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What is Your Emotional Quotient?

How Do Your Emotions
Reflect Your Health?

Are Your
Emotions Making
You Sick?

Extreme
Emotional
Quotient
Questions

Emotional
Eating
And Food
Choices

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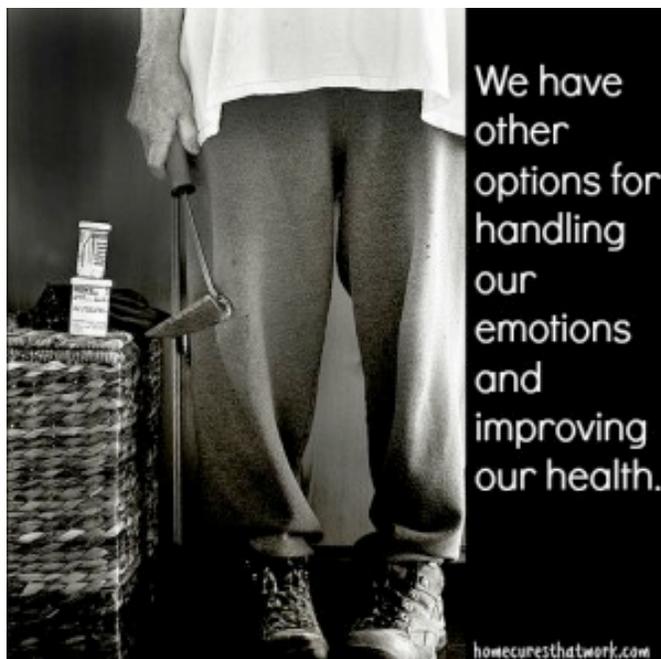


How Do Your Emotions Reflect Your Health?

By Dr. Scott Saunders

Sam was in my office today with a completely emotionless face. He said he had a pain on his finger and pointed to a bump on the distal joint of his index finger. These joints aren't usually painful, but he indicated it hurt to bend his finger and press on it. I got a syringe with cortisone and put an injection in it as he looked away.

We then talked about his all-over pain. I asked him why he had so much inflammation and he stated matter-of-factly in a monotone voice, "It's probably the alcohol." Everything changed at that moment because he then asked for medication to calm his nerves so he wouldn't feel the need to drink.



He had tried so many things that are supposed to help alcoholism, but without any success. "I'm at the end of my rope..." He almost broke down and cried, but trying very hard not to show emotion he gathered himself and said, "This is the *only* thing in my life I have wanted to do and have not been able."

Not being able to deal with your own emotions is guaranteed to negatively affect your health! The only way Sam can deal with his feelings of sadness, depression and loneliness is to suppress them with alcohol. Like so many, he isn't even really aware of why he feels the way he does, he just wants the feeling to go away. Again, many, many people turn to alcohol because alcohol works! This has been the "drug of choice" for all emotional problems that plague people since the beginning of time. Now we have other options for handling our emotions and improving our health.

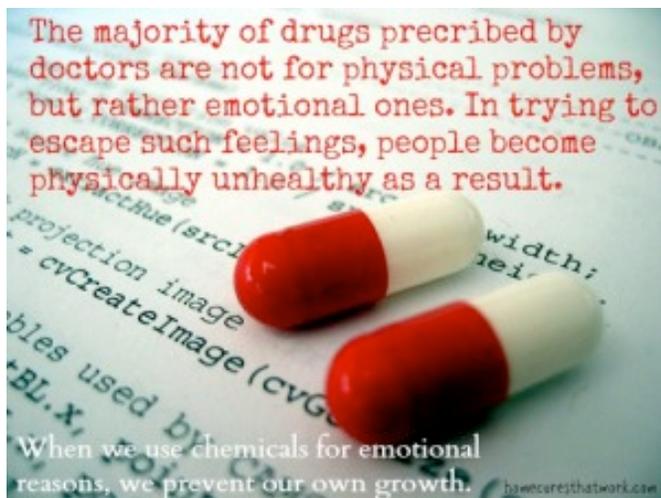
In fact, the majority of drugs prescribed by doctors are not for physical problems, but rather emotional ones. Many people do not see or understand things on an emotional level. So drugs are prescribed to help people feel better and control their emotions because they don't know why they feel the way they do:

- Tranquilizers
- Anti-depressants
- Benzodiazepines
- Morphine
- Pain pills
- Sleeping pills

But because most people don't know how to understand and deal with their feelings, they are unable to connect with others. This produces feelings of:

- Fear
- Separation
- Loneliness
- Isolation
- Depression
- Anxiety

In trying to escape such feelings, people become physically unhealthy as a result. Like Sam who feels the need to keep drinking alcohol, there are many ways people use chemical means to feel better. Dealing with your feelings in this way produces multiple negative effects. This is huge in that it affects nearly every person in the world.



Addiction

As a society in general, we consider that those drugs prescribed by a doctor are somehow better than those we can buy without a prescription. However, we must consider that when we use chemicals for emotional reasons, we prevent our own growth.

For example, children who are emotionally immature often have trouble in school. Then, a teacher or doctor may recommend a drug to treat ADD. The use of the drug stimulates receptors, but doesn't improve the functioning

of the brain. Thus, these children most often become adults with ADD, never having grown up in any other way. Thus, they are likely to continue to require and become addicted to chemical or other support for their emotions.

Chronic Pain

Most pain is emotional. The ground-breaking work by John Sarno, MD, a rehabilitation specialist, has shown that most back pain is emotional. This is why surgery only relieves 7% of back pain. Uncontrolled emotions produces a 93% chance that you will be in pain after the surgery. This is because "slipped disks" are not the cause of the pain.

Studies suggest that patients who reported prolonged emotional distress have less favorable outcomes after back surgeries. Also, much of the "autonomic nervous system dysfunction" that creates pain comes through emotions that haven't been acknowledged or triggered by emotional trauma. These may include:

- Migraine headaches
- Fibromyalgia
- Reflex sympathetic dystrophy
- Other pain syndromes

Heart Disease

About 60% of heart attacks are emotional. One hospital in New York found that most people who come into the Emergency Department who are having a heart attack have clean arteries. The brain controls the blood flow to the heart and can shut it off.

Another study in England showed that most people with heart attacks have normal blood pressure and normal cholesterol and that a recent stressor such as death or divorce is a much greater risk. You are 1600% more likely to die of a heart attack within three days of losing a loved-one.

Compelling evidence indicates that in people with a history of heart disease, physical

exertion and emotional stress can trigger heart attacks. People really do die of a broken heart.

Obesity

Much of our problems with obesity come from unfilled emotional needs. It is a vicious cycle whereby the greater the emotions conflicts and difficulties, the greater the incidence of unhealthy eating and obesity. People eat for emotional reasons and gain weight, ending up with:

- Diabetes
- Vascular disease
- Cancer
- Heart disease
- Strokes
- And many other illnesses

Food, especially sugar, fills an emotional need by releasing dopamine and thereby calming the emotions. This is the same neurotransmitter that is released by most narcotic drugs. In fact, in one study mice preferred sugar to cocaine! In 1970, the average American ate over 30 pounds of sugar per year. Now, the average American eats his *weight* in sugar every year! The effects of overeating sugar are much worse than smoking, drug or alcohol addiction. Stop sugar coating your emotions!

Cancer

One of the factors involved in cancer is unrecognized emotions. Those who carry anger, hatred, and malice are much more likely to get cancer. Cancer is also associated with tobacco use, which is primarily consumed for emotional reasons.

Louise Hay has written about her own recovery from cancer by healing her “emotional issues,” and has gone on to suggest that the type of cancer one has is directly correlated with the emotional problem. Many others cancer patients have noted the same benefit of dealing with emotional problems.

