

Stress – Special Report #10

Stress CAN Kill You!

...What Your Doctor Doesn't Tell You!

The Institute Of Nutritional Science

www.HealthyInformation.com

1-888-454-8464

1-858-217-2427

AskTheDoc@HealthyInformation.com

This Special Report does not intend to diagnose disease, nor to provide specific medical advice. Its intention is solely to inform and to educate. The author intends that readers will use the information presented in this report in cooperation with the advice of a qualified health professional trained in such field.

© Copyright 2004 - K. Steven Whiting, Ph.D.

Dr. K. Steven Whiting – Biography



Dr. K. Steven Whiting

Dr. Whiting is an Orthomolecular Nutritionist. His degrees include a Masters in Psychology as well as a Doctorate in Biochemistry earned at International Universities.

Three decades of personal, practical experience in the field of human nutrition have earned him an international reputation, not only in the understanding of the human body and the profound effect that nutrition plays in protecting and preserving the body, but also in the outstanding results that he has consistently achieved while working with clients and patients on a global scale.

His commitment and dedication within the nutrition field has led him to extensive research into such chronic conditions as Heart Disease, Arthritis, Diabetes, Osteoporosis and Prostrate problems to name but a few. The result of this research has been pivotal in the development of nutritional protocols for the prevention, management and reversal of these conditions.

Studies he has conducted have led to a totally new system of weight management, based on '*Body Typing*', wherein HOW a persons body handles food is evaluated BEFORE they are put on a weight management program that's customized for them.

More recently, he has focused his attention on the human immune system. His subsequent research into deep viral infections has led to the use of oxygen therapy as well as other potent, all-natural immune boosters for the management of immune-compromised conditions.

Further, his work with AIDS and cancer patients, using meditation, biofeedback and visualization has received worldwide attention.

Dr. Whiting has served both as Consultant and Staff member to many of the leading alternative and complimentary hospitals in Europe and Latin America, where he has had the opportunity of applying his concepts to those individuals who were in most need.

This has resulted in the development of nutritional support protocols for a variety of chronic health challenges.

Through his international affiliations, he remains current on the very latest progressive applications of nutrition for a wide variety of chronic degenerative disorders, for which orthodox medicine has offered little hope.

In 1991, Dr. Whiting founded *The Institute Of Nutritional Science*, an international organization, with offices in London, England, Den Haag, The Netherlands and San Diego, California. The purpose of The Institute is to gather information and conduct research on how natural supplements can prevent, manage or reverse disease conditions.

The Institute publishes *The Journal*, available by subscription, to disperse nutritional information, relevant to disease, in an easy to understand, user-friendly fashion.

As an author, Dr. Whiting has published a series of Self Help booklets and reports on nutrition and its role in preventing, managing and reversing disease. A text- book, entitled *Gaining and Maintaining Total Health*, and *Self Health –Your Complete Guide To Optimal Wellness*, which rapidly became a best seller after its first publication in 1996. His most recent book *You Can Be ...Well At Any Age : Your Definitive Guide To Vibrant Health and Longevity*, is the most comprehensive work of it's kind, containing over 250 protocols for a wide spectrum of human health challenges

Author, Lecturer, Teacher, Product Formulator and Consultant, Dr. Whiting is dedicated to helping others in helping themselves toward a more healthful existence, through a better understanding of the nutritional needs of the body. He is the exclusive formulator of all the nutritional products for Curves Fitness Centers, the largest business of its kind in the world.

He is committed to empowering individuals with the very latest nutritional information, safe in the knowledge that this will serve to enhance both the quality and the quantity of life for everyone in the years ahead.

Stress CAN Kill You!

....What Your Doctor Doesn't Tell You!

Introduction

Stress! We take it so much for granted that it has become the brunt of many jokes. Our society actually encourages the handling of more and more stress, giving recognition to those who seem to handle more than others.

But is this something that should be rewarded? Every day, stress contributes to the deaths of hundreds of thousands of people, while robbing millions of others of the quality of their lives.

Many of us see stress as unavoidable, which is true. In fact, many forms of stress are actually good for us. Sadly, many see stress as unmanageable, which it is not. Still, others think they are managing their stress effectively and are not. These last two groups, especially the very last one, are in the greatest danger of suffering serious health complications or even death from their unmanaged stress.

