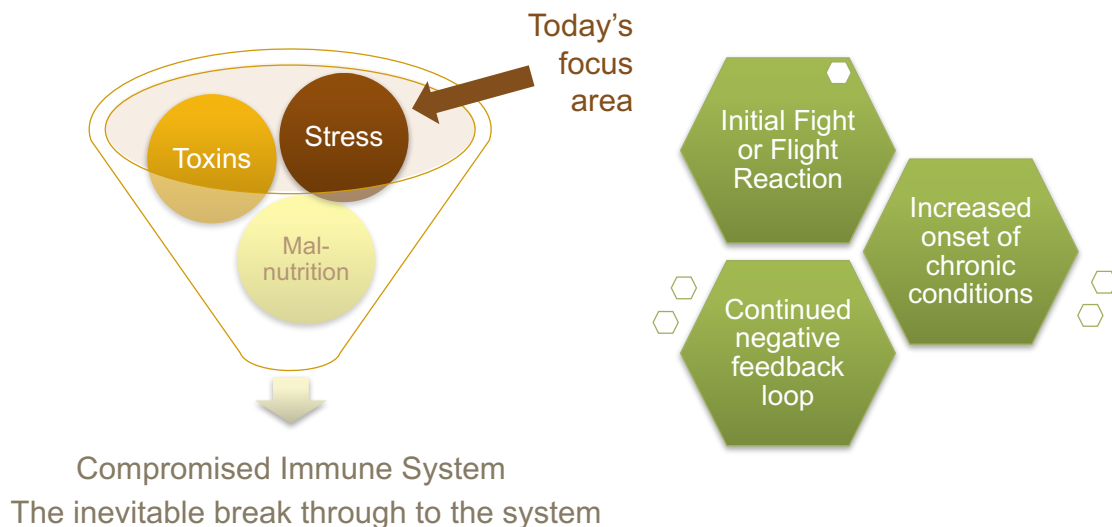
- Stress is not all bad, some stress is helpful and motivating
- Understand how hormones impact the immune system
- Learn how diet and lifestyle support your immune system
- Find the right balance for you
- SMART Goals - identify and curb key stressors



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# SOME STRESS IMPACTS TO THE IMMUNE SYSTEM

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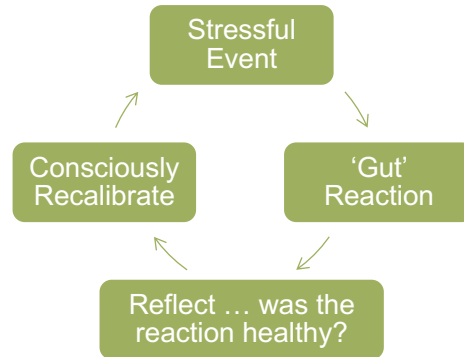
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## REDUCING STRESS WILL HELP YOUR IMMUNE SYSTEM

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### Start with Awareness

- Stress effects more than your mood, blood pressure and sleep on a given stressful day...there are lasting impacts.
- A healthy body and mind will help us achieve our goals. It all comes full circle.



Think about one area of stress that is at least partially within your control...



Let's change your reaction to that stressor!

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## STRESS IS NOT ALL BAD, SOME STRESS IS ESSENTIAL

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### What is good stress

- Occasional
- Motivating
- Positive life or professional event
- Daily Exercise (cardio & weight bearing)
- Challenge for personal improvement
- Self initiated life changes

### What is bad stress

- Constant
- Overwhelming, demotivating
- Negative
- Extreme Exercise
- Psychologically paralyzing
- Multiple life changes at once

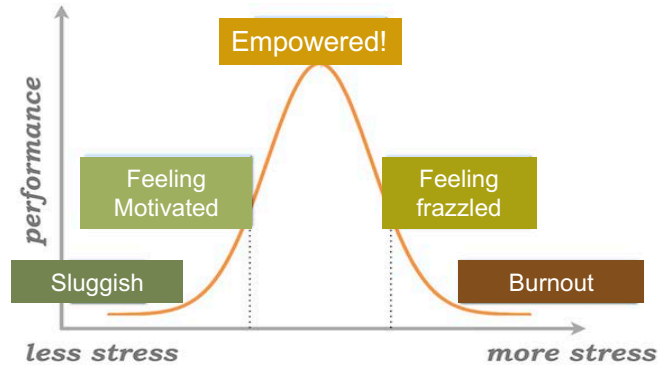
When feeling the 'fight or flight' sweep over you...BREATHE.