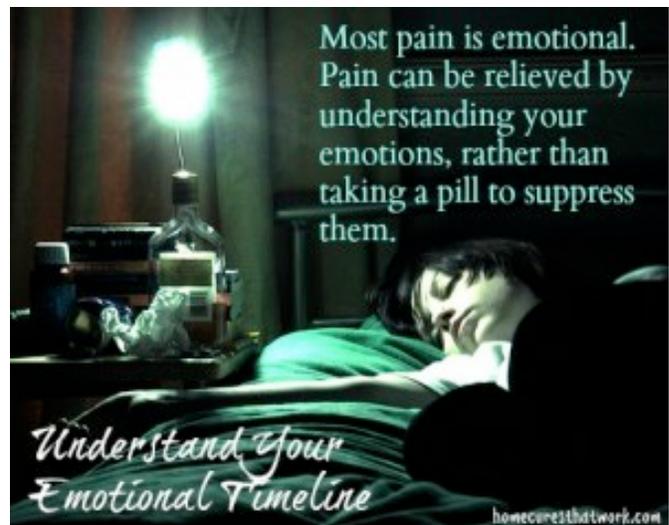
This brings us to our need to understand how your emotional state has a huge impact your health.

Emotional Maturity

The most valuable lesson for a boxer is to not react emotionally. When anyone gets hurt in life, the automatic reaction is to get angry at whatever, or whoever, caused the pain. Thus, children are always looking for the culprit and anger is directed at the guilty party.

When in the ring, an emotion such as anger must be controlled or the fight will be lost. The boxer has to take the punches without fear, anger or even thought of retaliation.

He must practice a higher form of emotional maturity: instant forgiveness.



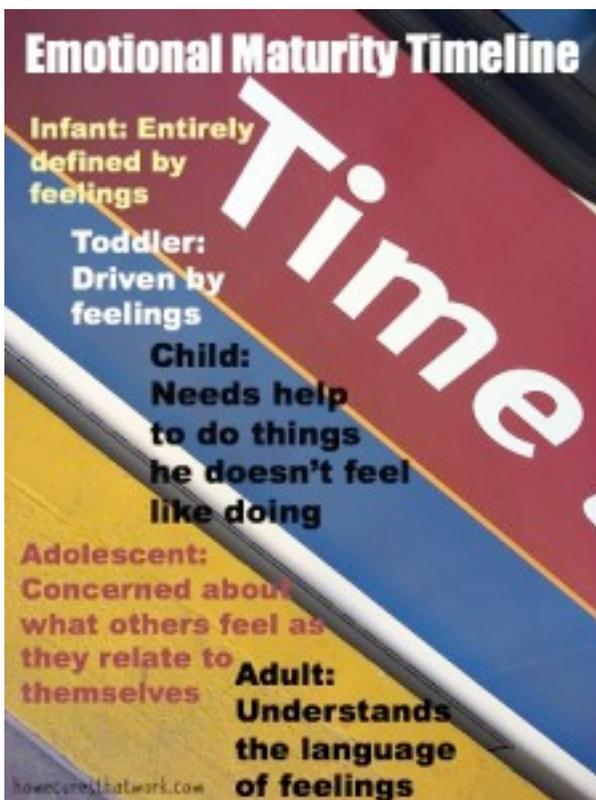
The instant he is hit and it hurts very much, his opponent is already forgiven. In fact, since he knows the consequences of going into the ring, he gives “advanced forgiveness,” holding no ill-will towards his opponent who is trying as hard as he can to hurt him. Handling powerful emotions in a healthy way will lead to greater health.

Emotional intelligence is the understanding of your feelings. The language of feelings is like a foreign language to many and might be learned with great difficulty – just like any other foreign language.

But, an understanding of our emotions gives us emotional power. Knowledge is power. Only when we don't understand do we suffer from emotional problems. For example, pain can be relieved by understanding your emotions, rather than taking a pill to suppress them.

A recent study suggests that with twenty minutes of training in meditation a person in pain can get as much relief as a pain pill.

Consider the following in your own emotional growth:



Emotional Maturity Timeline

Infant

- Totally dependent
- Entirely defined by feelings
- Needs based on feelings
- Cries for any discomfort
- Others don't exist

Toddler

- Dependent
- Self-centered

- Assumes everyone feels the same as him
- Driven by feelings: if he feels angry, he hits; if he is hungry, he wants food – now!

Child

- Fear of separation – sees differences in the feelings of others
- Acknowledges feelings in others – can learn to be polite
- Can hold back the expression of a feeling like anger, hunger
- Needs help to do things he doesn't feel like doing

Adolescent

- Starts to become independent – pushing away childhood dependencies
- More self-directed – sets goals
- Can make and keep commitments that may go against a feeling
- Concerned about what others feel as they relate to themselves
- Moody – actions depend on the mood

Adult

- Control of feelings and desires
- Acts on principles, not feelings
- Forgives others readily
- Accepts injustice and suffering without retaliation
- Understands the language of feelings
- Accepts responsibility for the dependence of others, caring for the needy

Mature Adult

- Always takes the feelings of others into account
- Teaches others to grow
- Sacrifices self for the benefit of others
- The highest emotional maturity is to love everyone

Achieving Emotional Maturity

You may notice that those who are immature on the scale are more focused on feelings, and as they mature they rely more on principles, but the highest maturity is again focused on feelings. The difference is the emotionally immature only see their own feelings, whereas those who are highly developed acknowledge and address the feelings of others. This process of growth goes through a phase of rules and principles.

Like any other growth, emotional growth requires time, planning, and action. Most often, it's our very weaknesses that can show us how to grow up. Overcoming weaknesses is the process by which we gain the understanding we need to grow.

The way to grow up depends on your level of maturity.

Infants need to be cared for. They need constant attention by one who loves them and is totally focused on their needs. Parents generally do this for their children, but when they don't provide this attention the child will still need the safety and security in order to begin to grow up. This can be part of a marriage or family relationship, or even a good counselor.

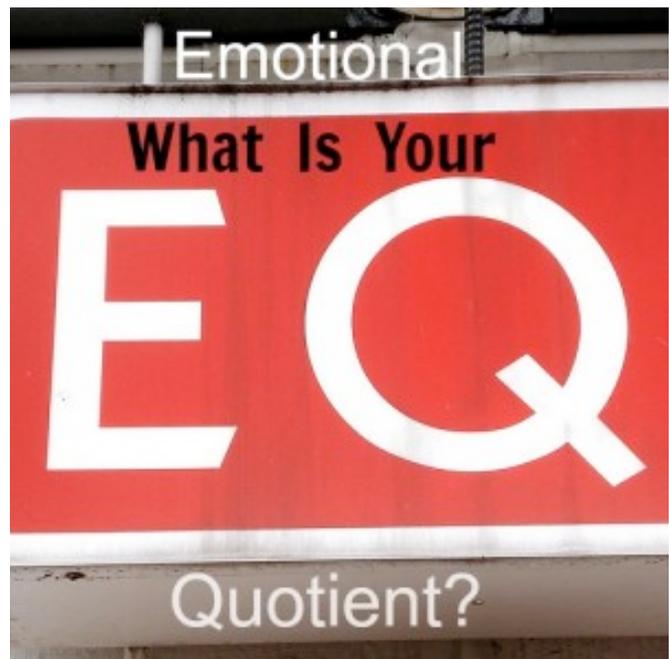
Toddlers need strict rules to govern every action. There is a world of "No!" "Don't!" and "Wait." They must be watched every minute so they don't go off track. They can be taught the basics of knowing that they don't have to eat only what they feel like eating, for example, or, don't hit when they're angry.

Children need guidance to know what they feel, why and how to deal with their feelings. The positive feelings of love, joy and happiness are acknowledged. They learn how to share with others. They can begin to be taught that others may feel differently from them and that's OK. Just because they are sad, doesn't

mean everyone feels it. They can begin to use their own powers of focus to change how they feel.

Adolescents need examples and stories of mature adults to follow. They need to see how it's done. They need to feel it. They need a connection – especially with the opposite sex. A father becomes essential to the emotional maturity of his daughters when he gives them value beyond looks and abilities. Mothers do the same for their sons, defining the limits of behavior with the opposite sex.

Young adults need mentoring by those who are emotionally mature. Only by loving will a person learn to love. There is no way to do it alone, nor with a counselor; this is why marriage is so important. Most who get married are emotional toddlers or children and if they don't grow in love they end up miserable and divorced.