This Special Report will teach you what stress is, why you cannot eliminate it, and most importantly, how to manage it effectively. For that management, we will be using a variety of approaches. Firstly, diet and dietary supplements.

When we are under stress, our bodies consume a tremendous amount of certain specific nutrients. When we replace them, we can prevent much of the damage caused by excess stress. Secondly, we will look at stress management techniques, which have been proven to work effectively for thousands of people. These methods include relaxation techniques, focusing and letting go of problems that no longer affect us.

One of the most debilitating side effects of unmanaged stress is the inability to think clearly. Once you learn to manage your stressors more effectively, you will find this section of the Special Report on supplements most helpful, for there are actual nutrients, which can increase brain function and short term memory effectively and safely.

As we march forward into this new millennium, we carry much of the old baggage from the last century with us. Opinions create emotions, which produce stress for everyone involved.

If most of us had even a hint as to how much damage these emotions have upon our health and well being, we would have given them up a long time ago - or would we?

For those who are ready to begin the road back to good health or for those who wish to keep the health that they presently have, this report can help. You cannot hope to enjoy optimal health without managing the stress in your life. This program is effective, rewarding and yes, even fun!

Identifying Stress

The modern lifestyle produces many different forms of stress. Some of these are much more detrimental to our overall health and well being than others. Identifying and being able to recognize the sources of stress in your life is essential in the management process.

Remember, we are not going to be discussing the elimination of all stress from your life. This is impossible. The frustration of trying will cause you more stress than learning to live with what you have. The key word in this whole report will be management.

External Stress.

These are stresses that come from the outside world and are usually put upon us by circumstance or other people. Examples of this type of stress would include: stress from the job, excess family commitments, financial strain and so forth. While some of these can be reduced or eliminated, many cannot. It is the stress that we cannot get rid of that we must learn to manage.

Internal Stress.

At least half of all of our total stress load comes from self-created internal stress. This stress is usually a product of our opinions, generated about things over which we have little or no control. Most often, these issues do not directly concern us. Yet, we choose to create emotions, destructive emotions, about them internally. Since this source of stress is almost exclusively self-made, we can learn to eliminate much of it through proper discipline and refocusing of our attentions.

It is important to control and eliminate this internal stress, because by doing so, we cut the total stress load upon our Nervous System by as much as half. Further, this reduction in stress frees up our Adrenal Glands to play their vital role in our immune function.

Not ALL Stress is bad

There are some forms of stress that are actually good for the body. Exercise is a classic example of physical stress that helps make the body stronger. In fact there are many stimuli in life that help us perform better by strengthening our potential faculties.

There is a vast difference however, in the way this stimulation affects us compared with the stress of a bankruptcy, a devastating illness or some other tragedy. It is important to understand how stress changes the body chemistry. We must realize that stress, over a prolonged duration, creates what we call disease. In fact, virtually all Chronic Degenerative Diseases have their origins in stress; physical stress from lack of nutrients and emotional stress from an exhausted adrenal system.

The Stress Cycle

Let's create a mental picture for a moment.

Imagine that you are leaving the movie theater after seeing the late show. It's dark and you had to park your car some blocks away. As you walk farther and farther from the lights and action of the theater, the street becomes darker and you find yourself alone. Suddenly, you are aware of footsteps behind you. They get louder and louder, closer and closer. You want to turn around yet you do not dare. Instead mental images run through your mind: robbery, assault, physical injury, hospital, death... as you almost run toward your car, still another block away.

If we were to examine the physical changes in your body we might note the following:

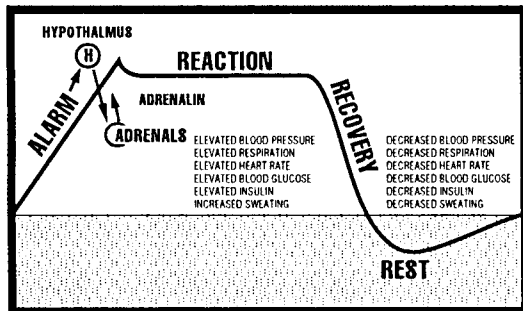
1. Increased heavy breathing
2. Increased blood pressure
3. Increased heart rate
4. Cold sweat over body
5. Loss of color (Pallor)
6. Muscle tension
7. Blood rush to the head

8. Increased sense perception of sight and hearing These are all symptoms created by the Adrenal Glands when they release Adrenaline, the 'fight or flight' hormone.

