



Stress

Its affect on minerals within the body
and keeping mineral levels and ratios in balance

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Coping with Stress

We are living in the age of stress. Just consider some of the recent headlines:

- Mortgage stress may affect 1 million households
- Economic Stress Felt All Around NASCAR
- 900,000 households face mortgage stress
- Tough times leading to increased stress

Almost all people say they are under some kind of stress. Have you felt that way? Actually stress means different things to different people. Stress is so epidemic it can make populations susceptible to serious illness.

Understanding Stress.

First we need to understand stress. To some it conveys the thought of tension or pressure, like a rubber band stretched to the breaking point or a boiler ready to explode. In humans it can be any emotional or physical strain on the mind and or body. Remember though that a certain amount of stress is useful as it helps us to accomplish life necessities throughout the day, but when it occurs in excess, or is unrelenting, it becomes detrimental to our health.

Fear, anger, hate, tension, grief, frustration or anxieties are examples of emotional stress. Injuries malnutrition, and exposure to drugs, toxins, poisons, extreme heat or cold, and being overworked are all causes of physical stress.

While under stress, proven changes take place in the body, the metabolism increases or lowers, physical functions change and mental and emotional outlooks are altered, and certain minerals can be depleted from our reservoirs.

There are three phases of stress:

1. Alarm stage
2. Resistance stage
3. Exhaustion stage

In our next newsletter we will explain these in more detail.

What can be done about Stress?

If the source of stress cannot be removed, changed or will last for a length of time, than something needs to be done to give the physical body the strength to combat stress. If the body begins losing the battle of stress, it will eventually become weaker and weaker until it goes into 'burnout' or 'chronic fatigue'. One way to give the body the energy it needs to fight stress is to keep its mineral patterns and ratios as perfectly balanced as possible.

Analyzing hair is the best way to show the mineral levels and ratios at the cellular level. From a hair analysis a suggested program can be designed of minerals, vitamins and herbs that will help the body have the proper nutriment to fight and overcome stress of any kind.