Emotional intelligence brings love and happiness.

Emotional immaturity brings loneliness because we are unable to connect with others. Sam is going to "emotional school" to learn how to increase his Emotional Quotient. This

will enable him to not only overcome his addiction, but also to improve his health dramatically. As we grow into emotional adults we can overcome, or avoid, all of the emotional pitfalls that can ruin our health.

We eat for nutrition, not just taste, we drink for connection, not to cover our feelings, and we also avoid cancer and chronic pain syndromes.

Emotional growth is not easy, but it is always worth the health effort.



Dr. Scott D. Saunders, M.D. (Ask-an-MD) is a practicing physician, specializing in preventative healthcare, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural

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<http://drsaunderamd.com/>

Are Your Emotions Making You Sick?

By Amanda Box

Sue walked into my office without an appointment. Her face looked frazzled. She apologized for not calling beforehand, but said she was desperate. She said she felt extremely ill and that regular doctors were ignoring her cries for help. She was just sure that if I gave her some vitamins and a good diet to follow that it would make her sickness all right. But, I knew better.

I didn't have time to have an actual consult with her, but I had a suspicion that there was something else going on - something much deeper than just her physical symptoms. I started asking questions and quickly found out that I wasn't the one she needed to be talking to.

Many times, my clients are surprised when I start asking questions about their childhood, their marriage and the stress in their life. Most think that since they came in with physical symptoms, that I should be asking questions that only deal only with their physical body.

I explain to them,

"Health isn't just what we eat and drink or how our body feels. It is what we think about and if we have a spiritual connection with God. Our health is **WHOLE HEALTH: Mind, Body and Spirit**. If one is not balanced, the others are affected."

Sue had major emotional issues that were leading to her inability to sleep and also had feelings of depression. She admitted to me that there had been trauma in her childhood, that she had had an abortion 20 years ago and that she had thoughts of hurting herself.

The look in her eyes spoke so much to me.



I said to her, "Sue, I can put you on an excellent diet plan and some supplements to help you sleep. But, I honestly don't think they will do much. You see, you need emotional and spiritual healing. Unfortunately, I am not equipped to give you what you need in this area, but I can refer you to someone who can help you walk through

this. Then, when you feel peace in your mind and spirit, we will work on that diet plan.”

I handed her the number of my friend who is a professional counselor who deals with both the mind and spirit. Then I assured her she would get better and that I would be praying for her.

There have been many other times when I had to make that judgment call and refer my client to a counselor. Because I understand the power of the mind and what it can do to our bodies, I feel like I would be cheating them if I didn't refer them for more emotional and spiritual help.

If one is filled with anger or fear, no supplement or food plan is going to fix that! It might take the edge off, but the root issue is still there.

Natural medicine is about getting to the root of the problem, and that root is not always physical.

A More Excellent Way

My mother in law gave me a book several years ago called, “*A More Excellent Way*.” It is a book written about the emotional roots of diseases and has bible scriptures that tie into each one. When I started flipping through the book, it illuminated the emotion-disease connection I had feared addressing because people might think I was crazy. I don't agree with everything the author says, but I have begun to see much of the same in my clients.

I started using what I had learned in the book for my consults. I remember the first time I worked up the guts to go after an emotional root to an ailment.

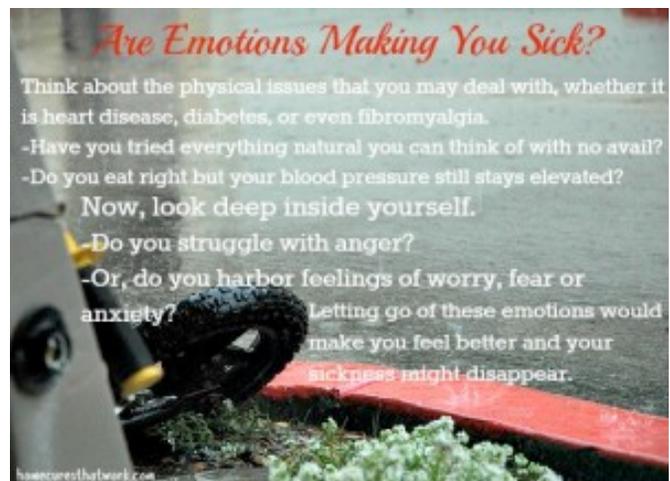
I had a mom call me because her son had eczema that was not clearing up. She had spent months using all kinds of natural supplements and a clean diet. I asked her, “Does he struggle with fear? And did you happen to deal with fear while you were

pregnant or when he was a baby?” She replied, “Why yes! I almost miscarried him in the womb and I feared the whole pregnancy that he wouldn't make it! And he is a very fearful kid!”

I found the root! The book was right when it connected skin issues like eczema with fear! Does that mean fear is the sole cause of eczema? No, it can have physical causes as well like food allergies or parasites.

But, when someone struggles with an issue that doesn't clear up with the correct supplements and the right diet, an emotion very well may be the culprit. I have seen it over and over again, now with eczema and with several other ailments.

There are plenty of other books out there that talk about the emotional roots of disease. Eastern medicine has known about your emotional quotient and health relationship for centuries! Slowly but surely we are catching up here in the West. Doctors now understand how stress can affect us physically. The medical world is now admitting that 70-80% of diseases are rooted in stress! That would mean they originated in the mind, right?



Thirty years ago, the majority of doctors didn't understand the great impact of stress on the body. This acknowledgement is a great step in the right direction. However, it is disappointing to me when doctors prescribe a

pill for emotional distress when the patient may need professional help. I have had clients who have been on drugs, such as Prozac, for 20 years!! These drugs are for short-term use. Long-term use can cause chemical imbalances in the brain! These pharmaceutical drugs typically cover up the problem and don't address the root of the emotional imbalance.

Are Emotions Making You Sick?

Now, I want you to think for a minute.

- Think about the physical issues that you may deal with, whether it is heart disease, diabetes, or even fibromyalgia.
- Have you tried everything natural you can think of with no avail?
- Do you eat right but your blood pressure still stays elevated?

Now, look deep inside yourself.

- Do you struggle with anger?
- Or, do you harbor feelings of worry, fear or anxiety?

You may say, "Well I have a right to feel that way! You don't know what has happened in my life!" You're probably right. You do have every right to feel the way you feel.

But would you consider letting go of those emotions if you knew you would feel better and your sickness might disappear?

Listed below are some of the more common emotion-sickness connections. Read through these and see if any of them resonate with you. If they do, it may be time to seek some emotional and spiritual help to bring you freedom from what is truly making you sick.

Emotion: Fear/Anxiety

Sickness:

- Skin issues: Eczema, Psoriasis, Acne, Rosacea
- Panic Attacks

- High Blood Pressure
- Mitral Valve Prolapse
- Heart Rhythm disorders
- Asthma
- IBS
- Ulcers
- Diabetes
- Insomnia
- Impotence

The list goes on as fear and anxiety can cause a multitude of sicknesses in the body.

Emotion: Anger/Bitterness/Unforgiveness

Sickness:

- Heart Disease
- Stroke
- Cancer
- High Blood Pressure

Emotion: Self-Hatred/Guilt

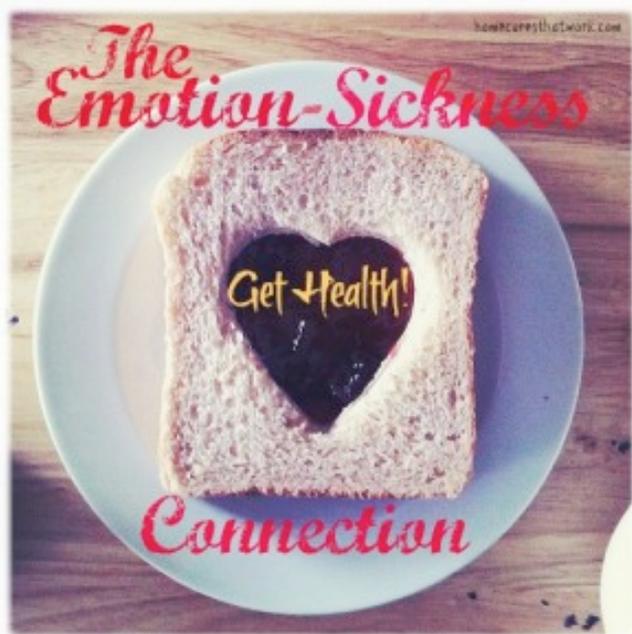
Sickness:

- Autoimmune Disorders (fibromyalgia, lupus, hashimotos, etc.)
- Chemical Sensitivities
- Alzheimers

Some of you may get offended when reading this. Maybe your mom died of cancer and you're thinking, "My mother was not angry or bitter!" But, I want to clarify two things.