Stop yourself from wasting energy on the person that cuts you off!

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# STRESS IS NOT ALL BAD, SOME STRESS IS ESSENTIAL

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Where are you on the stress scale?  
Daily variation is normal

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Chef Olive,  
Are you at  
'The Bowl'?



Yep! Let's  
Shop!

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## UNDERSTAND HOW HORMONES IMPACT THE IMMUNE SYSTEM

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When feeling overly stressed:

- ↑ cortisol, adrenaline, and glucose
- Resulting negative impacts including:
  - ↑ in insulin resistance,
  - ↑ in chronic stress,
  - ↓ in immune function, tolerance, cognitive ability, immunity, digestion

Stress hinders  
digestion.

The GI tract health is  
underappreciated,  
though it is the brain's  
most important  
adviser!

When feeling optimistic:

- ↓ cortisol
- ↑ serotonin
- Helping to calm the brain and aid with quality sleep

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## UNDERSTAND HOW HORMONES IMPACT THE IMMUNE SYSTEM

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When the GI Tract is compromised

- The body doesn't fully benefit from foods we eat
- Neurotransmitter levels can be imbalanced

Digestion is essential for

- Balancing our neurotransmitters
- Absorbing nutrients to feed our body

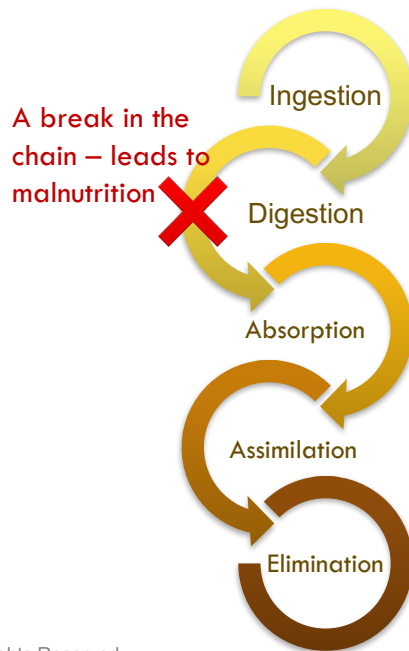
A majority of neurotransmitters are  
produced by microbes in the GI tract

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## PREPARING YOUR BODY FOR GOOD FOODS

### Common Causes of Poor Digestion

- Stress!!
- Not chewing enough
- Not relaxing while eating
- Acid imbalance (taking ant-acids)
- Low fiber diet
- Low fluids throughout the day
- Food Sensitivities / Allergies



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## LEARN HOW DIET & LIFESTYLE SUPPORT YOUR IMMUNE SYSTEM

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### IMMUNE BOOSTING FOODS

- Vit A - carrots, kale, sweet potato, lamb, liver, cheese, spinach
- Vit C - rosehips, broccoli, red pepper, kale, guava, citrus, strawberries
- Bioflavonoids - \*berries, grapes, green tea, bright veggies
- Zinc - oysters, sesame seeds, shiitake mushrooms, pumpkin seeds
- Vit D - flaxseeds, walnuts, fish
- Vit E - walnuts, pecans, pistachios, pumpkin seeds
- Selenium - wheat germ, Brazil nuts, whole grains, tuna
- B6 - organ meats, tuna, nuts, seeds, egg yolks, whole grains
- Omega 3s - cod liver oil, flax seeds, salmon, cod, walnuts
- Phyto-nutrients & Anti-viral - Onions, garlic, chilies (capsaicin), honey (unrefined & local or manuka)
- Beta-glucans – goji berries, mushrooms

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## LEARN HOW DIET & LIFESTYLE SUPPORT YOUR IMMUNE SYSTEM

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### STRESS REDUCING FOODS

- Omega 3 - Cold water fish, nuts, avocado
- Probiotic foods - Kefir, yogurt, sauerkraut
- Water
- Antioxidants - Eat all the bright colors
- Magnesium - Dark leafy greens, magnesium supplements or magnesium salts (a foot soak, bath or spray on the body)
- Tryptophan - Turkey and eggs
- Vitamin B - Berries
- Herb tea - Chamomile, kava kava, skullcap

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## LEARN HOW DIET & LIFESTYLE SUPPORT YOUR IMMUNE SYSTEM

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### FOODS TO FORGET!

