

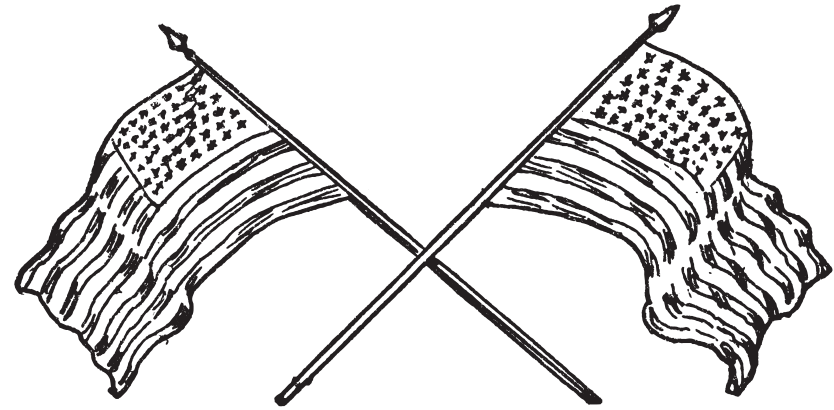


21-DAY PROGRAM

What is Post-Traumatic Stress: PTSD?

- Post-traumatic stress disorder is a mental health condition that's triggered by a traumatic event.**
- Symptoms can include severe anxiety, insomnia, nightmares, flashbacks, and uncontrollable thoughts.**
- PTSD can also increase the risk of substance abuse and suicidal thoughts.**

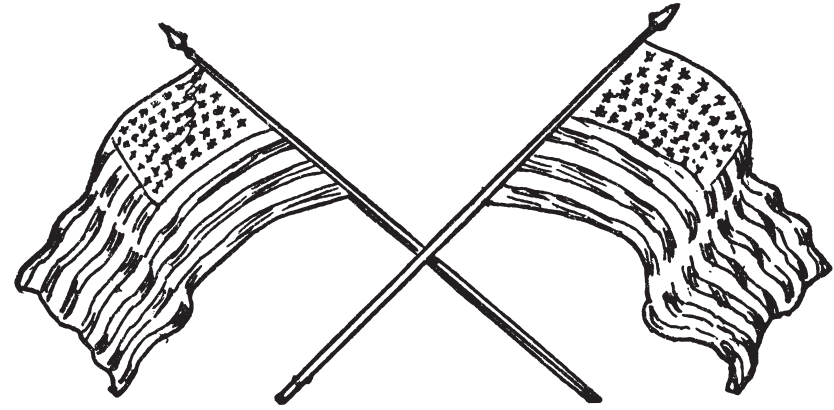
About PTSD



**What are the four types of PTSD symptoms?
They are generally grouped into four types:**

- **intrusive memories**
- **avoidance**
- **negative changes in thinking and mood**
- **changes in physical and emotional reactions**

EFFECTS OF PTSD



3 primary areas impacted by trauma include:

- 1. Amygdala**
- 2. Hippocampus**
- 3. Pre-frontal cortex**

Researchers, including neuroscientists and psychotherapists, have found that people with PTSD display abnormal levels of certain stress hormones, in addition to experiencing changes in brain activity.

RISK FACTORS

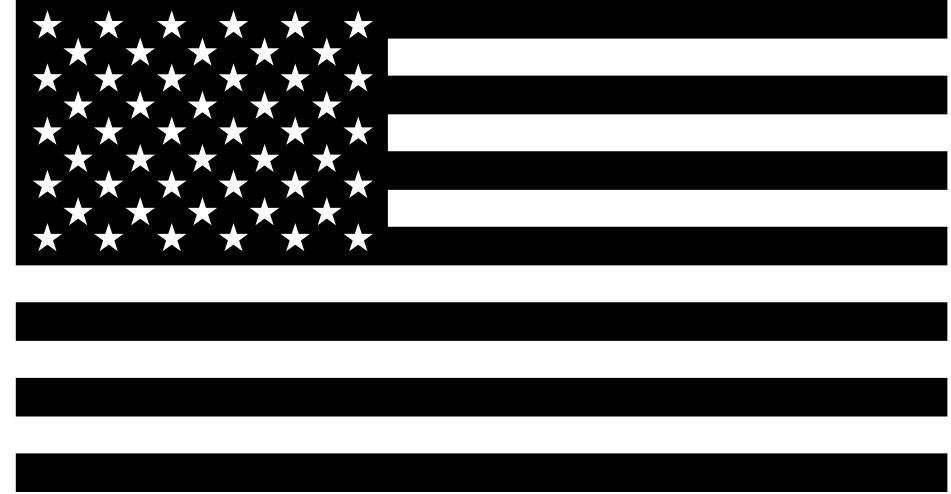


- The amount and severity of earlier traumas
 - The intensity of the traumatic event
 - The way your brain regulates stress hormones and chemicals
 - Substance abuse
-
- Genes: a family history of mental health risks, including anxiety and depression
 - Your temperament
 - A diagnosis of other mental health conditions, such as anxiety or depression

Self-Care and Stress Management

- **Eating a healthy diet that is high in fiber**
- **Engaging in regular, but .mild, physical activity or exercise**
- **Getting enough sleep and downtime**
- **Being patient, including having realistic goals for how long it can take to feel better**
- **Reducing work-related stress**
- **Spending more time in nature and with other people who help you feel comforted**

Becoming more knowledgeable about the condition



Mediterranean diets are easy to follow and stick with. Nothing is categorically forbidden — it's more about having the right proportions of various healthy foods and reducing your consumption of less healthy ones.