First of all, these diseases can have a physical cause. Cancer, for instance, can be caused by toxins or many other things.

Secondly, often times people stuff their feelings and we may have no idea what they're dealing with. Someone could have been abused as a child and they have deep-seated anger towards that abuser. That anger may not show on the outside. But on the inside, it wreaks havoc on their mind, spirit, and physical body.



The Chinese Organ Emotion Connection

Like I mentioned earlier, the East has acknowledged our emotions direct connection to diseases for centuries. Chinese Medicine connects four different emotions to our organ functions. They believe that those emotions can directly affect those organs and vice versa.

For example, someone who struggles anger could end up with a compromised liver. Conversely, someone who has damaged their liver via alcohol or other physical source may then struggle with anger. Listed below are Chinese Medicine's emotion organ connections.

Fear/Kidneys

We have all heard about people "peeing their pants" when they're scared. Childhood bedwetting can also be a result of fear and anxiety. But, chronic fear can lead to kidney weakness.

Stress or Shock/Heart

A bout of shock can cause something as severe as a heart attack. But chronic stress is incredibly hard on the heart, as well. Heart doctors are always telling their patients to

lower their stress levels, because they know it's detrimental effects.

Sadness or Grief/Lungs

Those who suffer from long bouts of sadness or grief may suffer from shortness, shallow breath and even asthma.

Worry/Stomach

Many of us get an upset stomach when we worry. But chronic worry can lead to digestive issues and even acid reflux.

Our Minds Effect On Immunity

Typically, when I talk about boosting your immune system, I list several great supplements to take that have proven to boost immunity. But, there is something even more powerful you can do than pop a pill. Science has now proven that our thoughts affect our rate of healing and our resistance to disease!

From the flu to cancer, having positive thoughts about yourself and others causes a faster rate of healing and repair. Someone who is full of anger or worry does not heal, as well. This is because stress causes a spike in our stress hormone, cortisol, which in turn lowers our immune system.

Emotions also affect our immune system through neurotransmitters like serotonin, dopamine and nor-epinephrine. These neurotransmitters act on white blood cells in the body.

Our emotions effect on our immune system is so powerful, that there is a new science dedicated alone to its study. That field of science is called psychoneuroimmunology. It concentrates on the study of the connection of the mind, the brain and the immune system.

Finding Freedom

Getting free from emotions can be extremely difficult. It can be much more difficult than losing weight or exercising. It takes much more willpower and also the help of others to walk with you through the process. I am not a professional counselor, but I can tell you what I have found to work well for me in walking out my freedom.

I struggled for years with candida and digestive upsets that began in my teenage years through my mid 20s. I tried every natural approach possible with no real results.

I remember crying out in a prayer that God would heal me. I heard a quiet voice say to me, "Forgive your Mom and you will be healed."

I was taken back. I thought I had forgiven her for the mistakes she made in raising me! She had been very controlling in my teenage years. My need to get out from under that control led to my rebellion and bouts of anorexia and bulimia. I thought I had moved on and was past that.

But after some self-examination, I realized that I really hadn't forgiven her. Instead, I had locked myself in the bondage of anger and unforgiveness. Once I had truly let go and forgave her, my digestive issues resolved. It is a testimony I use often to tell others the power of emotions over our body.



Here are some steps I used to gain freedom and peace of mind in my life.

1. Dig really deep in examining your deep-seated emotions. If you struggle with insecurities, depression and anxiety, then you are most likely not "over it."
2. If you are still unsure, then ask those closest to you. Sometimes we live in a state of denial, but others can clearly see our struggles and weaknesses.
3. Journaling is an excellent tool in walking out our freedom. Once you read through it you will be amazed at how far you have really come.
4. Prayer is your strongest tool! Let God show you the keys to your freedom. He can unlock those places in your heart that need healing and give you the strength you need to get through and claim your freedom and healing.
5. Getting Sozo did wonders for my emotional issues. Sozo means to save, heal and deliver. It is a powerful counseling tool that uses the power of prayer and the resolving of bad memories and trauma. Many churches are now offering it. You can call around and see if a church in your area knows of someone offering it.
6. Seek professional help. Most times it is too difficult to walk this road alone. Having someone to talk to who can give you sound advice and step-by-step tools to walking out your journey is very helpful.

Hope

My desire is that after reading this, you are filled with hope. Hope that you can be well again, hope that there is a bright future ahead and hope that you can win the battle over your mind and emotions.

It is not easy, but mastering peace of mind is one of the most powerful tools someone can have. It is key to a long, healthy life.



Amanda Box is a Doctor of Naturopathy and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 10 years. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic doctor to turn to for your personal needs, Dr. Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at <http://amandabox.blogspot.com/> for contact info.



Emotional Eating and Food Choices

By Amanda Box

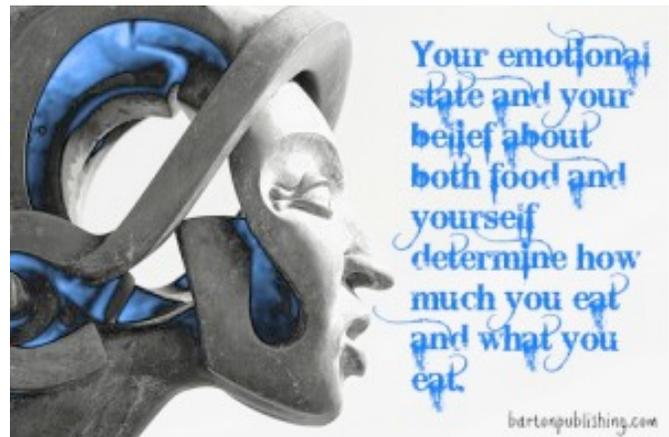
What we eat is directly affected by our beliefs.

Think about it. If you believe eating healthy is important, then you will eat healthy. If you believe food is food and it makes no difference what you eat, then you will therefore eat whatever you want. If you believe eating pork is an abomination to God, then you don't eat bacon. The food choices we make every day are rooted in some sort of belief system.

But, what you choose to eat goes even deeper than that. You may have the knowledge that eating healthy is the right choice to make, but still struggle to choose healthy foods. This belief lies in what you think about yourself more than what you believe about the foods. If you don't have a lot of self-confidence or don't love and respect yourself, then it makes it difficult to make healthy choices for your body.

Your EQ, or emotional quotient, directly affects the food choices you make every day. Your emotional state and your belief about both food and yourself determine how much you eat and what you eat.

Healthy, positive emotions and beliefs about yourself and food, make for a healthy body as well!



Irregular Eating Lowers Your EQ

Can your eating habits affect your emotions? Absolutely! Many diabetics and hypoglycemics know this from personal experience. If they skip meals or eat too much sugar, they can experience extreme mood swings, brain fog and impaired thinking.

Those who struggle with eating disorders and very rigid eating habits may also suffer from emotional disturbances. A UK study found that those who struggle with eating issues like anorexia, bulimia, and crash dieting, struggled with identifying different emotions. The women in the study had all been diagnosed with eating disorders. They were shown cards with faces displaying different emotions. These women had a hard time distinguishing between scared, mad and sad. Those with the most severe disorders scored the worst.

