

Stress Elimination Handbook: A Holistic Self Help Program to Restore Health, Achieve Balance, and Promote Well-Being



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Reviews

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Hays (Nicolas) Ltd ,U.S. Paperback. Book Condition: new. BRAND NEW, Stress Elimination Handbook: A Holistic Self Help Program to Restore Health, Achieve Balance, and Promote Well-Being, Adrian Simon Lowe, Stress has its roots at the very essence of life, and has caused more suffering and diminishment of the human spirit than any other form of affliction. The Stress-Disease Epidemic of our times confronts us both with the financial cost and political issues around obtaining and dealing with health and our health-care systems. The medical and scientific aspects of the effects of the stress on our immune system and body, the importance of breathing properly and of Qi in nutrition, water and buildings is expanded upon with text and charts. The importance of boosting the immune system and taking action to reduce stress on all levels becomes very clear why we need make a our health a first priority. The causes of stress can be identified as acute and chronic. 1). Acute stressful factors include: financial troubles, fear, family disharmony, noise, sleep disturbance, crowd activity, traffic (pedestrian and motorized), isolation, hunger, sever temperature changes. 2). Chronic stressful factors include: vibratory parasitic, prolonged and/or serious illness, dogma (political and/or religious), marriage/divorce, poverty, death, work issues and/or environment, and media fear mongering. Stress is accompanied by internal disturbances that can quell our secular inclinations, both within and around us. Stress is a part of our every day existence.



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