

The 4-Keys to Prevent and Reverse Chronic Medical Conditions and Aging



Valencia Ray, M.D.

You are about to discover...



How this class is different...



The Top Myth that sabotages...

People believe that getting fat and sick is a natural part of aging. This is not true.

Valencia Ray, M.D.

The status quo does not get to the root...



CHRONIC DISEASES IN AMERICA

6 IN 10

Adults in the US
have a **chronic disease**



4 IN 10

Adults in the US
have **two or more**

THE LEADING CAUSES OF DEATH AND DISABILITY
and Leading Drivers of the Nation's **\$3.3 Trillion** in Annual Health Care Costs

This class is for you if...

- You are prediabetic, or having sugar craving
- You have anxiety, irritability
- You have weight gain, hungry all the time
- You have digestive problems, increasing belly fat

All of these areas are related to and aggravated by stress and burnout!

This class is for you if...

- You are perimenopause/menopause
- You have brain fog, night sweats, joint pain
- You have dryness throughout your body
- You have hair loss, cold hands and feet
- You are chronically stressed, sleep problems, lack of focus, memory loss – these can be signs of hormonal problems

All of these areas are related to and aggravated by stress and burnout!

This class is for you if...

- You are experiencing melancholy
- You are feeling disconnected from others
- You have sleep problems
- You are lacking confidence, feeling 'not enough', or like a 'fake' – insecurity

All of these areas are related to and aggravated by stress and burnout!

And, this is for you if...

- You are ready to do what it takes
- You are no longer willing to make excuses
- You are willing to do the work so that you can get back to enjoying your life

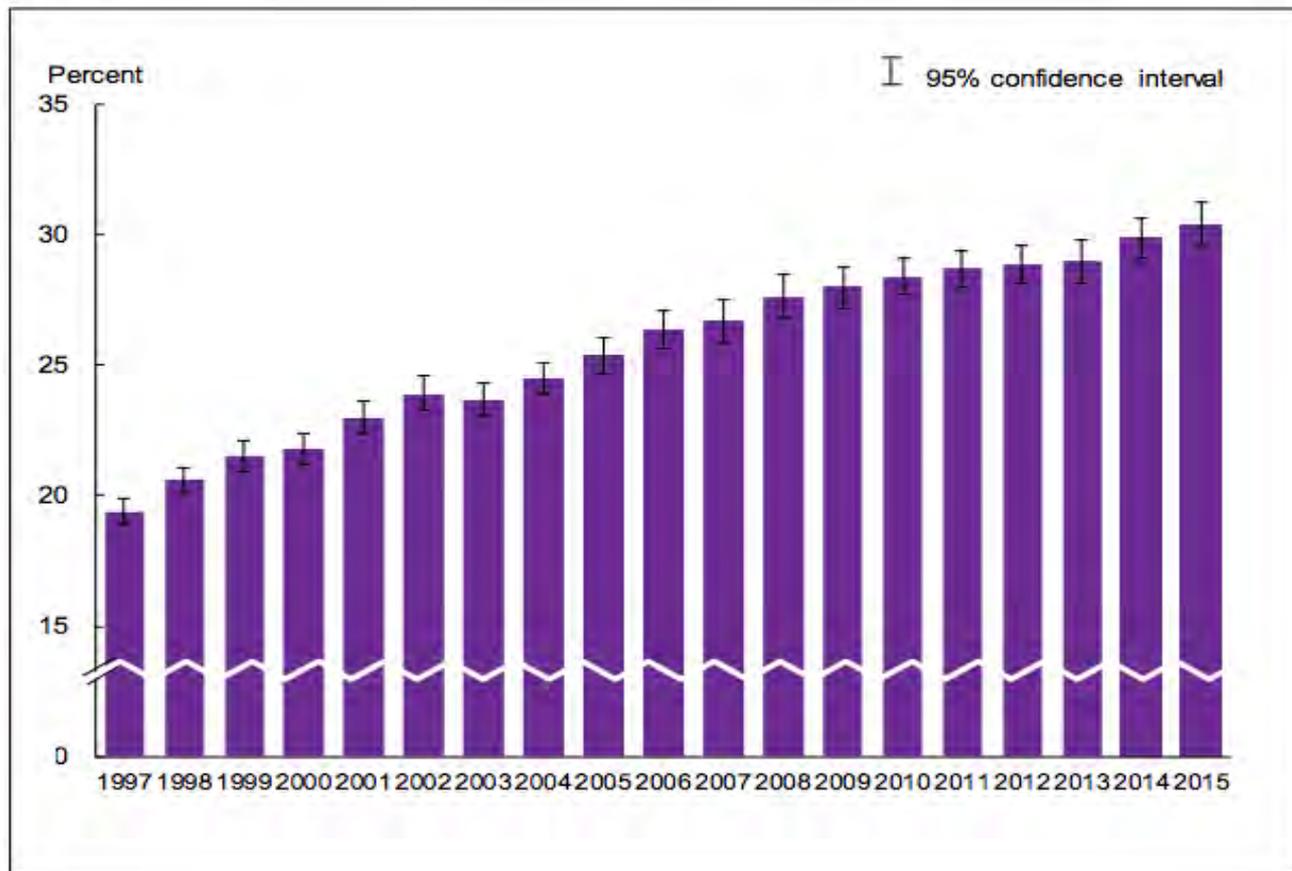


Here is what we will cover...

