



RENALDIET HEADQUARTERS PODCAST

CHRONIC KIDNEY DISEASE
& DIETARY INFORMATION

RENALDIETHQ.COM

This is our weekly talk about how you can succeed with a kidney diet, brought to you by RenalDietHQ.com, a website whose mission is to be the most valued resource on kidney disease that people can use to improve their health.

Welcome to the Renal Diet Headquarters podcast, this is podcast number 19, being released on April 30, 2014, and I am your host Mathea Ford.

You will find links and more information about this podcast at www.renaldietHq.com/019. This week we are going to be talking more about stress and chronic kidney disease. We have already talked this month about how to reduce your stress and how to help others with stress but this week we are going to talk about another stress related topic. I will let you know a head of time, this week will probably be short because I don't feel well and I have a scratchy throat, so hopefully I don't cough in your ear. Let's get started.

This week I am going to talk about how improving your outlook improves your stress levels, and then I am going to talk about calories and are all calories created equal and what does that mean, I have been reading up on that a little bit.

#1 Improve yourself. Somewhere along the way to the rest of your life, you realize things are not going as planned. You might suffer from some money problems or realize your marriage is not doing too well, or you have chronic kidney disease so that affects you as well. Some things you know you can work on making better. Like if you are having problems with money, stop spending so much and develop a savings plan. Some of the stress is derived from the inside out. So the anxiety you have about who you are as a person, compared about who you always wanted to be. You have got to take a few steps in the right direction and accept the kind of person you want to be. It will make facing those stress factors a lot easier. When you devote time to making your own self better, many of those things you are stress about now will dissipate.

So you don't need an expensive therapist or any sort of help with that, you just need a little help with analyzing yourself and taking action to become a new you. So this week

it is about taking some action, becoming your best self. The Army is right, you can be all you can be, and of course you don't have to go to boot camp, but look at a way to focus on being the better you. So take a little minute to sit down and daydream on paper. Who do you want to be? This can be done by taking a page of lined notebook paper. Using the right side only, write a description of your ideal self. Don't stop to be critical, or think, I will never do that. Be specific, instead of saying things like, I weigh less, say things like, I would weigh 30lbs less or like I way 150lbs. Rather than I would have a better job, say I am promoted to management or I have excellent control of my chronic kidney disease or my GFR's, I am in stage 3.

When we have listed everything possible on the ideal-self side, turn it to the left side and title it real-self. Again without being critical of yourself, describe who you are today, and be realistic. What is your career, where do you live, what motivates you to keep going every day? Describe yourself physically and emotionally. Then open both sides and compare. With a bold pen or highlighter, draw lines between the items that are similar as if you were playing a matching game. Then look seriously at how far your real-self is from your ideal-self. In some instances, the distance isn't very far. In other cases it is a big stretch. Choose three ideal real comparisons as your self-help priorities. Save the list for later. After completing one transformation you can choose another goal. These priorities become your self-improvement goals. That way you are going in the direction you want to go, like I was talking about last week.

You may be able to learn a new computer skill in a few weeks by attending a class, or losing weight in a few months, it might take more time. The thing is, first you will never get there if you never get started, and second, until you know what direction you want to go, it is really hard to take the first steps to get there.

So the next step is to make a future timeline. Make a timeline as a great way to look back over your life and your career. Start by making a timeline of your personal life or your career life, whichever is most pressing for you know, and whichever causes more stress in your life. One way to really see where you came from is to make a timeline on a poster board and add photos or other graphic images to reflect events. You might be surprised as you recall strengths and abilities that you forgot you had from past experiences. Get another poster board and create a future timeline. This is where you plan the life you want. The life that provides deep satisfaction instead extreme stress. Mark increments on the line for one to five years, then in five year increments. Then go ahead and dream.

If money was not an obstacle what kind of a career would you have in five years? If the funds were magically available for you to return to college or graduate school, what would you study? What degree would you earn? What job would you have? What would you be doing? How would you be helping other people, how would you be helping

yourself or your family? Once you are finished, set up the past timeline on the left and the future timeline on the right. Prop them up where you can see them for a week. As you mull over these timelines, you will find yourself focusing on a few areas over and over. That is your subconscious mind sending you a message, which is 'Hey this is really what you want, go for it'. Save your future timeline and mark of the changes you choose to make in your life. In five years you will probably be where you projected or even beyond that point as long as you focus on being your best self and reaching your goals. You will make progress as long as you think about working on it.

#2

- 1) Improve your body. When you are trying to lessen the stress you feel, it is important for your body to help your mind relax. Our modern lifestyles are so busy and crowded that fitness often takes a back seat to everything else on the daily to do list. We put ourselves last. Whether we are a caregiver or the patient. If nothing else will bolster your goal to exercise, think of it as the best all natural stress reliever, which it is. You may be use to working 40 hours plus overtime, then rushing home to cook dinner, and if you have children driving them to sports and activities or going to doctors' appointments. A ten minute uninterrupted shower may be the only relaxing time you get in a day before falling exhausted into bed at night. Take an honest look at your fitness. Most gyms are glad to give you a free week or month to try it out. During that trial period, ask for fitness evaluation. Are you winded after 10 minutes on the treadmill? Did the calipers measure more body fat then you realized? Are you stretched to the limit with work but unable to do muscle relaxing stretches?

Another fast track to fitness is to hire a personal trainer for a series of personal workouts. Once you learn which exercises are right for your fitness goals and practice the right way to do those exercises, you can work out on your own. That is what I have done in the past. I have hired a personal trainer either at the gym or another place, they go through with you 5, 6, 7 workouts and help you exercise and get the weights done and the aerobic training and show you that you are making progress, then you are fine without them, you know what you need to do to make progress. As long as you have learned a little from that and you have been persistent.