These are the symptoms of the beginning of a stress cycle. The body is preparing itself for a crisis. Either it will have to defend itself or in the presence of high odds, try to run to safety.

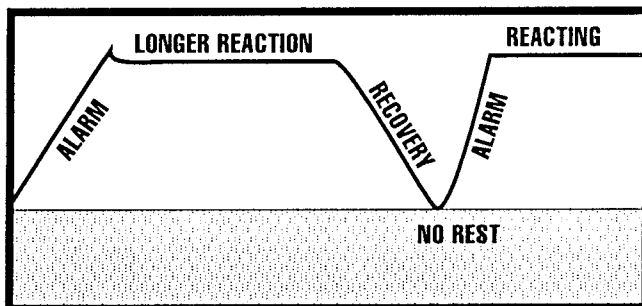
If we do turn around and look behind us, as in the example above, we would likely find that we were in no danger at all. Once reasoning takes over, the body begins to relax and accepts the signal that there is no danger. This is called the recovery phase of the stress cycle.

Under normal circumstances, this is a safe and valuable response, which the body accepts and knows how to handle. The following graph shows the stress cycle in a healthy person.



The normal stress cycle is part of life and our physical make up can handle this with no harm whatsoever to the body.

The uncontrolled stress cycle looks a bit different, however, and the affects upon the body are also much different, in fact devastating. Let's look at a graph of uncontrolled stress.



You can see by this illustration that the reaction phase is much longer, showing us that the Adrenal Glands are becoming exhausted. Also, the recovery time is much shorter before another alarm is sounded, causing yet another reaction and that repeats the cycle all over again.

Repeated alarm and reaction responses, with little or no rest in between, causes the Adrenal Glands to deplete their store of adrenaline. This deficit makes the Adrenals work harder and harder to meet the demand, eventually resulting in those organs becoming completely drained.

Once this occurs, adrenaline is then released in the absence of a stimuli or stressor, and we experience a stress cycle of prolonged duration with no apparent cause. This is called an *anxiety attack*. It is estimated that some 30 million people suffer from anxiety at any given time. The condition affects people of all ages, races, and states of health.

As the Adrenals become further and further exhausted, our response to even the slightest stress is often extreme, resulting in emotional outbursts, taking sometimes hours or even days to recover from.

Additional side effects to this hyper-stress condition include extreme fatigue, loss of blood sugar, confused thinking and eventual mood swings or depression. Serious changes are also occurring internally when prolonged unmanaged stress is allowed to control our body chemistry:

1. The Adrenal cortex becomes enlarged due to over production of adrenaline.
2. The thymus, spleen and lymph nodes, all immune related sites, tend to shrink and even atrophy due to excess Adrenaline and central nervous system over stimulation.
3. Bleeding ulcers in the stomach, intestines, colon, and bowel can develop due to an imbalance in digestive pH.
4. Digestion, and hence nutrient absorption, is impaired due to a shutdown of Hydrochloric Acid production in the stomach.

At this point, the body often finds itself in a downward spiral, completely out of control. As more and more Adrenaline is poured into the body, the Digestive, Immune and Central Nervous Systems all collapse. This opens the door to such advanced conditions as increased disease due to a defeated Immune System as well as mental illness as the Central Nervous System collapses, interrupting and altering delicate brain chemistry.

Other Changes In Body Chemistry

While this stress cycle is running out of control, other areas of body chemistry are also breaking down. Adrenaline is a very important blood sugar regulating hormone. Serious changes in blood sugar levels occur when we have an enlarged Adrenal cortex. When blood sugar levels fall in the presence of stress, Adrenaline is required to convert Glycogen back to Glucose to fill the need. When there is not enough Adrenaline, we have a temporary Hypoglycemic situation.

This accounts for the shakiness and weakness often experienced just after a stress cycle crisis. As the Adrenal Glands become more and more exhausted, blood sugar levels continue to spiral out of control.