- What stress really is so that you can take back control of your own health and well-being
- What causes prediabetes and the critical test that is typically not done for early detection
- 4 Top Mistakes I see that increase stress/damage health
- The 4 Key Stressors and how they cause 95% of all chronic disease
- 3 Bedtime habits that cause weight gain while you sleep

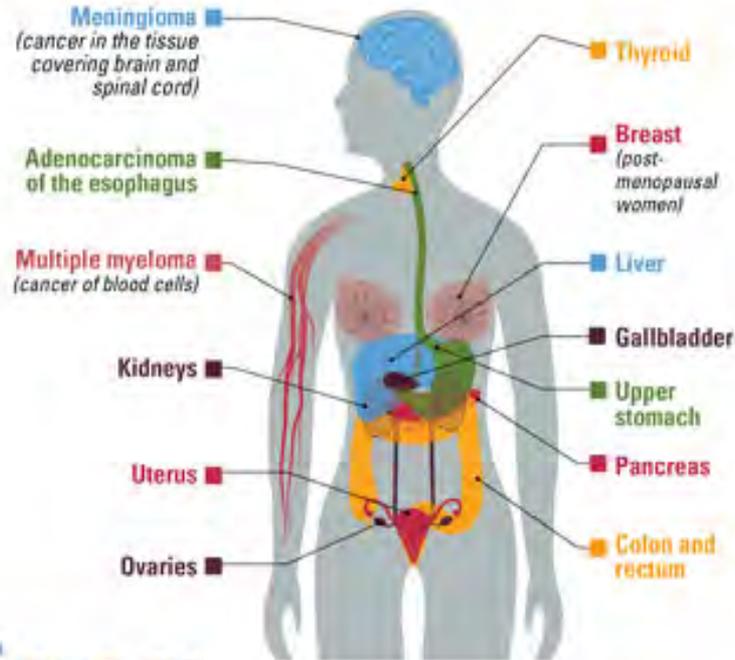
What so many women are dealing with...

Figure 6.1. Prevalence of obesity among adults aged 20 and over: United States, 1997–2015



What so many women are dealing with...

13 cancers are associated with overweight and obesity



Vitalsigns™

<https://www.cdc.gov/vitalsigns/obesity-cancer>



What so many women are dealing with...

Valencia Ray, M.D
Healing with Heart and Soul

Symptoms of Menopause



Anxiety

Hot flashes

Depression

Irritability

Headache

Weight gain

Decreased libido

Osteoporosis

Fatigue

Memory lapses

Insomnia

Vaginal dryness

My Story...



The Top 4 Mistakes related to stress that I see women make are...

Mistake #1

Accepting Annoying Symptoms as a 'Normal' Part of Aging



Mistake #2

Following Outdated Diet Advice



Mistake #2

Following Outdated Diet Advice



Advice such as...

- **Low fat, high carbs/sugar (SAD Diet)**
- **Focusing only on calories**
- **Too low caloric intake which can increase stress/slow metabolism**

Mistake #3

Not Getting Enough Sleep

Dangerous Side Effects of Not Getting Enough Sleep



Makes you Gain Weight



Harms your Heart



Raises Diabetes Risk



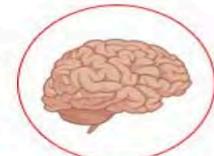
Weakens your Immunity



Damages Skin, Aging



Affects Memory and Brain



Causes Depression



Premature Death



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Mistake #4

Doing intensive exercise when your adrenals are overwhelmed...

