

PART 3 OF 6



# STRESS

MAR. 7  
7PM ET

## ***POWHER Hour Questions Follow Up - Stress***

Please note, these are the questions (including spelling) that were left unanswered during the Q&A session for the POWHER Hour Series on Sunday, March 7th. The recording can be seen [here](#).

The answers to these questions are NOT to be deemed as medical advice, and you should consult with your primary care physician and / or medical specialist team to confirm that these answers fit YOUR terrain.

These questions were answered during the live; please listen to the live for the answers.

- 1. Does Fasting create hormone stress like you said about insulin and can it impact sleep?***
- 2. What was the 3rd stress layer pituitary hormone after HPA?***
- 3. What is the reference on fighting and relationship immune effect 7 days?***
- 4. What do you think about tapping for stress & trauma?***
- 5. Would Adenomyosis come from stress?***
- 6. What is ADH?***
- 7. Are you adding himalyan salt to the water?***
- 8. What devices do you use for HRV, sleep tracking? Whoop, oura ring etc?***
- 9. How do you test HRV?***
- 10. What travel sauna is good?***
- 11. Is sauna also good for stress***
- 12. PEMF Therapy- worth buying a machine?***
- 13. Do you do TRE in yoga?***
- 14. How much salt would you put in a 16 Oz glass of water?***
- 15. Recommendations for Infrared Tx?***
- 16. What type of Travel Sauna would you recommend***

**17. Sauna- Is it ok to use it (especially infrared sauna, when one has silicone breast implants?)**

**18. Dr. Nasha what is the name of your travel sauna?**

Below are the other questions that we didn't have a moment to get to:

**19. Q: Where do you find Instagram Videos if you are not an Instagram user?**

A: Here are the links for the IG videos so you should be able to watch them on a computer. [Link 1](#), [Link 2](#), [Link 3](#)

**20. Q: The Salt lamp, do you leave it on all night while you're sleeping? Or do you just have it on before you go to bed?**

A: I leave my salt lamp on outside of my bedroom in other parts of the house as a nightlight should I get up to pee or get water, or as a means of being an airpurifier. I do turn them off in my sleeping space at night as that can definitely impact melatonin production. I keep it on during the day, in the bedroom, however.

**21. Q: Any thoughts on a Sauna blanket?**

A: Ben Greenfield did a great YouTube on how to convert your BioMat to a FIR sauna--- that gets you basically two biohacker tools for the price of one and tends to be more portable and space-friendly for folks: [https://www.youtube.com/watch?v=rVlpYA91a\\_w](https://www.youtube.com/watch?v=rVlpYA91a_w) This works very well---I tried it:) Sauna blankets themselves--would just be mindful of the EMFs, so inquire with the companies and use grounding mats and Greenwave outlet support. We talked about the Relax brand sauna before as well as a portable option.

**22. Q: After a serious diagnosis I find myself with too much to do on a constant basis, making food from scratch, sauna, meditation, research, less energy, work etc. What is your recommendation for how to prioritize, bearing in mind that stress counteracts my efforts.**

A: It wasn't that long ago that the entire world had to grow, hunt, process, can, preserve, prepare, serve and clean up after every. Single. Meal. We have created a world that makes it seem like if it takes longer than 5 minutes to prepare/eat and clean up, that you are burdened. Food should be your foundation. You can't drive a car with bad gas, nor can you operate this amazing body of yours with bad nourishment. If that is simply too much to take on in your life, then there are great delivery services today such as:

[Link 1](#) // [Link 2](#) // Or this one covers a few out there: [Link 3](#)

And depending on YOU and your terrain, your priority may differ from someone else. Food should be the foundation, but next up would depend on you. Perhaps, stress mitigation is your next priority---finding an activity that resets your circadian rhythm, moves your body, feeds your soul, exposes you to nature and sunshine might be your

next priority---feeding a few birds with one seed---so perhaps an early morning or late afternoon/early evening walk/hike.

### **Quotes from the Talk**

*“Between Stimulus and response, there is a space. In that space lies our freedom and our power to choose our response. In our response lies our growth and our happiness.” - Viktor Frank*

### **Products mentioned in this session:**

- Electrolytes: LMNT [LMNT](#)
- Sauna: [Infrared Relax](#), [Relax](#), [ClearLight Sauna](#), [Sunlighten](#)
- HRV: [Oura Ring](#), [Whoop](#)

**We want to hear from you! Please fill out this [survey](#), to let us know if we can improve the Powher Hour experience for you!**

Thank you again for all your questions and time.

We are excited to continue hosting these types of discussions the next following weeks. You can find more information on our instagram ([@powherprogram](#)) or our [website](#). If you have any questions, please feel free to message us there or at [info@powherprogram.org](mailto:info@powherprogram.org).

With gratitude,  
The POWHER team