

## **HEALTH 3.**

### **STRESS – YEH LET’S TALK ABOUT STRESS.**

“STRESS IS THE NON SPECIFIC REACTION OF THE BODY TO ANY DEMAND PLACED UPON IT.”

“STRESS IS CUMULATIVE, ONE STRESSOR ADDING TO ANOTHER UNTIL THE BODY GOES FROM STRESS TO DISTRESS & EASE TO DISEASE.”  
SO IT STANDS TO REASON THAT IF STRESS NEEDS TO ACCUMULATE BEFORE IT HAS ANY EFFECT, THEN PREVENTING OR REVERSING THIS ACCUMULATION WILL HALT OR REVERSE THE CONDITION.

Anything can cause Stress to the body: -

#### **PHYSICAL**

- Poor Body Structure
- Unbalanced bite
- Cranial distortion patterns
- Spinal misalignment
- Pelvic rotations
- Leg length discrepancies
- Foot problems

#### **CHEMICAL**

- Empty nutrition
- Food sensitivity
- Food additives
- Toxic personal care products
- Toxic bathroom products
- Drugs
- Sprays & pesticides
- Pollutants

## EMOTIONAL

- ALL EMOTIONS CAN BE STRESSORS & OF COURSE ALSO EXTREMELY USEFUL.
- LAUGHTER IS GOOD, DEPRESSION NOT SO GOOD.
- IF YOU FEEL GOOD – THIS EMOTION IS EMPOWERING.
- IF YOU HAVE SELF HATE – DESPAIR IS FUELED & IS A STRESS TO THE BODY.

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## HOW ABOUT A LIST OF STRESSORS.

- POOR DIET
- POOR BODY POSTURE
- POOR BODY STRUCTURE
- FINANCIAL PRESSURE
- FAMILY PRESSURE
- PEER GROUP PRESSURE
- EDUCATION
- SCHOOL OR WORK

- EMOTIONAL PRESSURE FROM SELF & OTHERS
- TRAUMA – FROM INJURY
- TOXINS
- EXISTING DISEASE

### WHAT ARE THE EFFECTS OF STRESS?

- HEADACHES NECK & BACK PAIN
- ACHING LIMBS CHRONICALLY TIRED
- UPSET STOMACH CONSTIPATION
- HEARTBURN NAUSEA
- SKIN RASHES SORE, TIRED EYES
- SINUSITIS GYNAECOLOGICAL PROBLEMS
- INCREASED NERVOUS TENSION RESTLESS SLEEP
- COLD HANDS & FEET DEPRESSION
- EASILY IRRITATED DISLIKE OF LOUD NOISE
- WORRYING OBESITY
- WEIGHT LOSS HEART ATTACK
- STROKE STOMACH ULCERS
- CANCER

*Q - WHAT IS THE CAUSE OF STRESS?*

*A- ANY DEMAND PLACED UPON THE BODY. SO WE MAY NEED A TEAM TO SOLVE SOME OF THESE PROBLEMS*

DOCTORS, DENTISTS, NATUROPATHS, KINESIOLOGISTS, CHIROPRACTORS, DIETICIAN, & OF COURSE A NUTRITIONAL DISTRIBUTOR.

EVERYONE IS DIFFERENT WITH A DIFFERENT PROBLEM – RECOGNISING THE PROBLEM IS THE STEP TO THE SOLUTION. YOU HAVE TO FIND YOUR SOLUTION.

A LITTLE QUIET TIME TO PONDER, TO THINK, (PERCHANCE TO DREAM) WILL SOLVE A LOT OF PROBLEMS. IDENTIFICATION IS THE KEY TO TREATMENT. TREAT WHAT YOU CAN TREAT & THEN ALLOW THE BODY & THE MIND TO DO THE REST.

WHEN IT COMES TO CONSISTENT HEALTH – WE NEED TO TAKE CONTROL.

THIS REQUIRES KNOWLEDGE & THE TEAM WHO CAN DIRECT US ON THE ROAD TO HEALTH & RELIEF FROM STRESS.

HOWEVER COMPLETE FREEDOM FROM STRESS IS DEATH – SO CHECK YOUR PULSE.

***SO STRESS IS GOOD NEWS BAD NEWS – WE NEED IT BUT IT MUST BE IN BALANCE.***