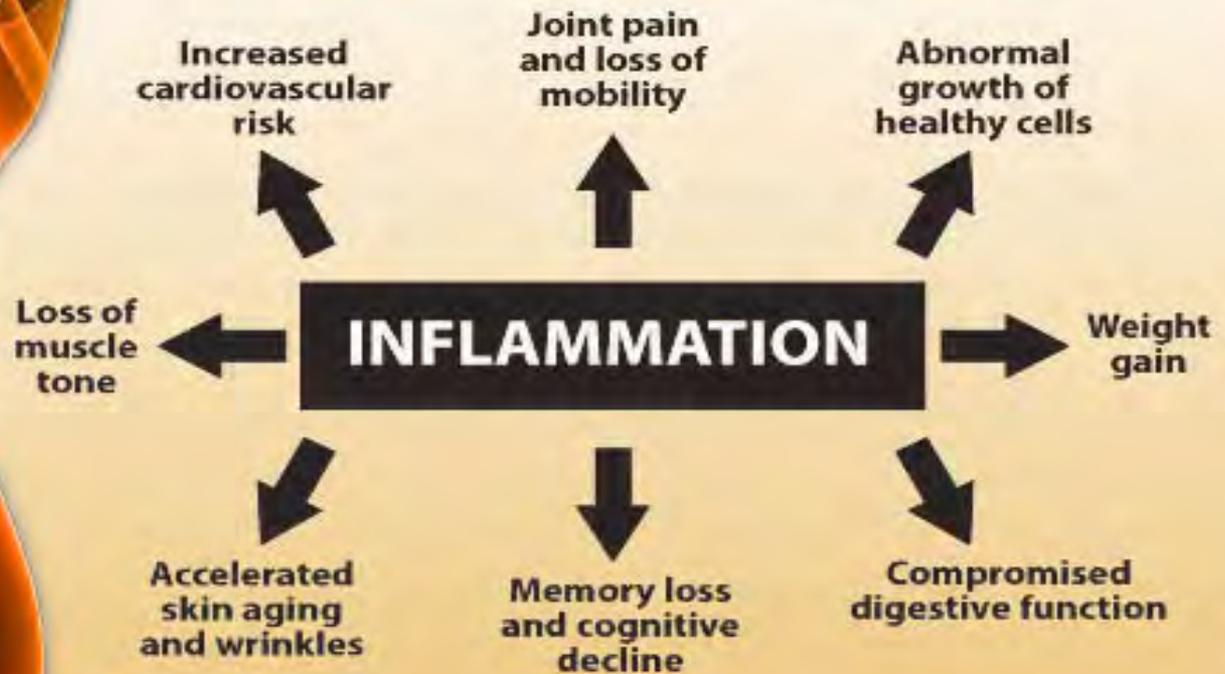


Mistake #4

...which leads to... *Inflammation*



8 Ways Chronic Inflammation Can Damage Your Body



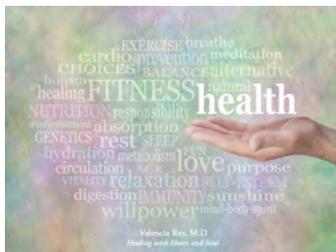


Breathe

What is Functional Medicine?

For every thousand hacking at the branches of evil there is only one striking at the root"

Henry David Thoreau



Stress - What Is It Really?





Digging Deep
Into Root
Causes

...modern
stressors
include...

Anger

Worry

Noise Pollution

Alcoholism

Chronic Illness

Fear

Finances

Processed Foods

Poor Sleep

Job Stress

Guilt

High Carb Intake

Excess Exercise

Nutritional Deficiencies

Poor Social Support

Surgery

Sadness

Food sensitivities

Caffeine

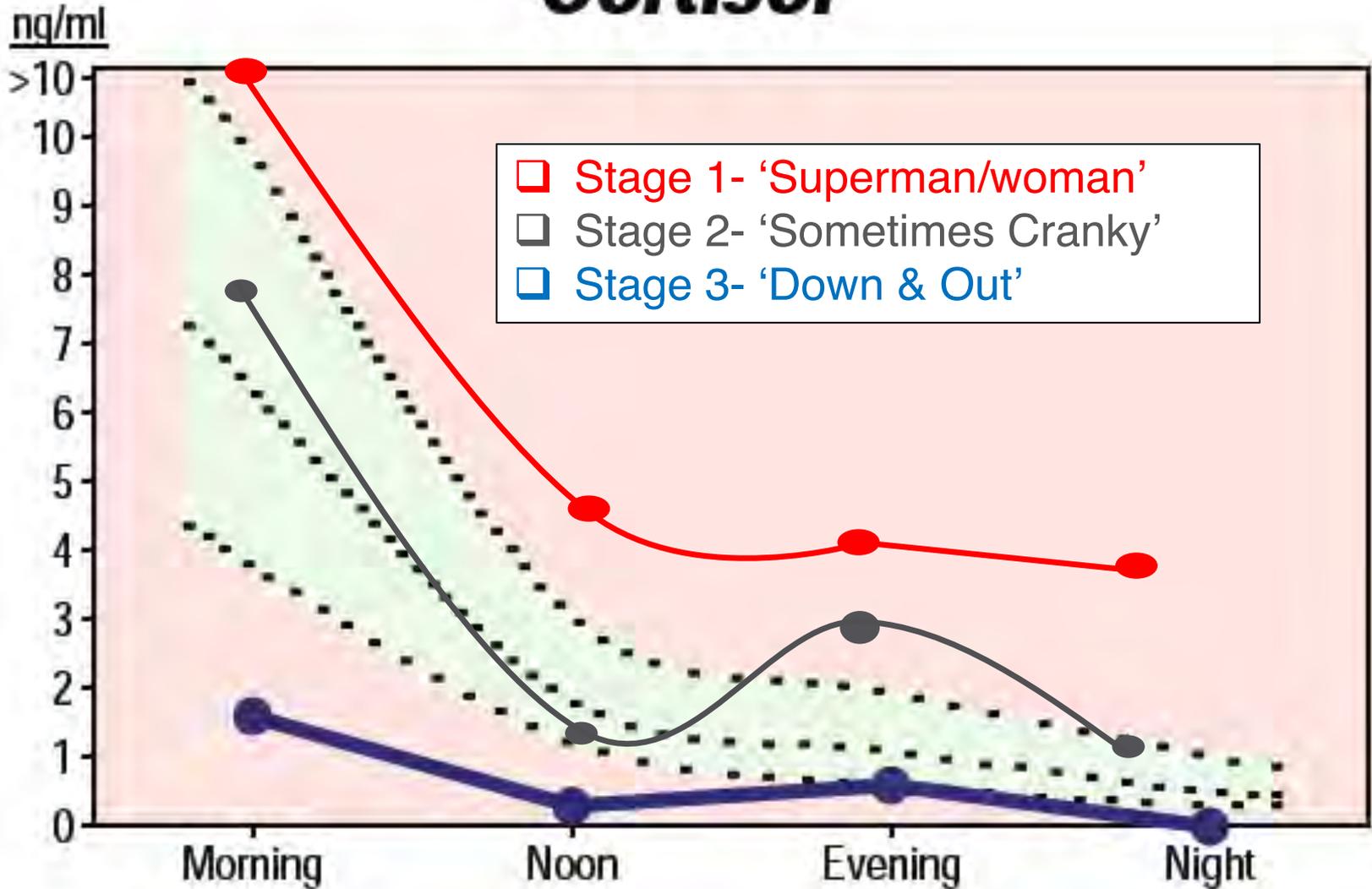
Toxins

Injury

What's
Happening
Inside Your
Body
When You Are

Reacting to
Stressors?