In 2002, another study linked emotional irregularity with abnormal and inconsistent eating. They found that these rigid dieters, who had a preoccupation with body shape, had more mood disturbances than those who had a more relaxed view of eating. <http://www.sciencedirect.com/science/article/pii/S0195666301904453>

I believe this lack of true nutrition and proper blood sugar maintenance, only exasperates the problem. This lack sends these women deeper into depression and apathy. Healthy, vitamin rich, consistent eating, along with proper counseling and care can bring these women into health and wholeness. However, the strong emotional tie in these disorders can make them very difficult to overcome.

Triumph Over Eating Disorders

Eating disorders can manifest out of a false belief or an out of balance emotional state. The most common disorders are anorexia, bulimia and chronic overeating. Though these disorders may look very different, they can all have the same terrible consequences. The worst of those being death!

All three of these disorders are rooted in a false belief about oneself. Some believe they will never be good enough, while others struggle with shame or a need to control when their life feels out of control. Once you change the belief, the eating habits change with it! To triumph over an eating disorder, you must believe the right things!

Here are some great steps to take to change your negative beliefs into positive ones. Positive beliefs change our emotional state, which leads to a healthier, happy you!

1. **Learn to love yourself:** God created you just the way you are! No matter what you've done or what you look like, He is proud of you and loves you deeply. Your

body is a temple and it should be treated with both love and respect.

2. **Letting go and letting God:** Many times eating disorders are birthed out of control. When their lives feel out of control, those who struggle with these struggles find comfort in their disorder. Once you realize that you cannot control your life and that God is in control, you can have peace of mind. Remember, He has your best interests at heart. Cast your cares on Him and He will lift you up!



3. **Start a thankful journal:** Start focusing on the positive and what you are truly thankful for in your life. Each day, write those things down. When you start having more positive and thankful thoughts, your whole outlook will change. The book "1000 Gifts" is a great example of how this positive journaling can transform your life!

4. **Get real with a friend:** You don't have to trumpet it to the world that you struggle with an eating disorder. But finding a friend you can trust that can walk with you and encourage you, can make a huge difference.

Wrong Mindsets = Wrong Eating Habits

You don't have to struggle with a full-blown eating disorder to battle with destructive eating habits. Many people don't even realize they have an unhealthy relationship with food. They cannot figure out why there are overweight, diabetic or have high blood pressure. Sometimes, the answer lies in how we were raised or even in a people pleasing personality.

- Do you feel obligated to finish all the food on your plate? Maybe your parents never let you leave the table growing up until your plate was clean. You may feel you will hurt the cook's feelings if you don't finish the food they prepared.
- Do you have a hard time turning away food that's offered to you? It could be chocolate cake from a birthday celebration or holiday baked goods given to you as a gift. You may not even be hungry, but you don't want to hurt the feelings of the one offering it to you. Though these actions may be good intentioned, they can detrimental to your waistline and health.

Being a people pleaser is an emotional battlefield for your food choices. The reality is, you must learn to start putting yourself first when it comes to food! Your health should be your priority, not hurting someone's feelings because you declined their food offering. Learning to say no is a good thing! How you phrase your "No" can make a difference as well. Try using these responses the next time you are offered food that you wish to decline.

- Thank them for the offer.
- Let them know you appreciate them thinking of you, but you have to decline.
- Tell them you are trying to take steps towards better health with healthy eating.

These are all keys to learning to say no in a kind and respectful way. Remember, saying no is not a bad thing! It means you respect yourself enough to set boundaries.

Stress Eating

Stress eating is by far the most common unhealthy eating habit. It has even been commercialized! You often see someone in a movie or television show whip out a pint of ice cream when love throws them a curve ball. I believe this commercialization has only encouraged more stress eating. Many people truly believe that it is okay to bury their problems in pint Ben and Jerry's or a bag of potato chips.



The main problem in this is that stress is unavoidable! We all have stress in our lives to one degree or another. If we never truly deal with that stress, but bury it in food, we create a habit. Not just a random splurge. Some people drink to avoid dealing with life's problems, others battle with drugs, and some people smoke to relieve stress. Food can just as easily become one of those additions. Especially sugar, as gives you a sort of satisfactory, short lived "high". Some say sugar is more addictive than cocaine!

If you feel like you are one of the thousands, maybe even millions, of people who have a stress-eating problem, take heed. You can overcome this habit!

Eat to live. Don't live to eat

Taking a different view of food is very important. When you see food as a reward or something to make you feel better, you have an unhealthy view of food and are at risk for developing an eating disorder. Yes, food can be enjoyable. But, eating should be ultimately about nourishment and health. Not about comfort or escape from life's troubles.

Choose an apple over a chocolate bar or a salad instead of french fries. The healthier choices may not give you instant gratification, but you will feel better knowing you gave your body the healthy foods it needs.

Turn to a friend

When you feel stressed and overwhelmed, call a friend. Don't just reach for the chocolate or ice cream. If you talk it through with a trusted friend, then you can walk away feeling less stress and save yourself a lot of unneeded calories!

Journal

Writing down how you feel helps release stress, as well. If you feel sad or angry, write about it! You may feel much better after you get it out onto paper.

Have non-food rewards

Have a list of things ready to make yourself feel better that don't include food. Maybe it's a movie with a friend or night at a hotel with your spouse. Have a money stash for times like these. Then you can treat yourself with that new pair of shoes or something you've been eyeing, without breaking the bank.

You can also take a few natural supplements to help with stress eating. Many times our jobs or family life make it nearly impossible to escape a high stress atmosphere. Luckily, there are natural supplement that can "take the edge off." These are classified as adaptogens. Adaptogens are substances that help enhance the body resistance to external stressors.

I would classify my life as highly stressful. I somehow manage to work, continue my education, and raise 3 small children. I definitely keep these adaptogens on hand and find myself taking them often.

Holy Basil (Tulsi)

This herb comes in both tea and pill form. It is a powerful adaptogen that is both safe and effective. It has been used for centuries in Indian culture. I enjoy a cup of Tulsi tea almost every morning to prepare my body and mind for the day ahead.

L-Theanine Serene by Source Naturals

This is a brilliant combination of the amino acid l-theanine, GABA, holy basil and magnesium. All of these ingredients are known for their ability to calm and to improve mood without drowsiness. The dosage recommended is 3 tablets a day.

Ginseng

One of the only adaptogens that also increases energy levels. It also combines well with licorice root for stress relief and nourishment of the adrenal glands.



A Recipe for Stress

A great way to beat stress eating and avoid blood sugar related mood disturbances is to eat food low in sugar and high in healthy fat and protein. I have several go-to recipes for this purpose. They taste as good as the carb

and sugar loaded original. This makes you feel like you're splurging, but you're actually nourishing your body!

Here are a couple of my favorite "high carb alternative" recipes. They taste so good even my kids give their approval!

High Protein Low Carb Pancakes

Ingredients:

- 1 egg
- 2 tbsp of plain full fat yogurt
- 1 tbsp of flour (for Gluten Free, use coconut flour)

Directions:

Mix the yogurt with the egg. Add in the flour. The consistency needs to be similar to sour cream. Add more yogurt if you need. Fry your pancakes in a pan oiled with coconut oil. Flip when browned. Enjoy with a dollop of coconut oil or pastured organic butter and a tsp of real maple syrup! This makes only one serving. Double or triple as needed.

Ice Cream, Ice Cream, We Want Ice Cream!!

It is pretty much a given that the ultimate comfort food is ice cream. Chocolate is a popular comfort food, as well. A great alternative to dairy ice cream is coconut milk ice cream. Coconut milk contains healthy fat and immune boosting lauric acid.

My husband is a lover of both chocolate and ice cream. The recipe below is his favorite out of all the coconut milk ice creams I have made. It is sugar free, dairy free, healthy, and amazingly delicious! Yes, that was a mouthful! Now, fill your mouth with this goodness!

