

Stress...What Stress?

A holistic perspective on modern stressors

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Types of Stress

1. Eustress 2. Nuestress 3. Distress

1. Good kind ~ motivating and inspiring
2. Nuetral kind ~ hearing of bad news at a distance
3. Negative kind ~ acute and chronic

Stressors

1. Situations 2. Circumstances 3. Stimuli

1. Psychointrapersonal Influences ~ perceived self vs. outside view
2. Social Influences ~ life events, changes and readjustment
3. Technostress - Information overload (perhaps an addiction for some)

**AWARDED INVENTION AND RECOGNIZED IN 3 DIFFERENT INTERNATIONAL
FAIRS OF INVENTIONS AND INNOVATIONS :**



Silver Medal for the invention
at the World Exhibition of
Innovation and New Technolo-
gies in Brussels



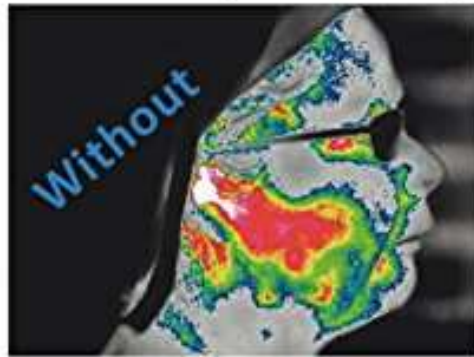
Silver Medal for Technology at
the International Exhibition of
Inventions in Geneva



Gold Medal for Technology at
the Paris Concours Lépine

**Do you know that your Cell Phone
makes your brain "warm up" by 2°C to 3°C?**

(French scientific journal: Science & Vie #949)



Without patch +3.3°C




With Ondeom patch +0.7°C

Photos taken by an infrared thermal camera of a person having an initial temperature of 37.2°C.
Here are the results measured after 5 min of communication with the mobile phone;
Without Ondeom and With Ondeom...

Please visit: protectmyphones.com



**How does stress affect
your daily routine?**

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- Personal/Work relationships
 - Headache/Migraine
 - Digestive issues
 - Undue physical tension causes minor injuries such as a backache or pulled muscles

Physiology of Stress

- The immune system is affected by stress, but the two systems below trigger physical effects to occur
- Nervous System
- Endocrine System
Series of glands throughout the body

Nervous System

- Central Nervous System
~ brain and spine
- Peripheral Nervous System
~ nerves leading to the extremities
- Autonomic Nervous System
~ involuntary functions (digestion, etc.)

Endocrine System

- ~ Glands release hormones that are transported through the blood stream
- ~ The thyroid and adrenals are most impacted through stress
- ~ High Cortisol levels wreak havoc on the body

CORTISOL

Cortisol is a steroid hormone. It is produced in humans in the adrenal cortex within the adrenal gland. It is released in response to stress and low blood glucose concentration.

Higher and more prolonged levels of circulating cortisol (like those associated with chronic stress) have been shown to have negative effects, such as:

- Impaired cognitive performance
- Dampened thyroid function
- Blood sugar imbalances, such as hyperglycemia
- Decreased bone density
- Sleep disruption
- Decreased muscle mass
- Elevated blood pressure
- Lowered immune function
- Slow wound healing
- Increased abdominal fat

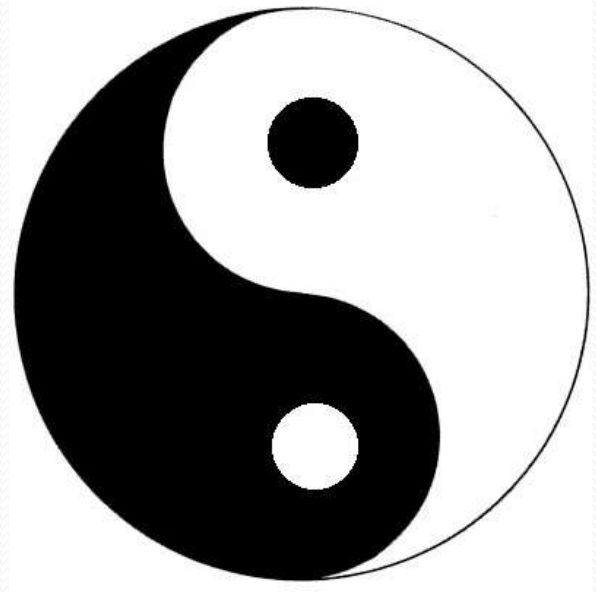
Coping Strategies

1. Positive emotional regulation - responding, not reacting
2. Increased awareness - Clear focus for a full perspective
3. Information processing - changing and manipulating sensory input to deactivate the stressor before physical damage occurs
4. Peaceful resolution - A goal for moving on and gaining healthy state of mind body and spirit

THEREFORE...

- Recognize the stressor
- Accept it as part of your life path and what lessons we may gain from it
- Lastly, persevere with insight and inner strength

- Remove negative and harmful aspects out of your life
- Find ways to include grace and gratitude into every day
- Here are some holistic examples to bring to your attention and inspire your own research to see which best fits your life and goals



Techniques and Free Resources

- Tai Chi, Qi Gong, Meditation (classes, DVD, Youtube)
- Music and Sound Healing (classes, Youtube)
- EFT (emotional freedom technique) - Youtube
- Donna Eden Energy Techniques (book, Youtube)
- Aromatherapy (may be purchased online, health food stores and GNC))

Nutrition and Nutraceuticals

- Non-GMO (watch packaging)
- Flouride Free Water (distilled, shower filter, propure filter)
- If possible, organic, local
- Alkaline rich foods (veggies, fruits, sprouts, seeds and herbal teas)

***NOT A REPLACEMENT , ADD MORE INTO MEALS AND SNACKS**

- Neutraceuticals – Herbal based, all natural instead of chemically processed supplements

A photograph of three white lotus flowers in a dark pool of water. The flowers are illuminated from above, creating a strong contrast with the dark background. The petals are delicate and layered, with some showing a slight yellowish tint. The central flower is in full bloom, while the two flanking it are slightly less open. The water surface is dark and still, reflecting the light on the flowers.

Thank You

To Your Health and Harmony