Cortisol

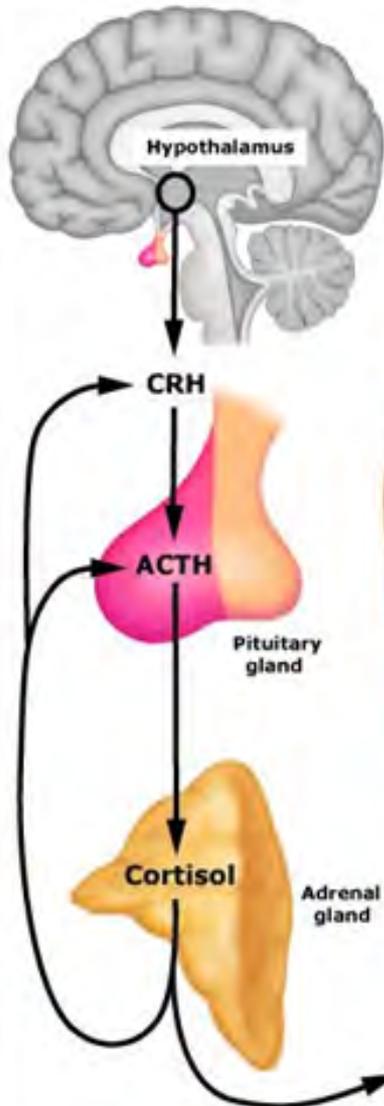


The Stress Response Pathways

H

P

A



1. Brain commands Adrenal
2. Adrenal speaks to Body
3. Body reports back to Brain

- ✓ Increases blood sugar
- ✓ Breaks down muscle for glutamine
- ✓ Increases body fat
- ✓ Breaks down bone for calcium

Our Genetics Affect Susceptibility...

Stress

Prediabetes

Hormones

Thyroid

Brain Fog

Cytokines

Energy





The Root
Causes
Explain
the Tree

Condition: Belly Fat and Weight Gain

Conventional Solution
VS
Functional Approach



We dig deeper than conventional doctors do...

- Thyroid
- Sex Hormones
- Anxiety and Depression

Conditions Related to HPA Axis Dysfunction

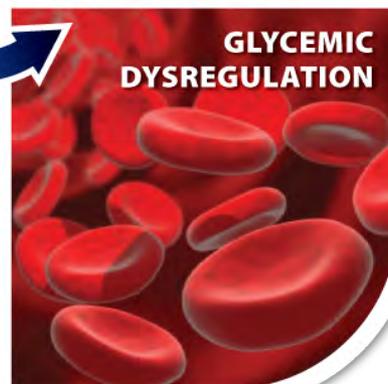
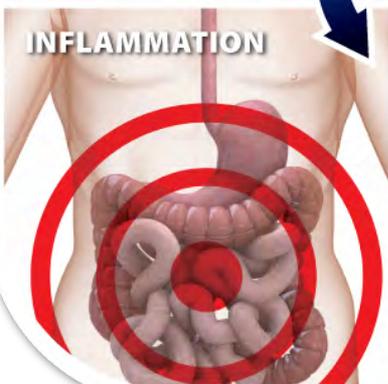
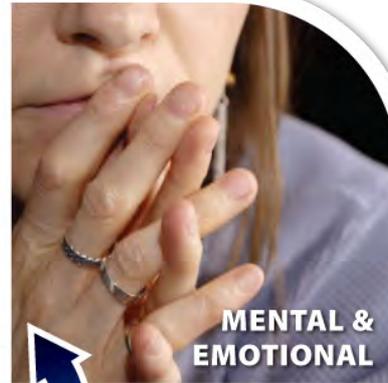
Increased HPA

- Chronic Stress
- Melancholic Depression
- OCD
- Panic/Anxiety
- Excessive Exercise
- Excessive Alcohol
- Diabetes
- Central Obesity
- Thyroid Dysfunction
- GI Disturbances
- Menopausal/Bone/Etc

Decreased HPA

- S.A.D.
- CFS (Chronic Fatigue)
- Fibromyalgia
- Thyroid Dysfunction
- Autoimmune
- Asthma
- Eczema
- GI Disturbances
- Immune dysregulation
- Weight gain due to inflammation

4 Key Stressors



- THINK/FEEL
- SUGAR/INSULIN
- SLEEP
- IMMUNE/INFLAME

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***The 4-Key Stressors in
Combinations of above cause
95% of chronic disease***