How Did We Get In This Mess?

Society, and the demands it places upon us, accounts for about half of all the stress in our lives. The remainder comes from internal, self-generated stress, which is a product of our own emotions.

Let's face it, we are all scared! We're afraid for our jobs, of accidents, loss of money, retirement, crime, the polluted environment, newness and change. These, and many other fears, drive our Adrenaline level up and keep our central nervous system in a heightened state of activity. When stressful situations come our way, we cannot cope nearly as effectively as if we had been more secure.

Managing stress must be a multi-faceted approach. Through diet, dietary supplements, and relaxation techniques, we can learn to eliminate unnecessary stress and manage, much more effectively, what remains.

Getting The Upper Hand On Stress

The first weapon against excess stress has to be diet. As we have shown earlier, there is a direct tie-in between the Adrenal response and blood sugar levels. For this reason, following a diet that does not cause a rapid rise and fall of blood sugar can be most helpful.

*(If you are Hypoglycemic or Diabetic, these guidelines may not be strict enough for you. In such cases please refer to the Special Report # 3 entitled **How To Naturally Control Diabetes & Hypoglycemia**)*

It is important to choose carbohydrate foods that have, what food scientists call, a *Low Glycemic Index*. These foods include whole grains as opposed to refined and fresh vegetables & fruits. As a basic rule of thumb, if it's white, (like potatoes, white rice, white breads etc.) don't eat it!

Eating highly refined carbohydrates, including sugars, rapidly raises the blood sugar, causing an increase in insulin release, which depresses blood glucose. This creates a demand for more Adrenaline to raise it back up to normal again. By following this cycle, you create more and more stress for the adrenals, creating more problems.

If you are a stressful person, it is important to understand the negative effect that caffeine and cigarettes have upon your condition.

Coffee, usually with added sugar, is a national addiction, with everyone from children & teenagers to adults and seniors partaking regularly. The caffeine in coffee and cola drinks raises blood sugar, causing the above cycle to begin again.

Cigarettes cause blood sugar to rise. In fact one cigarette has the same effect on your blood sugar as one tablespoon of sugar. The Adrenal Glands react to the presence of nicotine and through the consumption of Vitamin C, raise blood sugar again.

Dietary Supplement

The only group of people left in the world that truly believes that we get all the nutrients we need from our food is the American Dietetic Association. Through their constipated hold on the media and our medical doctors, they have been trying to brainwash the public into believing that our food is healthy and provides everything that our bodies need. This in spite of over 4,000 clinical studies spanning the past 20 years to the contrary!

The good news is that the public is waking up to the fact that they have been given a line of lies when it comes to food and nutrition.

During the stress cycle, our body's demand for nutrients rises considerably. Under stress certain specific nutrients, like the B-Complex Vitamins, are in the greatest demand, oftentimes in excess of 1000 times more than under normal conditions. If we do not meet this temporary nutritional need, a deficit is created that can take a long time to replace.

It can readily be seen that if stress is out of our control and the stress cycle is repeating several times a day, our nutrient deficiencies can potentially be enormous. The following nutrients should be considered in the amounts indicated during periods of prolonged stress. By providing them throughout the stress period, we can assist the body in re-balancing itself much quicker once the stress has subsided.

Note: Since the following recommendations are specifically for stress and do not represent all the nutrients we need on a daily basis, these recommendations are made with the understanding that they be taken ***in addition*** to a product providing the Full Spectrum of nutrition.

Nutrients for Stress Support

Vitamin C.....	1000 mg
Vitamin B-1.....	50 mg
Vitamin B-2.....	50 mg
Vitamin B-6.....	50 mg
Vitamin B-1.....	2500 mcg
Pantothenic Acid.....	1200 mg
Calcium	400 mg
Magnesium.....	100 mg
Adrenal Extract	200 mg
Valerian Root Extract.....	200 mg

Under extreme temporary stress conditions, or if you suffer from anxiety, you should double the above doses. You can stay at that level of supplementation for four to eight weeks if needed. Additional nutrient support for anxiety or severe prolonged stress follows.