Chocolate Coconut Milk Ice Cream

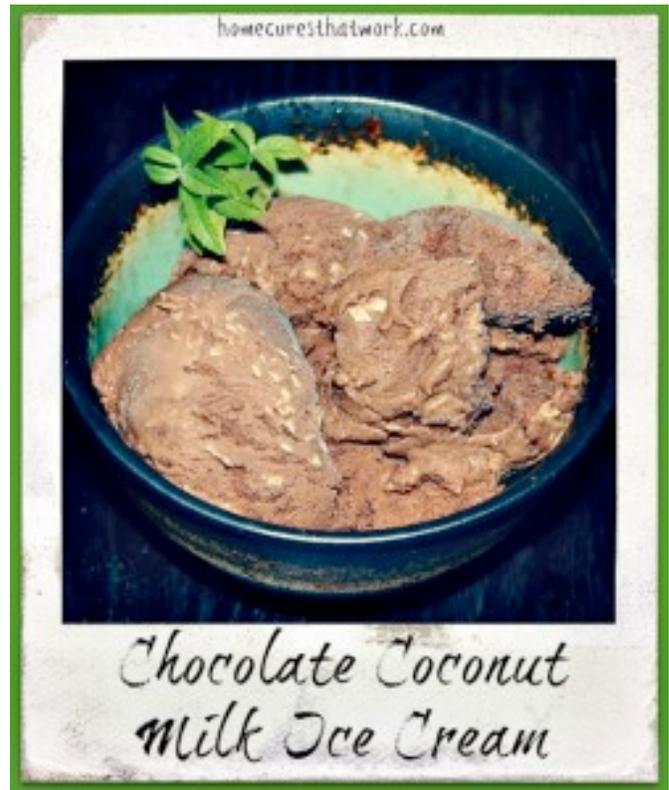
Ingredients:

- 2 cups of canned coconut milk
- 2-3 tbsp of cocoa powder

- Stevia drops to taste (I prefer Nu Naturals brand)
- 1 Tbsp of vanilla extract
- 4 free range egg yolks

Directions:

Whisk the coconut milk and cocoa in a saucepan over medium heat. Remove from heat. Stir in the stevia and vanilla. Then whisk in the egg yolks. Chill in the fridge for 20-30 minutes and then follow your ice cream maker's instructions.



Change Your Mind, Change Your Eating

Remember, what you think and how you believe can be the key to healthy eating. Taking steps to "change your mind" can be one of the healthiest choices you make. Don't let thoughts, emotions or bad habits control your life any longer! It is a choice you will not regret!

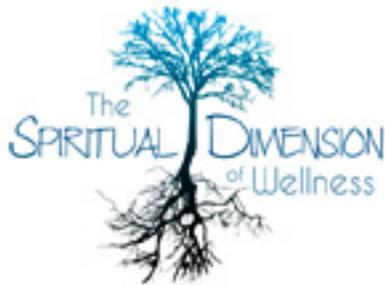
Are you a stress eater? What are your bad eating habits? What is holding you back from changing those habits? Please feel free to comment below.



Amanda Box is a Doctor of Naturopathy and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 10 years and currently has a Naturopathic consulting practice in Sioux Falls, SD. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you

don't have a good local naturopathic doctor to turn to for your personal needs, Dr. Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" for contact info:

<http://amandabox.blogspot.com/>



Extreme Emotional Quotient Questions

By Michael Tyrrell

Do you enjoy thought provoking questions like:

- Is the glass half empty or half full?
- What came first? The chicken or the egg?
- Are you comfortable in crowds or do you prefer solitude?
- Do you like to read or would you rather have someone read to you?
- Do you live one day at a time or live contemplating the future?
- After a long day at work upon returning home do you take off your shoes and throw them haphazardly or do you place them neatly in their appropriate place?
- Do you have pity on the homeless or do they frustrate you when you are approached for help?
- Do you feel more at ease when someone looks into your eyes when they are talking to you or does peace come when they look away?
- Do little children make you smile or do they usually annoy you?
- When you see a stranger in tears do you inquire or do you walk past them believing their tears are a sign of weakness?

- Do you feel faith in God is critically important or merely a crutch?
- Do you feel uneasy when an author starts an article by asking you so many personal questions?



Welcome to this month's Home Cures That Work topic: Emotional Quotient or EQ!

Before we dive into the pool of self-discovery, I think it would be helpful to define the words, *emotion* and *quotient*.

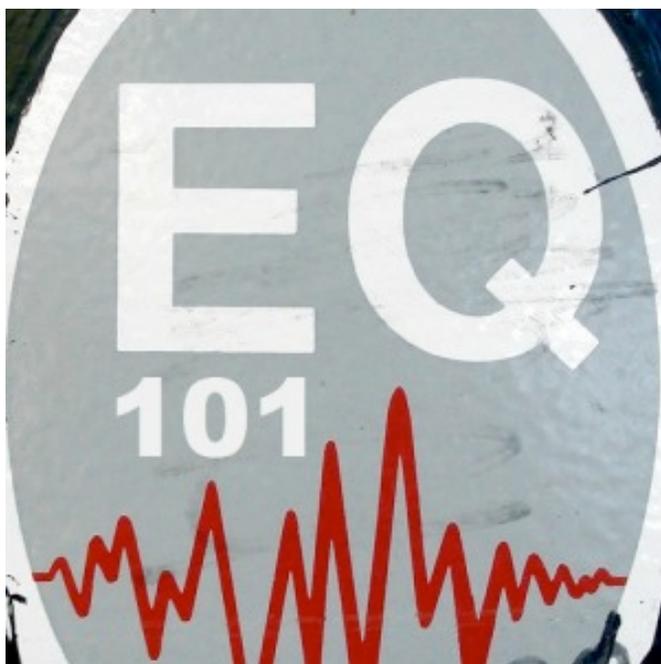
The New Oxford American Dictionary defines,

- *emotion* as: a natural instinctive state of mind deriving from one's circumstances, mood or relationships
- *quotient* as: a degree or amount of a specified quality

IQ 101 and EQ 101

In the late fifties, the term IQ became extremely popular in the American culture even though a French psychologist, Alfred Binet and his colleague Theodore Simon developed the first IQ test in the early 1900s. Binet and Simon created a number of questions that focused on things that had not been taught in school such as attention, memory and problem solving skills.

By using their test, Binet and Simon quickly discovered that some of the younger children scored higher than some of the older children proving to them that the concept of a “mental” age or a measure of intelligence based on the average abilities of children of a certain age group were valid. The first IQ test, referred to today as the Binet-Simon scale, has been used in the military since WWI and though many other psychologists have claimed they have improved the test it is still considered the standard today. Enter EQ!



Maybe your thinking, IQ or EQ, what's the difference?

- *Intelligence quotient (IQ)* is a measurement of a person's organic intelligence relating to logical reasoning, memory, word comprehension and problem solving.
- *Emotional quotient (EQ)* is a modality for measuring a person's ability to recognize emotions in themselves and in others and can determine how they will perform under stress at work and as a team player.

Many people with a high IQ may possess a low EQ, which in layman's terms means, very intelligent but does not function well with others. Unlike IQ, EQ is a relatively new discovery coined by two psychologists Peter Salovey and John D. Mayer in 1990.

Sometime in the 1990s, Daniel Goleman became aware of Salovey and Mayer's work, which led to his book, *Emotional Intelligence*. Goleman's bestseller really helped bring attention to EQ as a new benchmark for human evaluation.

Divine Diagnostic Test

Now with this brief history behind us we can talk on a more educated level. As useful as these tests are, they are still created by humans for humans. I would like to direct your attention to a far more accurate divine diagnostic test that is assessed by our creator!

In Genesis 2:7 we read,

“The Lord God formed the man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living soul.”

At the advent of man, God breathes (n'shamah) into an inanimate pile of dirt and creates (bara) an animate soul (nephesh).

Now remember, just prior to the advent of man was the *concept* of man,

“Then God said, ‘Let Us make man in Our image, in Our likeness.’” Genesis 1:26

Lets stop there...did you see it? God just breathed into a dirt mound and a soul came to life that was in the image of God? Think about it! A soul - the epicenter of mans thought, will and emotions - brought to life with God’s breath!