Motivated



Worried

KEY STRESSOR #1

THINK/FEEL



tolerance

acceptance

compassion

you see the world
through how you feel

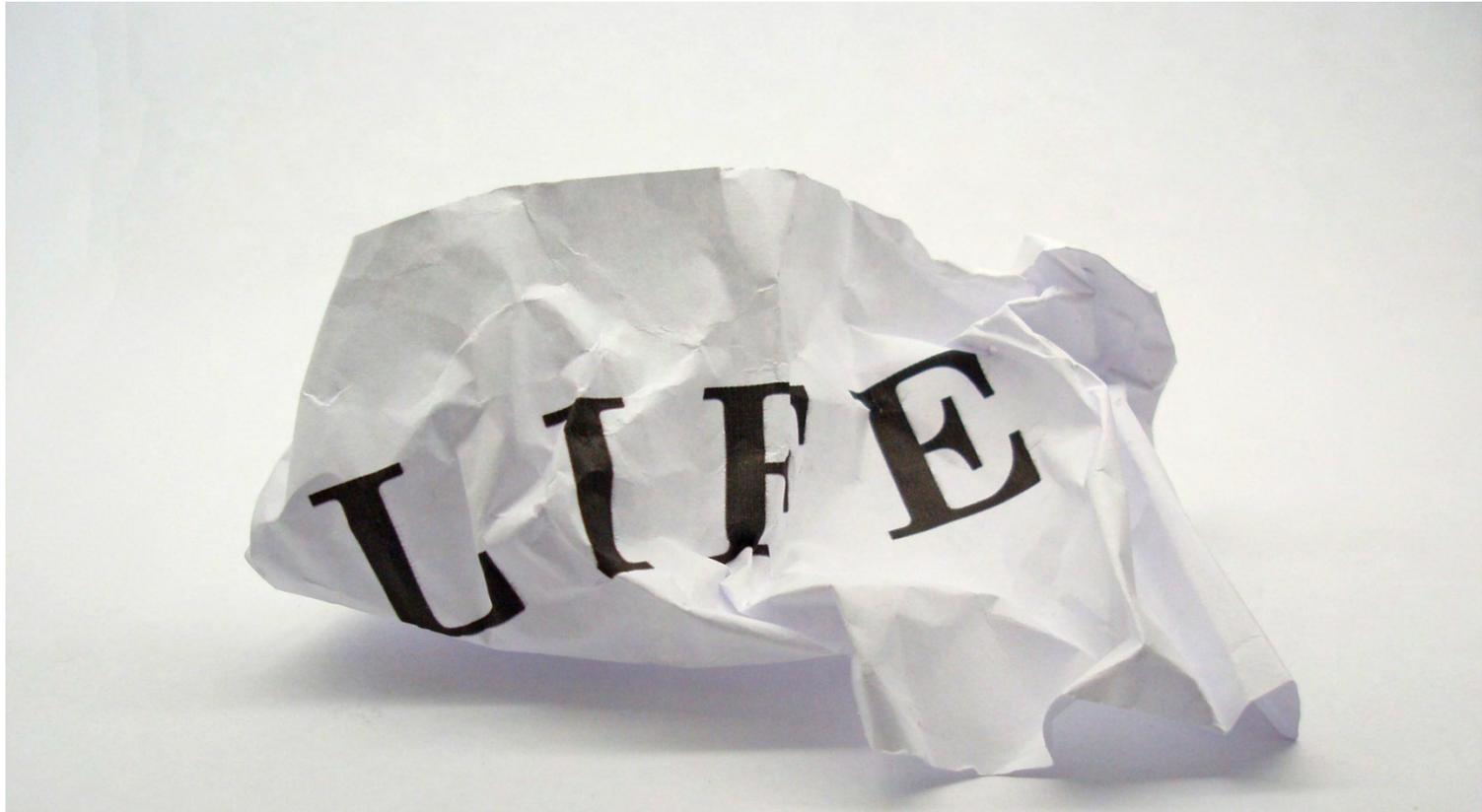


PERCEPTION POWERFULLY IMPACTS STRESS



4 MENTAL/EMOTIONAL FACTORS

- Uncertainty
- Threat
- Novelty
- Loss of Control



The ability to respond to life with flexibility is 'emotional resiliency' and can reduce stress in mind-body health.



FEELINGS AND EMOTIONS



Angry



Happy



Sad



Depressed



Motivated



Scared



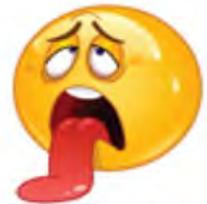
Bored



Anxious



Shocked



Tired



Surprised



Excited



Worried



Hungry



Frightened



Upset



Embarrassed



In love



Nervous



Sick



Hurt



Frustrated



Confused



Shy

A Major Key to Health & Stress-Regulation Empowerment:



**Making Friends with
... FEELINGS**

Case Study 'Cindy'

56 y/o

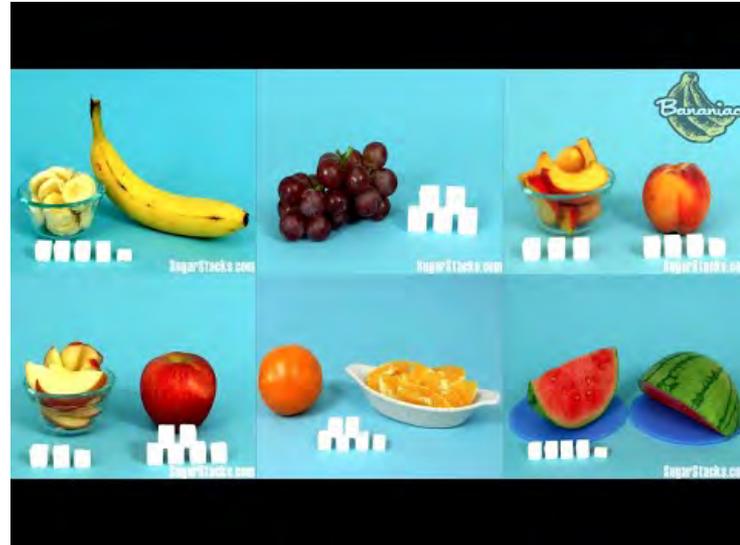
- Presented with **worry and anxiety** and uncontrolled **sugar cravings** – was on a prescription medication to help her control cravings and was still struggling.
- Poor sleep hygiene, waking early, gaining weight – was concerned she was getting a serious '**autoimmune problem**' because of her dry mouth and dryness.
- **Low libido**. The more she worried, the less functional she was becoming, was affecting her relationships.