Anxiety Support

Vitamin B-6.....	200 mg
Potassium.....	1000 mg
Vitamin B-12	500 mcg
(every four hours)	
Valerian Root.....	500 mg
St. John's Wart	200 mg

If stress is prolonged and fluctuating blood sugar is involved, the following protocol will greatly assist the body in temporarily regulating blood sugar. This formula will not only assist and support the Pancreas and insulin levels but also the Adrenal Glands and Adrenaline production.

Controlling Blood Sugar

Aspartic Acid	3,000 mg
Chromium	500 mcg
Vanadium	3,000 mcg
Bilberry Extract	100 mg

Still another frequent problem for those under excessive stress is poor digestion. As we indicated earlier, adrenaline cuts off the production of natural acids in the stomach, slowing or stopping the digestive process.

The following formulation will greatly assist the body in not only replacing the needed digestive elements, but prevent the typical indigestion and bloating which often accompanies this problem.

Digestive Enhancement

Betaine HCL	100 mg
Pepsin	75 mg
Pancreatin	75 mg
Bromelain	75 mg
Papain	75 mg
Ox Bile	75 mg

This formula should be per capsule and as many as 2 to 4 capsules may be taken, depending upon the size of the meal.

Stress Management Techniques

Stress and tension builds up to dangerous levels in the body when they are not properly dealt with. All of us experience stress. The difference lies in how we handle them. Stress, not properly dealt with, raises the tension levels in the body causing anxiety.

Initially, when we find ourselves in a stress overload situation, the best thing to do is something that is physical. By this point, energies are so high that they have engaged a surge of adrenaline from the Adrenal Glands and this needs to be 'burnt off' by some form of physical activity. When Adrenaline is produced, we enter the '*fight or flight*' mode and the body prepares itself for either conflict or retreat, both of which require high amounts of energy.

In our modern environments, we often find ourselves under a great deal of stress with no logical outlet. We can neither fight nor run away. This builds up anxieties to an often dangerous level, causing untold cellular damage and premature death. When these anxieties are stimulated over and over again with no result, it sends a false message to the nervous system, which in turn becomes 'confused' and no longer is able to detect a real emergency from life's many 'false alarms'.

Initially, until you can train yourself to better manage stress, you must exercise to burn off the Adrenaline.

Take a walk, swing your arms, etc. After the initial stress response, there will be time to reflect upon the matter more closely.

Have you ever wondered why some people seem to be less bothered by stressful situations than others? You can learn to manage stress as it occurs, before it builds up to harmful levels, altering your biochemistry. The first answer is peace of mind. Those who are at peace with themselves, have far less trouble dealing with environmental stress.

Those with internal turmoil, caused by insecurities, lack of experience, unresolved emotional issues or other unfinished business, are already weakened by their own internal stress. These people are often referred to as '*walking emotional disasters*', a powder keg waiting to explode.

For these unfortunate individuals, it takes relatively little external stress to overflow the reservoir of nervous tension, and attacks of stress-related anxieties are eminent.

Relaxation is the answer to stress management.

However, one cannot learn effective long-term relaxation without first at least beginning to deal with internal issues that continue to feed and irritate the stress response system.

When beginning relaxation techniques, do not attempt to practice when you are already agitated. Pick a time when you are already reasonably at peace with yourself. Start by doing something you enjoy, whatever that may be.

For many, maintaining contact with the Earth is important, so try and do something outdoors. Even if you choose an activity indoors such as listening to music or watching television, try sitting on the floor! As crazy as this may sound to you, it works. Just try it!

Set aside regular times to do the things that you enjoy doing. Make an appointment with yourself to get in touch with who you really are. Many of us are strangers to ourselves even if we are 50 years old! Once your body is in the habit of receiving regular times for relaxation, it will begin to let go and you will be able to feel the tension release.

The next step is to learn to communicate with the body. Communication, however, is a two way process. We must give our body's direction by our thoughts and attitudes. Then, listen to the body as it tells you its needs in the form of certain foods and nutrients. We all have had cravings for certain foods.

Why? Many times it is because that food contains a certain nutrient that our body needs more of at a particular time. Once we eat that food, the desire lessens or disappears.