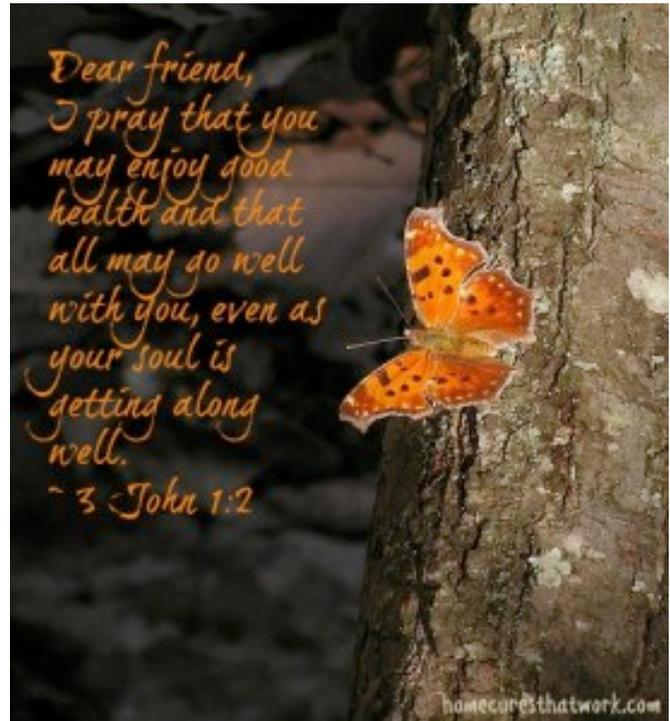
Ok, here we go...

“His divine power has given us everything we need for life and Godliness through our knowledge of Him who called us by His own glory and goodness.

Through these He has given us His very great and precious promises, so that through them you may participate in the divine nature and escape the corruption of the world caused by evil desires.

For this reason make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self control; and to self control, perseverance; and to perseverance, Godliness; and to Godliness, brotherly kindness and to brotherly kindness, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.” 2 Peter 1:3-4

Now most would agree that the above mentioned scripture boasts some amazing attributes that man is already capable of performing as a believer, right?



Here is the Extreme Question

Why do men still look to creation for answers instead of their Creator?

Lets say you purchase a new computer and you don’t fully understand its potential. Would you rather ask another consumer who owns the same model what it is capable of or ask its designer?

In the movie, *The Matrix*, Neo is taken to visit the oracle to find out if he is the “one” who will save mankind. When Neo is confronted by the oracle, there is a great lesson for all of us... Behind his back is a plaque that reads, “Know Thyself” but Neo can’t see it because he is too focused on the oracle standing before him! The oracles job was to get Neo to know himself, think for himself and do what he was already empowered to do.

Today in America, people are sadly empowering others to tell them who they are, think for them and do for them what they should do for themselves!

An ideology that believes that a bigger government is what people need is empowering the government and limiting the peoples freedom to think and choose what is best for them, it is easy to let someone choose for you but it will cost you...a lot!

Here's another example of empowering someone else to think for yourself...The life coach. Ok, somehow in the last 20 years we have suddenly become incapable of managing our own lives. Therefore, we hire another human to do it for us...it's easy and will also cost us...a lot!

Now here's another good example of empowering someone to do what we should do for ourselves: personal shopper. Yep, that's right folks. In the last 20 years, we've become too busy and important to shop for ourselves so we make another human busy buying our food, clothes and our families Christmas and birthday presents and because now they are too busy buying our stuff they have to hire someone with the money they made from us to buy their stuff... Oh yeah, it's so easy but it too will cost you...a lot!

When I mentioned the inherent power of life and Godliness spoken of in 2 Peter 1:3-4 it hinged upon "the knowledge of Him" - not *them*!

- When I say *them* I am talking about the human consortium seen and unseen, known and unknown.
- When I mention *Him*, I am speaking of the Author of Life itself, the Alpha and Omega, the Aleph and the Tov, the opening statement and the last word. I am, of course, speaking of Jesus Christ!

You see, if you let man run you life, then the best you can hope for is soulish information based on the experiences of other people... you may also be MANipulated in the process.

I am amazed how easily people are controlled by others; we become what we believe.



Have you ever read a magazine article that starts with, "By age forty you should have deep crows feet in the corner of your eyes." What was your response? Most people run immediately to the mirror and say, "OMG! They were right!"

My immediate response was, "Who is they?" If you believe "they" are right, then your wrinkles will show up for you! If you understand that "they" represent human talking heads, that make up statistics by looking at a test group of people, and that "they" sell magazines and cosmetics for the companies that buy advertisement in their magazine, then you will no longer put faith in "they." Then you will enjoy the *knowledge of Him* and all things pertaining to life and Godliness in Him...not *them*!

In an among themselves, there is nothing evil about, EQ tests, life coaches, personal shoppers or human government. Even though these help systems can be beneficial, you just don't want to depend on someone else living your life for you! They are innately human systems, at best.

The Ultimate Intelligence

As humans we are constantly reinventing the wheel and unless we discover the wheel outside the wheel, the world outside our

world, and the government outside of man's government, we will only see what "they" want us to see, think what "they" want us to think and believe what "they" want us to believe...

Read these words penned by King Solomon,

"All things are wearisome, more than one can say. The eye never has enough of seeing, nor the ear its fill of hearing. What has been will be again, what has been done will be done again; there is nothing new under the sun. Is there anything of which one can say, 'Look! This is something new?' It was here already, long ago; it was here before our time. Ecclesiastes 1:8-10

The only thing older than a human soul is its creator. So, we can depend on an EQ test to know ourselves or we can ask the extreme question,

"Should I depend on man or man's creator?"

Your answer will change your life... one way or the other.

"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." 3 John 1:2

Till next month,

Michael

- 1. As a musician, EQ means tone equalization, ie, Bass, Midrange, Treble. If your controls were Body, Soul, Spirit on a scale of 1-10, how would you be tuned today?***
- 2. Who coined the phrase, "Know Thyself?"***
- 3. What is more accurate: perspective or proximity?***



Michael Tyrrell is founder of the Network Center Inc., a not-for-profit, an 501(c)(3) organization which works as an advisory agency to local churches, faith-based ministries, Para-church ministries, schools, home fellowships and music ministries.

Michael is committed to training to deliver the message of their Christian faith in order to reach the lost, the disenfranchised, the sick and the hurting. Michael has been in full time ministry for the last 27 years and is a writer music producer and well known musician.

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Anti-Aging Care



Stress Reduction to Prevent Disease - Part 1

By David Kekich

Stress drains you from the inside, robbing your energy and vitality. Stress leads to fatigue and will silently sabotage even the strongest motivation. Do everything right— everything—and chronic stress can crash it all down!

Even a few minutes of focused stress reduction every day is a powerful way to prevent disease and accelerate your regeneration.

I'm going to show you how to not only reduce your chronic stress, but also how to avoid most of it.



Chronic Stress Accelerates Aging and Makes You Sick

Just like exercise, emotion signals your cells to grow strong or weak. The same molecular

pathways go to work for you or against you. Stress, hostility and loneliness starve your cells and put them in danger. However, optimism and love trigger growth. Like deciding to exercise, you can pretty much master your emotions. It's a choice.

Consider this: people who feel more stressed have telomeres that are almost 50% shorter than those of people who say they are less stressed. This equates to a whopping 9-17 year difference in biological age!

How much stress do you experience during the average day? Chronic stress kills, you know. It kills by:

- Weakening your immune system
- Disrupting your digestive system
- Causing heart disease, stroke, cancer, Alzheimer's and more

In fact, 80% of all doctor visits in the U.S. are related to stress-induced conditions, and 90% of all diseases are caused or complicated by stress. In addition to the above, these stress-induced conditions include:

- High blood pressure
- Kidney damage
- Ulcers
- Food allergies
- Diabetes
- And obesity

Cortisol, the main stress hormone, even causes your lean muscle to break down while increasing the storage of fat. Want to be a lean energy machine? Then learn to relax. Stress can affect every one of the trillions of cells in your body. In essence, chronic stress accelerates aging and makes you sick. Why do everything else right, only to lose it all to stress?