Case Study Cindy (Con't)

We addressed detox, food plan, nutrient deficiencies, used relevant quality supplements based on personalized testing, sleep protocol, lifestyle coaching.

Results:

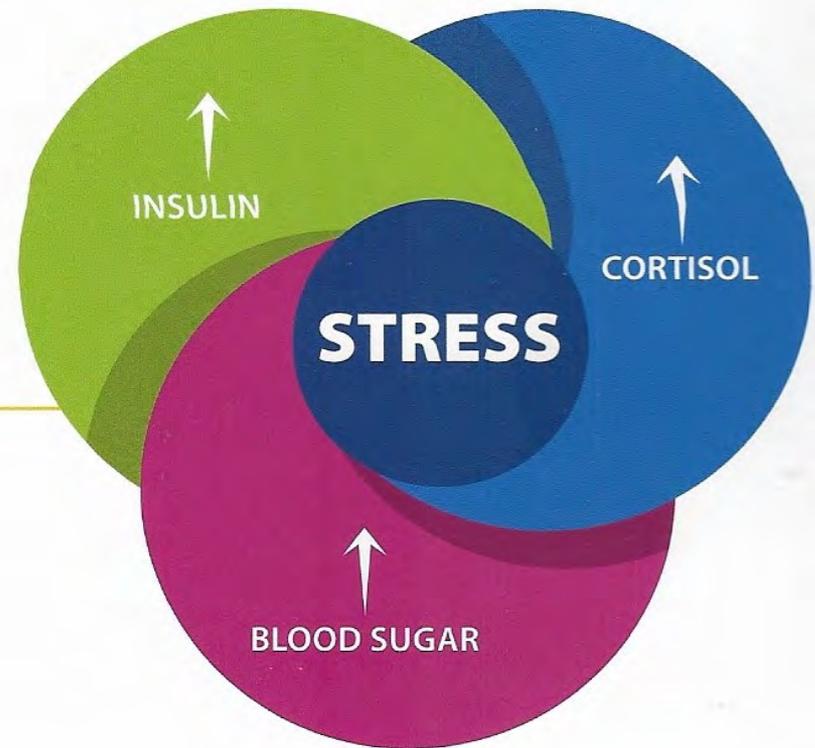
- **Cravings stopped within 2-3 weeks,**
- Vaginal dryness reversed with BHRT
- No longer struggling with anxiety; **peace of mind restored**
- **Weight loss** accelerated as mercury toxicity was addressed
- **Sleeps soundly** throughout the night – very happy with her outcomes
- Continuing food plan and nutrient protocol **to reach ideal weight**



KEY STRESSOR #2

GLUCOSE/SUGAR

In response to low blood sugar, the adrenal glands release cortisol to stimulate glucose production within the cells. Blood sugar rises and the cycle of glycemic stress continues.

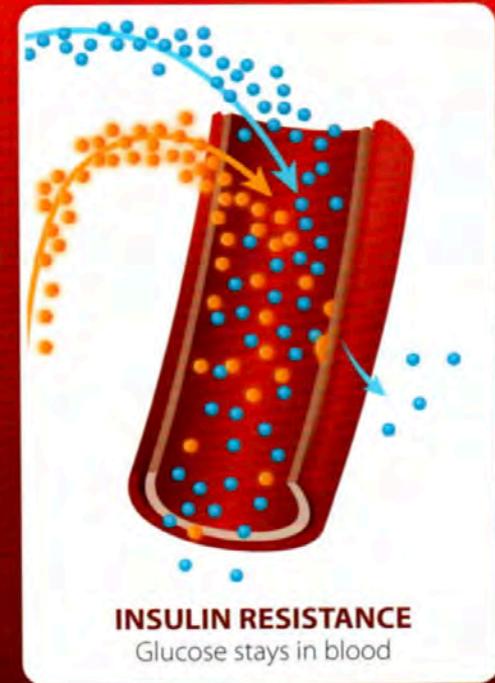
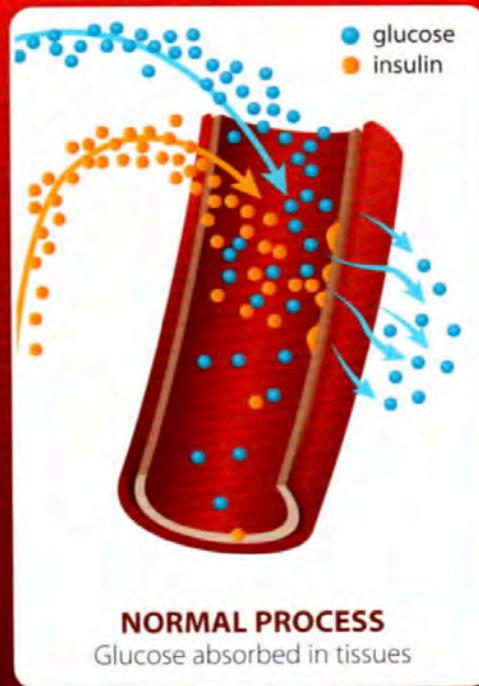


PREDIABETES: Insulin...The Missing Link

What is Insulin Resistance?