Certain diets, such as the Mediterranean diet, may have a positive effect on these mechanisms and help address some of the symptoms of PTSD.

- Increase your consumption of whole foods, including fruits, vegetables, nuts, seeds, and legumes.**
- Limit your intake of processed foods and eat balanced meals and snacks. Starting small can help you make more sustainable and lasting dietary changes.**

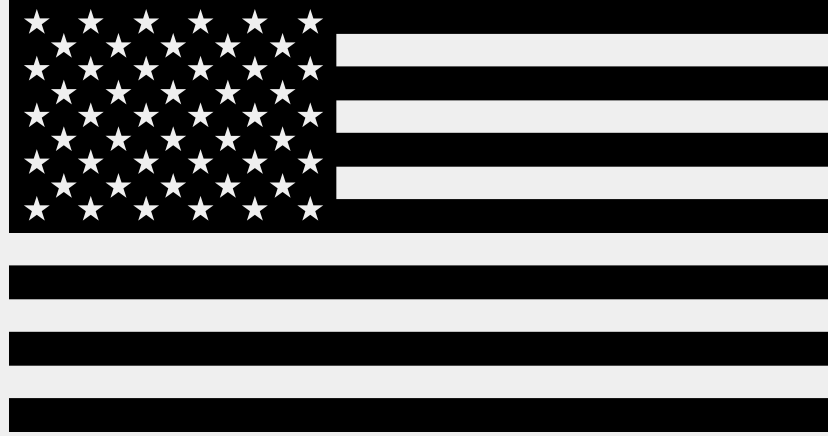
GROCERY STAPLES

- **Fruits, vegetables, nuts, seeds, and legumes, and olive oil, along with whole grains, potatoes.**
- **Fish and Seafood: Oily fish like sardines, albacore tuna, and salmon are your best options, because they contain healthy fats**
- **Poultry, eggs and dairy: Eat these foods up to 3 times a week.**
- **Red Meat: Try to limit yourself to one 3-ounce portion per week.**
- **Processed foods and refined sugar: Don't make these a regular part of your diet.**



Engage in daily physical activity

Exercise has myriad benefits for managing stress, improving immunity, and feeling confident about yourself.



Drink enough water

Dehydrated cells lead to poorly performing tissues and organs. Your brain is largely responsible for controlling emotions, and it's roughly 3/4 water. Ensuring proper hydration every day will go a long way toward helping you better manage your PTSD symptoms.

Be mindful of your caffeine intake

It can cause anxiety and exacerbate PTSD symptoms. Be aware of your intake of coffee, and other substances that contribute to anxiety.

Write down your thoughts

Writing can reduce symptoms and distress while promoting psychological well-being. It can be extremely effective when used in conjunction with other therapeutic approaches to treating PTSD, like therapy.

Turn off the television & stop scrolling

Consider spending less time in front of the television and on social media.

Limit your use of alcohol and drugs

People with PTSD may be inclined to use alcohol or illicit drugs to help them manage or mask their symptoms. If you want to get a handle on your PTSD symptoms long-term, limit your intake.

Desensitization and Reprocessing

- **Prolonged Exposure**
- **Cognitive restructuring — This approach is similar to CBT and other forms of exposure therapy.**
- **Eye Movement Desensitization and Reprocessing (EMDR)**

Avoid ritualistic thinking and fixating on issues, especially those you can't control or influence.

Develop a clear plan for goals and tasks – annually, monthly, weekly, daily – to avoid rushing.

Make lifestyle changes gradually, rather than trying to tackle everything at once.



Taking the right supplements can help you become more like superman!



Herbal Remedies For PTS:

- **1. Green Tea**

- **Has immune boosting properties and also has relaxing properties that can lower stress level and reduce mental anxiety and nervous distress.**

- **2. Dong Quai**

- **Helps the affected person overcome feelings of helplessness by strengthening the nervous system.**

- **3. Basil**

- **Just like Dong Quai is an effective herb for strengthening the adrenal glands. Chewing basil leaves or adding them to tea regularly will improve symptoms associated with PTSD.**

- **4. Kava Root**

- **Kava root is a strong relaxing herb that can help reduce nervous episodes and panic attacks associated with PTSD.**

Herbal Remedies For PTS:

5. Skullcap

- **It can ease mental stress, improve mood and thus can be used in PTSD to restore mental stability.**

6. Stinging Nettle

- **Helps to regulate the adrenal gland and inhibits the production of the hormone adrenaline.**

7. Exercise

- **Exercise helps to release endorphins that lower the stress hormone and help you relax and sleep better.**

8. Aromatherapy

- **Reduce anxiety, stress and symptoms of PTSD are chamomile, lavender, Geranium and lemon.**

WE APPRECIATE YOU!

Healing Heroes was created to be a lifestyle consulting firm for our nation's Heroes, like YOU. We will help you hit your health and fitness goals every step of the way. You deserve our support. We stand united with those who serve.

If there is anything else, I can do for you please let me know.

THANK YOU FOR BEING A HERO!

- Jacquelyn Grace



Please consult your healthcare provider before adding any supplement to your routine. Your healthcare provider can help you determine a safe and effective dose based on your needs. Please consult your healthcare provider before adding any supplement to your routine. Your healthcare provider can help you determine a safe and effective dose based on your needs.

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MISSION PROJECT



Know a hero in need?
Let's Connect!





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You're not alone

Help is available

National Suicide Prevention Lifeline

988

Emergency number

911