Science has shown that each cell carries on its own life functions totally separate from all other cells, yet operates as part of a unit that makes up the whole body. This intelligence can be reached by the mind, when properly applied. Through the use of relaxation techniques, we can visualize every organ, bone, nerve and tissue within the body being made up of individual cells, all working as they should.

Specialized groups of cells, such as liver cells, heart cells, nerve cells, etc., are directed by what we call Master Cells. These Master Cells are responsible for ensuring the harmonious working of one cell group with all of the others. Within each of the trillions of cells in the body is an intelligence with which the guiding mind can communicate.

Early studies with plants have shown that we humans can communicate with them and that they will respond. Since they have no mind or 'brain' as we understand it, obviously we are communicating with the Master Cells of that plant structure and they are responding to our thought impulses, which are nothing more than energy.

By visualization techniques, we can communicate with all life in a similar manner whether it be plant, animal or our own body cells. This is a very important point in finding peace of mind and achieving a deeper sense of relaxation. As we come to know ourselves, we can communicate with our bodies and hence work together, mind and body, toward better management of stress and hence, a fuller state of health.

Before we proceed with actual techniques for applying the procedures of relaxation, an explanation may be in order.

Whenever we try something new, we must begin by having faith in the fact that it will work and that we will be able to do it. This faith is absolutely essential in the overall relaxation process. Whether we choose to call it faith or belief, or confidence, trusting that we can achieve our goals and eliminating the worry, will get us there much faster.

Contrarily, fear and disease produce a negative state of action upon the body cells, causing a measurable interruption of energy between the cell groups.

A great factor in achieving relaxation is the removal of fear from the mind of the individual by whatever means; name it desire, faith, religion, hope, or even superstition. After we begin to acknowledge stress and learn to manage it, we want to do this for longer and longer periods of time.

Each of us have our favorite way of spending this time. For some, reading a good book, or listening to one's favorite music is their way to relax. For others, spending time out in nature at the edge of the sea, or in the mountains, brings about peace and relaxation. Happiness and a light heart are what we want to achieve. The saying that '*laughter is the best medicine*', which was researched and popularized by *Norman Cousins*, works wonders for the energy of the body.

Relaxation Exercises

The following exercises are examples of techniques we have used here at The Institute, in order to help people learn to relax and communicate with their bodies. We suggest you try them for yourself. They can be very enlightening.

Relaxation Exercise # 1

This is designed to help you focus your attention away from things that bother or stress you out, as well as energize the body. It will also show you how little control you may have over your own thought processes. This should not be a source of frustration, but rather a goal setting exercise. No matter if you complete the exercise or not, you will still be obtaining benefit from the practice.

Sit with your eyes open or closed and begin by taking 5 or 6 deep slow breaths, inhaling through the nose and exhaling slowly and very completely, through the mouth. Feel the life giving air enter and exit your body. Realize your connection with this '*breath of life*' as it comes and goes. Try to see that this life force is not a series of separate breaths, but a continuous unbroken energy that we are drawing into our bodies through the action of the lungs.

The goal of this relaxation exercise is to focus the mind on one subject, in this case the breath, without tension or resistance.

Begin by inhaling and exhaling slowly. Every time you exhale, count backwards, one number from 10. The first breath then you would count 10, the second breath would be 9 and so forth. Keep counting and breathing, until you reach number one.

Now there's just one rule. Every time your mind wanders to any other subject other than your breath, going in and out of your body, you have to start over at number 10. We have had students that have never reached number one! It doesn't matter, however, since the benefit comes from the practice! You should have fun with this one.

Relaxation Exercise #2

Unlike the first relaxation exercise, this is what is often called a guided exercise and will help you to focus on a voice rather than a breath. You can record the text given in your own voice or have someone else record it for you. You can record it over background music if you choose. You need to play the tape during each exercise session.

Begin by sitting or lying down quietly. Play the tape while you focus and follow along with the suggestions and instructions.

"My body is going to take time out to relax. I am willing to give my body the time it needs to relax and balance itself. I can feel my breath flow through my body. It fills my being with life and with energy.

Take 5 slow breaths, exhaling slowly.

My feet are beginning to relax. I can feel the tension release and leave my feet. They are the foundation that supports my body and I appreciate the service that they provide. Now I am giving my feet a much-needed rest and the tension is leaving them. They are going limp with complete relaxation."