Insulin resistance is the condition in which cells fail to respond to the normal actions of insulin by resisting its ability to bind.

This resistance will lead to elevations in blood sugar, inflammation and a disruption in metabolism.



METABOLIC RESET IS NEEDED

Case Study 'Debbie'

66 y/o:

- **Significant weight gain** and could not lose weight though working hard, just kept gaining
- Belly fat developed 'out of nowhere'
- Intermittent **blurry eyesight**, feeling stressed
- **Cravings** were a big problem.

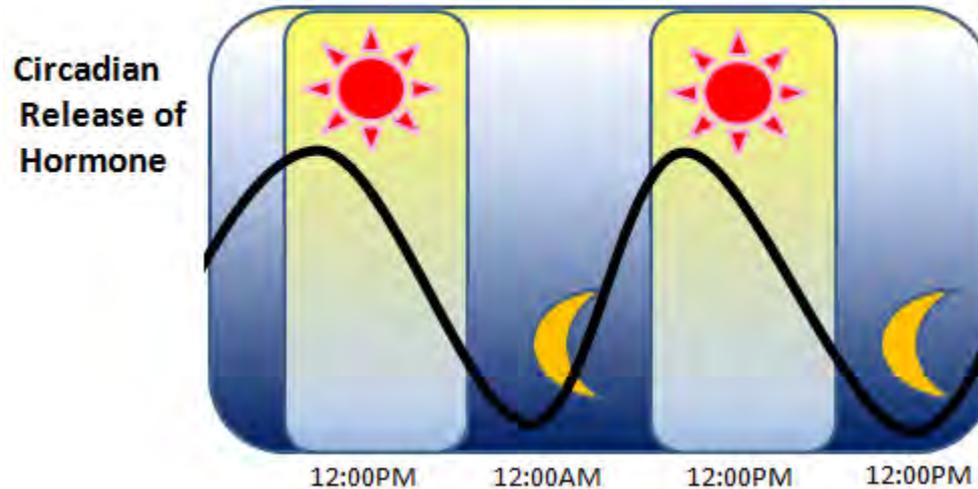
Case Study Debbie (Con't)

Right away determined definite sugar dysregulation with high **insulin levels** (masking high sugar levels) – was affecting eyesight to develop a **cataract** (PSC). Now that labs are coming back – root causes of other digestive issues, toxin imbalances, normalizing prediabetes - starting to address

Results:

- Within 2 weeks of detox/food shift, **lost 3 pounds**
- **Lost cravings**, seeing better (blood sugar) – feeling better
- Will do a proper Keto diet to regulate sugar, fat burning, cravings inflammation, then reassess
- Stress is also affecting thyroid hormone levels addressing adrenal balance/health as well, then address thyroid if needed

Circadian rhythm



KEY STRESSOR #3

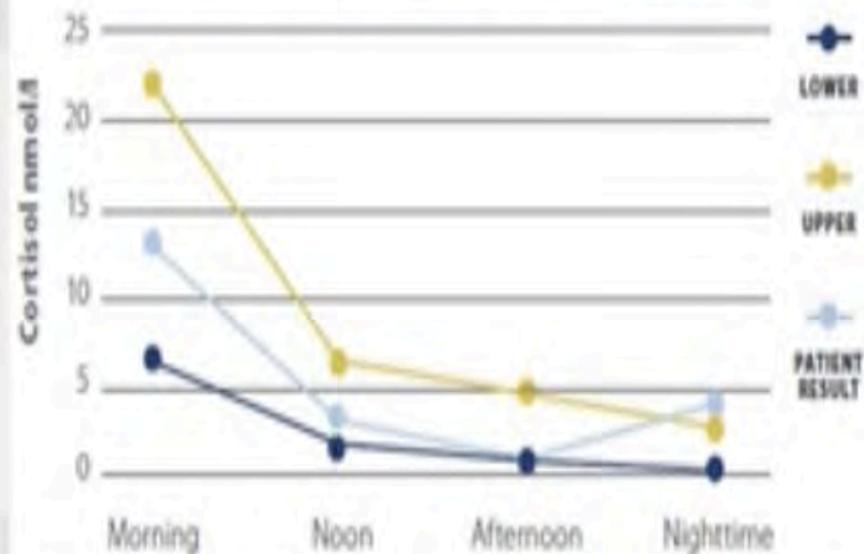
CIRCADIAN RHYTHM

Most Common Causes of Sleep Disruption

1. Elevated Cortisol at Bedtime

- Working late
- High intensity evening exercise
- Evening eating
- Excess blue spectrum light
- Chronic inflammation

HPA Stress Profile for Elevated Bedtime Cortisol Causing Sleep Disruption



Sleep Hygiene

Lifestyle Factors

- Consuming caffeine late in the day
- Exercising later in the evening
- Pets, children, snoring sleep partner
- Room temperatures
- Eating two hours of bed-time
 - Digestion disrupts sleep cycle
- Blue spectrum light stimulates melanopsin
 - Delays sleep cycle two hours