- All refined sugar (max of 50g daily)
- Alcohol in excess due to sugar content
- Over-processed foods

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# AND THERE IS MORE THAN DIET...

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## Lifestyle

- Moderate Daily exercise
- Adequate sleep
- Regular sunlight
- Daily hydration
- Avoid smoking
- Manage stress
- Take time to relax
- Maintain a healthy weight

## Nutrient support

- Probiotics
- Herbal/Immune boosters
- Vitamin & minerals

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## MAKE THE COMMITMENT ...

- Setting a stress reduction goal
- Creating space by refocusing your full plate
- Establishing a POSITIVE incentive



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## FIND THE RIGHT BALANCE FOR YOU

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### When feeling stressed:

- Think about the cause...
  - Can you affect the outcome?
  - Does it require your attention now?
  - Could you redirect your energy for a short period to decompress your stress response with a positive action
- Daily habits to create positive thoughts – Affirmation; Meditation; Stretch; Cook with others
  - Change the channel – redirect with a 10-minute walk, change in location, turning on music, a quick power burst of exercise
  - Do something for yourself daily – Enjoy little pleasures; Enjoy the outdoors; Be curious; Exercise; Eat well
  - Do something for others – Give and openly receive compliments; Forgive; Share; Volunteer
  - Think of a reason to be optimistic, hopeful or happy (dopamine producer)

**Giving your mind a break from the stressor will help your long-term health and ability to recuperate**

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## WHAT STEPS WILL YOU TAKE TODAY? SMART GOALS!

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Start thinking about your goals today!

- 2 goals to change your reaction to a common stressor
- 2 goals to improve dietary support to reduce stress

**Specific  
Measurable  
Take Action  
Be Realistic  
Time-oriented**

What is your first SMART goal? Anything to share?

Who is going to make Chef Olive's Shrimp Recipe?

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## WE WILL SEE YOU MONTHLY TO PROVIDE MORE IDEAS AND DEMOS!

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- Nutrition and Lifestyle Discussions + Demos to eat well with a full plate
  - The impact of stress, Revamp your weekly Routine, Benefits of a Zen kitchen, Healthy partially pre-made meals, Making cooking enjoyable – Fun with Food, Simple sauces to change up your meals, Health & financial benefits of home cooking
- Individual Nutrition Consultations
  - A limited number of 1:1 sessions with Lisa – June and October – *dates coming soon*
- Recipes Resources and Videos
  - Web page with quick nightly meal videos from Chef Olive – *coming soon*
  - Web page with Lisa and Chef Olive's web resource recommendations for how and where find healthy, well-organized, simple recipes – *coming soon*
- Health Fair and Happy Hour
  - Rounding out the year with the Health Fair & Holiday Happy Hour!
- Want some cool free gifts related to cooking?
  - Look out for raffles and other fun gifts as you attend events!

We will  
see you  
soon!

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## ABOUT US

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About Lisa Michelle Miller, BS, NC and Chef Olive Said

- Ocean View Nutrition – Consulting & Public Speaking

Owner & Nutrition Consultant, certified  
Consultations, Classes & Presentations

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- Kitchen on Fire Cooking School

- For the Home Chef in Berkeley & Oakland since 2005
- Owned by Chef Olivier Said (founder) & Lisa Miller
- Hands-on Cooking Classes, Events: In-Person and Virtual
- Nutrition Education, Corporate Wellness, Individual Consulting, Wellness Probiotics, Tonics & Teas - @drinkRebout



Link to today's presentation, demo info and more  
<https://www.kitchenonfire.com/lifestyle-changes-when-our-plate-is-full>

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