

Natural Healing Express Weekly

Column 214 Secrets of Longevity – An 8 week program, Reducing Stress/Lifting Mood

We are four weeks into our series based upon Dr. Mao Shing Ni's "Secrets of Longevity". For week one, it is recommended that one detoxes the body. For week two, the recommendation is "sleep for restoration". In week three, we discussed Creating Energy and Stamina. This week, we will chat about great methods for Reducing Stress and Elevating Mood.

As many times as I have lectured on this topic or worked with high level stressed folks, I am always surprised when I ask as an individual how they feel their stress level is and they say, "Oh, I am about average I guess." As it turns out, most people in this day are functioning, but with a high level of stress.

This is why I usually find it helpful to give out a quick 15 question quiz to help determine the stress risk level. If you answer honestly, you will be rewarded with a guide regarding your stress management. This is a quick quiz and is done simply by checking yes or no.

1. Do you find it hard to concentrate or remember things to the point that your work performance has declined? YES/NO
2. Do you grind your teeth or notice that you are clenching your jaw? YES/NO
3. Do you notice neck, back or shoulder pain that seems related to muscle tension? YES/NO
4. Do you sleep fitfully or wake up feeling exhausted? YES/NO
5. Do you have many broken capillaries or redness on the bridge of your nose? YES/NO
6. Do you have dry skin or frequent skin outbreaks? YES/NO
7. Have people told you that you are snappish or that your temper is getting out of hand? YES/NO
8. Do you take frequent, shallow breaths from the tops of your lungs? YES/NO
9. Do you have unexplained digestive problems, headaches or chest pain? YES/NO
10. Are you experiencing problems with physical coordination or speech? YES/NO
11. Do you use food, alcohol or pills as emotional pacifiers? YES/NO
12. Do you unusual cravings for sugars, sweets and chocolates? YES/NO
13. Do you experience rapid pounding heartbeat from time to time? YES/NO
14. Do you experience unexplained sweating sometimes? YES/NO
15. Do you find that social events you used to enjoy now cause unspecified anxiety or depression? YES/NO

Please count your YES answers. If you answered YES to

Five Questions or less – your risk is mild

Six to Ten Questions – your risk is moderate

More than Ten Questions – your risk is severe.

So, what are some suggestions in helping to reduce stress? One of best sellers at Natural Healing Express is a product called Nutri-Calm. It is a supplement that is based in Nutrition. This can be extremely effective in helping with stress.

Here are five other suggestions:

1. Be Aware During Meals – Slow down, chew and savor your food. Intense emotions interfere with digestion. Try to keep any conversations positive and uplifting.
2. Soothe nerves with Schisandra. Our New Lotus Balancing drink is full of this amazing herb which protects the liver from chemicals and calms that spirit. It increases physical endurance and mental concentration.
3. Indulge in “pick me ups” Utilize color, music and flowers.
4. Boost your “youth” hormones. Exercise raises the levels of substances which lengthen your lifespan. Those include endorphins, and DHEA. DHEA is a great hormone with helps to elevate mood, increase muscle mass, decrease fat deposits and increase mental alertness.
5. Set Boundaries and Lighten Up. Learn to Say NO once in a while. Pacing yourself is the key to longevity.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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