- ✓ 7-9 hours a night
- ✓ Practice relaxation to reduce worry
- ✓ Write down the 'To-do-list'
- ✓ Address medical causes



sleep



3 Bedtime Habits that cause weight gain while you sleep...

- High Evening Cortisol – Late vigorous exercise, disturbs deep sleep
- High Evening Cortisol – Drinking alcohol before bedtime; liver inflammation
- Late night snacking – Cortisol and insulin dysregulation

Case Study – ‘Laura’

52 y/o

- Presented with **high stress and poor sleep** that was disruptive and complaints of ADHD-like behavior, trouble focusing and following through.
- Struggled with **anxiety**.
- **Cold hands and feet**. No h/o thyroid diagnosed.
- Postmenopausal.

Case Study 'Laura' (con't)

Stress test showed excess cortisol in afternoon and evening 'pop up' of cortisol. Sex hormone testing was below menopausal levels. **C/O vaginal and skin dryness**. Personalized adaptogens, food plan and detox helped correct cortisol curve and adrenals. Sleep hygiene protocol – taught relaxation techniques

Results:

- Now sleeping through the night, **anxiety resolved..**
- BHRT therapy to correct sex hormones, **resolved dryness**
- Sleeping well and throughout the night, no trouble falling asleep and **staying asleep**
- Had hypothyroidism – PCP missed-diagnosis. Also had some nutrient deficiencies that aggravate attention deficit, anxiety, and brain fog. Now **feeling warm, energized, focused**



KEY STRESSOR #4

INFLAMMATION

INFLAMMATION

- Inflammation underlies many diseases.
- Inflammation in the body not only manifests as pain and disease, it signals the HPA axis to release cortisol as an attempt to reduce that inflammation.
- If the inflammation persists, a vicious cycle occurs with the stress response system – which is why the root cause needs to be dealt with and NOT simply using pain meds to cover the symptoms.



The source could be HPA/4 Stressors, Gut, as examples

The Right Balance

A person in silhouette stands on a sandy beach, looking out at the ocean. The person is positioned in the center of the frame, with their back to the camera. The ocean is visible in the background, with waves breaking. The sky is clear and blue. The overall scene is peaceful and contemplative.

PHYSICAL
EXERCISE

Case Study – ‘Paula’

45 y/o:

- Complaints of **increasing weight gain/belly fat** even with intensive boot camp exercising several days a week
- Was **losing so much hair** was wearing a hair wig
- Having severe carbohydrate and sugar cravings. Was also struggling with **anxiety and joint pain**

Case Study Paula (con't)

After food re-education and detox was able to **stop the addictive food pattern** of sugar, salt and carbs

Elevated **insulin resistance**/prediabetes – lowered

Results:

- Adrenal dysfunction: Managed stress with adaptogens and food changes, sleep hygiene – **sleeping well**
- **Anxiety reduced**, taught mindset techniques
- Changed to low carb diet/keto, detoxed, lost 7 lb/belly fat
- **Looks fantastic, gained muscle mass, joint pain resolved**, and continues to improve
- **Hair growing** back nicely also

Support Stress Response

○ 4 KEY STRESSORS

1. Mental and Emotional Stress

Jobs, relationships, finances

2. Glycemic Dysregulation

High Carb eating, skipping meals

3. Poor Sleep or Sleep Disruption

Lack of sleep time, difficulty falling/staying asleep

4. Chronic Inflammation

Inflammation: gut/infection/foods/toxins/excess immune response

Reviews



Hi Dr. Ray, I am on week 4 and I am feeling great!

My energy is back and my ability to concentrate has improved as well; I am also sleeping longer hours. I am no longer struggling with anxiety and moodiness. My appetite is under control, and I no longer have to take the prescription medication

I had been taking to control my carbs and sugar cravings. I am also learning a lot of new health information about foods that are healthy and what is not. And, I am just getting started, this is great!

Thank you

G.F.

East Bay Area, California



I am recovering from debilitating fatigue, mood swings, and inflammation...

Dr. Ray is a knowledgeable professional who has helped me recover from adrenal fatigue. I didn't know where to turn for help, but with her skillful guidance I have started to recover and my symptoms have greatly improved. I am recovering from debilitating fatigue, mood swings, and inflammation. She has so much helpful info to share and is a very attentive physician!

Sarah F.

Pleasant Hill, California



Working with Dr. Ray has removed the anxiety of guess work from my process with my health.

I feel better than I have in years. My mind is clear. I was surprised to realize as I'm learning a new language that my memorization and cognition seems to be better than when I was in college many years ago. I have more energy and my hormones have balanced in a remarkable way. My thyroid is finally doing well, and my Hashimoto's is reversing. I'd

thought I was solidly in menopause, but I simply didn't know how much stress I was under and working with

Dr. Ray has changed my relationship to stress and opened my life to more possibility and joy in general. I'm happier, healthier and extremely grateful.

Marv G.

Screenshot
Oakland, CA

Stress Affects Aging

Associated with as much as 95% of Chronic disease

“The idea is to die young as late as possible”

~Ashley Montegu



Restoring the Balance: Stress Hormones and Health

www.ValenciaRay.com

Resources Tab for Free Gifts

- Personalized 1-1
- Group Visits
- Nutrigenomics