"My legs are beginning to relax now. The tension is draining from them, dissipating into the vastness of the space around me. My legs are strong and filled with energy to carry me through my life. I can feel the blood flow through my legs carried by the breath of life from my lungs. My legs are warm and strong. The tension is now rapidly leaving my legs and they are grateful for the rest deserved."

"My hips, a center of tension, are now going to begin to relax. I am positioning my body so that my hips and lower back are fully supported. Now the tension can begin to flow out of this very important center for my health and energy levels. This is the seat of my sexual being. It provides my body with energizing hormones that help me fulfill my life. I am giving my hips and lower back the chance to fully relax and re-vitalize through the breath of life flowing to every extreme of my body.

This area of my body is now relaxing with my legs and feel totally relaxed and without tensions, which I realize that I can both create and release whenever I want to. Now I am choosing to release these tensions into the space around me so that my body may recharge itself fully."

"My rib cage is now beginning to relax more and more. Through the breath of life that fills my lung, my rib cage is revitalized with the life that it contains. My heart beat is strong and steady. My heart rests between beats and deserves that rest. It carries life-giving nutrients to every cell of my body. I respect my heart and give thanks to it for every beat it provides for me.

My digestive system is relaxing with every breath as well. The tensions in my abdominal area, which affect my ability to digest and absorb life-giving nutrients is flowing out of my body into the vastness of space around me. Every time I exhale, my stress and tension is carried out with that breath. New life and new energy flows in to replace that tension every time I inhale."

" My arms and hands are now fully relaxing. The tension of the day, building up in my shoulders and arms, is flowing towards my finger tips and leaving my body. Each joint and tendon is relaxing and the muscles are at peace with no tension whatsoever. My hands are a beautiful instrument of expression. I am thankful for them. They enable me to touch all the beauty in my life. They work hard for me every day and now I am giving them the chance to relax."

"My neck, the great corridor that connects my body with the master computer, the brain, is letting go of all its tension. It provides the opening between the knowledge of my mind and the action of my body. I wish to keep this passage way open and fully relaxed. The energy must flow freely through my neck, contributing to the vital exchange of energy between body and mind. I know that my neck frequently is the source of much tension and discomfort at times, due to friction. My desire is to release this tension willfully and give my neck muscles the chance to fully relax.

My thoughts are now flowing freely and without tension from my brain to my relaxed body. Together they will produce a place of peace where my body can fully relax and accept the vital nutrients that I have chosen to provide for its well being and maintenance. Through this relaxed space that I have provided for my body, it will better be able to digest the foods that I have selected for it. My body is working better and better everyday."

"Now that you, my body, are fully relaxed, I promise to give you this time on a regular basis where you can re-charge yourself and make yourself healthy. I love you and I appreciate all the wonders that make you what you are. It is a privilege to have you so that I may show all my warm, wonderful feelings that I have for life to others. My life is made richer because of you, my body, which provides me the way to show my love for life around me."

"I am now breathing slow and steady. I am fully relaxed and feel the warmth that comes from the promise that I will provide whatever my body needs. In turn you, my body will continue to serve me as you done before. You will gain strength and wholeness from the peace I promise to provide to you. I feel relaxed and I feel at peace. My mind and my body are together in purpose - to live my life surrounded by the life I have chosen to create. I am releasing emotions that take me away from love, I have no use for feelings that take away my love for life."

"Now that I am fully relaxed, I will begin to animate my body. I will remain relaxed throughout my body as I bring it into motion again. I will begin to count backwards from 10, focusing upon my breath.

Each time I count down a number, my body will become more and more alert and aware of that which surrounds me. As I approach number 5, I will be aware of the room and the furnishing around me.

As I reach number 2, I will be totally aware of everything yet completely relaxed and free from all tensions and stress. As I reach number 1, I will be fully aware and in motion, stretching, reaching, feeling the sensation of motion throughout my body that fully relaxed energy produces. I am fully relaxed and at peace with myself"

For those who are interested, there are many excellent books on relaxation techniques, or you may want to design your own as you go along. Stress is a fact of life, an important part of life. Unmanaged stress is deadly. It is important to understand and recognize the difference. Stress is most dangerous within a person who does not acknowledge it and does not learn to manage it properly. In this case, denial is deadly.