If you need someone to hold you accountable, it may be a nice idea to pay that continually to the fitness trainer, but if you can hold yourself accountable then you can probably do it without one.

- 2) Curb your harmful habits. If you think that going outside to smoke or chugging cans of highly caffeinated beverages are ways to deal with stress, you are fooling yourself. These are likely to create more health problems, even the diet sodas.

Take an honest look at the ways you cope with stress. Smoking, drinking, caffeine, food binges, those are all wreck less choices with long-term health consequences. You know now that you need to start making the right choices, especially if you have chronic kidney disease. You are setting out to reach new goals and dreams and you need to be in prime health to enjoy these positive life choice. You have got to do what you can to help your body get in the right shape.

Start with learning what you can about your harmful coping method, knowledge is power. While researching you might look for local support groups. If you can't find one, join one online. For some complex issues, self-help begins when you admit you need help and seek others who support your changes. Another important way to avoid negative coping methods is to nourish and train your body for optimal health. Get enough sleep at night. You need at least 7-9 hours of sleep, especially if you have a physically or mentally demanding job. Turn off the TV, don't instant message or play online games to relax, it just keeps you hyped up. Your body needs that period of calm before bedtime to prepare for a deep sleep. Falling asleep with the TV running in the background, which I use to do all the time, is not the right preparation for quality sleep.

Be careful not to overcommit and stretch yourself to thin. You are not the only person who can do it. I know that is shocking some people right now. This will only add more stress if you fail to meet your goals. Learn to just say no, consider this your declaration of independence, you have a right to have quite time, you have a right to relax at home; you have a right to socialize with friends and not answer those text messages. Take your life back. **YOUR HEALTH IS IMPORTANT.**

#3

- 1) Mental outlook. Your most physically fit body goes nowhere if you mental outlook is bad. You have to believe in yourself to turn your goals into reality. Even positive people are hit with difficulties that are hard to manage. This is when you need self-help stress busting approaches to bolster your mood. First of all, during the winter months, which we are getting ready to come out of, there is the absence of light, which causes the seasonal affective disorder. So you may want to check and see if you can get some lamps with some sunlight bulbs, go outside at lunch, even if it is cold go get some sunshine, open your window in your office. Plan outdoor activities on the weekend, do those sorts of things.
- 2) Face your fears. If it scares you to do certain things or have certain events, acknowledge that. Pay attention to what might make your hands clammy and

make your heart race. Are you afraid to ride elevators to high floors, so you didn't take that great job on a higher floor? You might want to see about doing something to address that issue. You can work with a therapist, talk to a friend about it. If you are scared to speak in front of groups but you have something important that you would love to talk about, work on it a little at a time. Go to a toast masters group. Write a detailed description of the thing that is causing you undue stress because, you have planned out your perfect life, and maybe that perfect job is on the 25th floor but you have stress about it because you don't want to ride the elevator every day. Maybe that is something that is going to hold you back mentally and you don't even realize it. Keep doing what you can to push yourself to go further.

All these changed are coming from the inside and I read a great article today from the October 2013 Good House Keeping about new anchor that one day got tired of being overweight and realized she just needed to make daily choices. That there is not magic pill or no magic thing to get her there. She just realized she needed to stop eating the way she was eating and she needed to take better care of herself. In her case it would have meant her job if she didn't, but she did what she needed to do. It is funny because there is that moment of choice. If you are in stress and you don't realize this stress is causing you problems and heartaches, it will never get any better until you acknowledge it. It is about you and taking control back of your life. Doing your menus properly, doing your physical activity that you can do, and mentally overcoming those blocks. If you say to yourself that you are never going to get better, this will never get better, I hate having kidney disease, then you are probably right, you will always hate having kidney disease, but if you say to yourself, I have kidney disease but it does not have me, I can do something about this, then you are the one that is going to do something different. You may still have kidney disease but it won't define who you are.

The other thing I wanted to talk about was calories. I wanted to just talk about overall calories verses empty calories and nutrient dense calories. I hear all the time, and in the future I am going to do a podcast about, the renal diet is not a healthy diet for everyone. That is what I hear all the time from people, but I want you to start thinking about taking control of your caloric intake by eating nutrient dense foods versus empty calories. I am just as guilty of it. Nutrient dense foods provide you with vitamins, minerals and fiber in addition to energy. So they are things like vegetable, broccoli, carrots, those sorts of things that help you to have fiber, they have calories but they also give you vitamins and minerals. Those things like a chocolate bar, which doesn't even

last that long, they are eaten so quickly, you probably can't even remember eating them, yet all you got was sugar and fat from it.

I just want to remind you that those are the choices you make every day, and you have to decide that you are not going to choose the simple sugars today; I am going to choose the higher quality foods that are important to my renal diet, my diabetes, and my heart disease. Eat less saturated fat; eat more poly unsaturated fats and mono unsaturated fats. It is important to look at where the food is coming from, as fresh and raw as possible, not as much high fructose corn syrup, not as processed. You can do this; you can make the changes that you need to make. Just pay attention to the fact that a calorie is a calorie but it is not the same, it makes a difference to your body when you eat it. So eating those higher quality calories, like vegetables and meat and your whole foods really makes a difference versus a candy bar. A candy bar isn't very filling, no matter what you say (Ha!).

That is enough for today, I apologize if I sound a little rough, but my voice is about to go out on me. Hopefully I will feel better next week. I look forward to talking to you next week. Remember you can find everything we talked about at www.renaldietHq.com/019 Thank you!

You've been listening to the Renal Diet Headquarters podcast. Head on over to the website at www.RenalDietHQ.com/go/email to sign up for our email list and get exciting updates every week about what is happening. Thanks and we will talk to you again next week!!