Stress has been linked to virtually every chronic disease and disorder we know of. Through its negative effects upon the immune system, it is also an integral part of infectious disease and our ability to recover, or not.

It is my hope that the information contained in this booklet will help you in your life. Use it whenever you feel the stress of life is gaining control over you instead of the other way around. Virtually every health building program you undertake will be improved and accelerated through the proper management of stress in your life.

Each of the formulas and protocols detailed in this Special Report are available exclusively from Phoenix Nutritionals.

Contact www.PhoenixNutritionals.com or by telephone at 1-800- 440-2390 or 858-217-2412 or email Questions@PhoenixNutritionals.com

References

1. Morse, D L, et al. Physiological and subjective evaluation of meditation, hypnosis relaxation. *Psychosomatic Medicine*, 39: 304-24, 1977.]
2. Pollard, G & Ashton, R, Heart Rate decrease: A comparison of feedback modalities and biofeedback with other procedures. *BiologicalPsychology*, 14: 245-57, 1982.
3. Benson, H & Wallace, R., Decreased blood pressure in hypertensive subjects who practiced meditation. *Circulation*, 46: 1: 130, 1972.
4. Deabler, H., et al. The use of relaxation and hypnosis in lowering high blood pressure. *American Journal of Clinical Hypnosis*, 16: 75-83, 1973.
5. Wallace, R.K., et al. Decreased blood lactate during Transcendental Meditation. *Federation Proceedings*, 30: 376, 1971.
6. Benson, H. *The Relaxation Response*. New York, William Morrow, 1975.
7. Becker, Robert O., MD. *The Body Electric: Electromagnetism and the Foundation of Life*, William Morrow Inc. 1985.
8. Peterman, RA & Goodhart, RS. Current status of vitamin therapy in nervous and mental disease. *J. Clin Nutri.* 2: 11-21, 1954.

9. Watson, G. Vitamin deficiencies in mental illness. *J. Psychol.* 43:47-63, 1957.
10. Watson, G. & Currier, WD, Nutritional replacement for mental illness. *J. Psychol.*, 38:67-81, 1960.
11. Schroeder, HA, & Harris, RS. *The Trace Elements and Man.* Old Greenwich, Connecticut: Devin-Adair, 1973.
12. Snyder, SH, *Madness and the Brain.* New York: McGraw Hill 1974.
13. Spring B, et al. Psychobiological effects of carbohydrates. *J Clin Psychiatry* 50 Suppl: 27-33, 1989.
14. Hughes JR. et al. Caffeine self-administration, withdrawal, and adverse effects among coffee drinkers. *Arch Gen Psychiatry* 48: 611-17, 1991.
15. Christensen, L. Psychological Distress and diet - effects of sucrose and caffeine. *J Appl Nutr.* 40(1): 44-50, 1988.
16. Thornton, GHM, et al. *J Clin Invest* 34:1073, 1955.
17. Fry PC, et al. Metabolic response to a pantothenic acid deficient diet in humans. *J Nutr Sci Vitaminol* 22: 339-46, 1976.
18. Cheraskin E., et al. Daily vitamin C consumption and fatigability. *J Am Geriatr Soc* 24(3):136-37, 1976.
19. Ellis FR, Nasser, S. A pilot study of vitamin B12 in the treatment of tiredness. *Br J Nutr* 30:277-83, 1973.
20. Pletsityi, KD., et al. Immuno-correcting activity of vitamin A in stress. *Buill Eksp Biol Medicine*, 104(11): 609-11, 1987.
21. Chmela, Z. et al. Effect of alpha-tocopherol, pyridoxine and dexpanthenol on the stress increase of nonesterified fatty acids levels in the brain. *Acta Univ Palacki Olomuc Fac Med*, 136: 13-15, 1993.
22. Doroshkevich, NA, et al. Effect of alpha-tocopherol on adrenal cortex functions under stress. *Ukr Biokhim Zh.* 63(5): 79-83, 1991.

23. Tamayo, FG, et al. Zinc administration prevents wasting in stressed mice. *Arch Med Res*, 27(3):319-25, 1996.