How to Monitor Your Stress

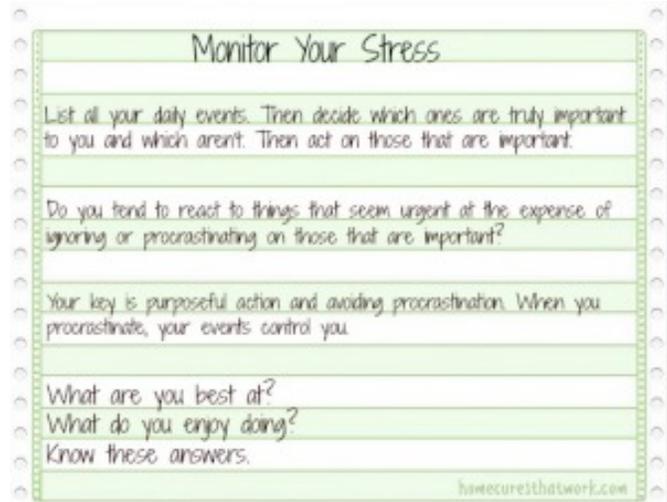
I have concluded there is one overriding cause of stress. In fact, it may be the only cause. In one word, it's "reaction."

Reaction to workplace pressures is the most common source of stress. Gallup reports 80% of employees suffer from stress. And stressed-out employees suffer from two to three times as much work injury as their non-stressed counterparts.

Most stress is caused by changes in your life and the sense of being out of control. Being out of control is usually caused by being in this reactionary mode, letting external events or other people control your actions, rather than your actions determining the external events in your life. Most of us feel stressed much of the time due to these two factors.

Some ways around this are to monitor your stress.

- List all your daily events. Then decide which ones are truly important to you and which aren't. Then act on those that are important.
- Do you tend to react to things that seem urgent at the expense of ignoring or procrastinating on those that are important?
- Your key is purposeful action and avoiding procrastination. When you procrastinate, your events control you.



You probably know what thoughts and actions advance you forward in life. I trust you know what specific action or actions energize you and are most productive for you.

- What are you best at?
- What do you enjoy doing?
- Know these answers.

Focus on those related activities, and you will cut 90% of the stress out of your life. In other words, get "proactive." Take control of your life one day at a time.

Is that how you manage most of your average day? Probably not. If you do, congratulations! But if you're like me, you're constantly faced with interruptions and distractions: phone calls, emails, family emergencies, arguments, mail, traffic jams, unexpected guests, financial problems, tax issues, bill paying, other peoples' agendas, etc, etc, etc.

Chronic stress is often these continual minor stressors over an extended period of time. The cumulative effect slowly erodes your body over time at your cellular level if you don't make a conscious effort to let your body recover.

2 Habits for Happiness

So how do you keep this insidious killer from robbing you of your health, happiness and prosperity?

It's actually very simple. Plan your days in advance.

- Fill your schedule with positive uplifting actions that move you toward your goals.
- Go back a few weeks in your calendar, and list all your counterproductive reactionary items.
- Do the same moving forward for the next two weeks.
- Every time you react to something, and every time you feel stress, write it down.
- Write down what you hate doing, as well.
- Then group these items and hand them off. Delegate them. Outsource them. Or just ignore the ones that won't damage you if they don't get done.

Second, work in peace, quiet and privacy.

- Shut distractions out during designated chunks of your work day.
- Turn off your phone and email during these periods.
- Close your door, and leave specific instructions to not bother you except in extreme emergencies such as a medical crisis or anything else that is absolutely life, family or business threatening.
- Start in small steps and work your way up until you completely control most of your work day.

Once you master these habits, you'll wonder why you didn't do so years ago. Your business and personal life will prosper like never before. And you'll live longer.

(By the way, I was interrupted twice while writing this section, because I am not behind a closed door. Being distracted and then trying to refocus doubled the time it should have taken me to write this. I'm writing this book to myself as much as to you. So I need to keep reminding myself, over and over. The rewards far outweigh the effort.)

Even productive living creates stressful situations. As long as you're in action, you will always have some stress in your life. Self-imposed deadlines, major changes in your life and others can create stress.

How to Make Stress Reduction a Priority

We simply don't grow without stress. Some stress is good for you. It evolved as a survival mechanism. Without it, we don't adapt and become strong. It gives you a rush of adrenaline when you're faced with a sudden life-threatening situation. You react faster, often without even thinking. Your strength can suddenly double for an instant.

What kills you is not adapting to the chronic stresses of life. Now that we're civilized (at least technologically), we seldom face life-threatening events. However, modern life puts other pressures on you. Instead of being attacked by a wild animal, escaping and then relaxing for a week, we get stressed by the multiple processes of living in a complex world. And this stress doesn't end as fast as it occurred. Stressful situations may stay with us for days, weeks and even years. Or they may pop up one after another. They can make us feel as helpless as babies. Sometimes they spin our lives out of control. They all cause our stress system to activate. The system designed to help us in an emergency becomes dangerous to our health if it runs all the time.

Physical and emotional stress causes the release of cortisol and catecholamines (adrenaline and nor-adrenaline), hormones that keep the body performing under high stress situations. As I mentioned, these hormones are good in short bursts, such as in emergency situations, but damaging after long periods of exposure.

Catecholamines are also known as the "fight or flight" hormones, because they "rev up" your system (increase blood pressure and heart rate) in response to stress. Cortisol suppresses

normal inflammatory responses and immune functions to allow you to continue to perform in an emergency. Long-term exposure to cortisol and catecholamines, however, is linked to a whole host of physiological problems, including:

- Memory loss
- Immune system inhibition
- Endocrine system disruption
- Increased free radical production
- Chronic increased blood pressure
- Chronic increased heart rate

This chronic stress is what kills us instead of saving us. So we need to make stress reduction and relaxation a priority in our lives if our plans are peace, health and longevity. The good news is it's not hard to do.



All you need to do is stop and get off the horse once in a while. Relaxation is not only fun and easy, but it will extend your life and help keep you from getting sick.

Focus and intentional practice are much more effective than passive relaxation. You might practice:

- Meditation

- Yoga
- Prayer
- Deep breathing exercises
- Creative visualization
- Listening to soothing sounds such as nature sounds or relaxing music
- Soaking in a tub
- Biofeedback
- Tai chi

There are many other stress busters out there. The more stress management tools you learn and use regularly, the happier and healthier you'll be. Stress management can measurably reverse much of the stress-induced damage very quickly. You can even restore over-taxed immune systems in ninety days or less. Best of all, your benefits accumulate. The longer you practice stress management techniques, the healthier you become.

You are responsible for much of the emotional stress placed on your body. If you perceive a situation as stressful, your body will react. If you can manage difficult situations without overreacting, you save your body from unnecessary chemical damage.



David Kekich is President/CEO of Maximum Life Foundation that focuses on aging research, a 501(c)(3) corporation dedicated to curing aging-related diseases. For more information, visit: www.MaxLife.org. David contributes to our column Living Healthy to 120: Anti-Aging Breakthroughs. MaxLife is helping to make the anti-aging dream a reality with cutting edge Bio-Engineering research and products.

Anti-Aging Care



Stress Reduction to Prevent Disease - Part 2

By David Kekich

Drs. T. H. Holmes and R. H. Rahe researched the strong correlation between stressful situations and illness. Then they devised a Social Readjustment Scale.

To see whether you are in danger of illness, look at the chart below, and add up the number of Life Crisis Units (LCUs) you have received in the past two years. If you are in danger, take immediate steps to alleviate your stress and return to a more healthy condition. For example, one-time cardiac patients who learned to manage their stress reduced their heart attack/heart problem risk by an incredible 74%.

Of the several things you can do to control your stress and lessen its detrimental effects, one of the first is to eliminate any artificial chemical stress you might be putting on your body. Your body has a hard enough time managing stress without its stress management system turned on by external chemicals.

- Although a little caffeine may have healthy attributes, it also releases excess cortisol and catecholamines. So it mimics the effect of stress.
- High blood sugar, caused by consuming high levels of carbohydrates (especially food high in refined sugar) can also mimic the effects of stress by causing

large doses of insulin to be released into your blood stream.

- High insulin levels then cause release of cortisol, suppressing your immune system.
- Salt is one other chemical stressor, because it can unnaturally raise your blood pressure.

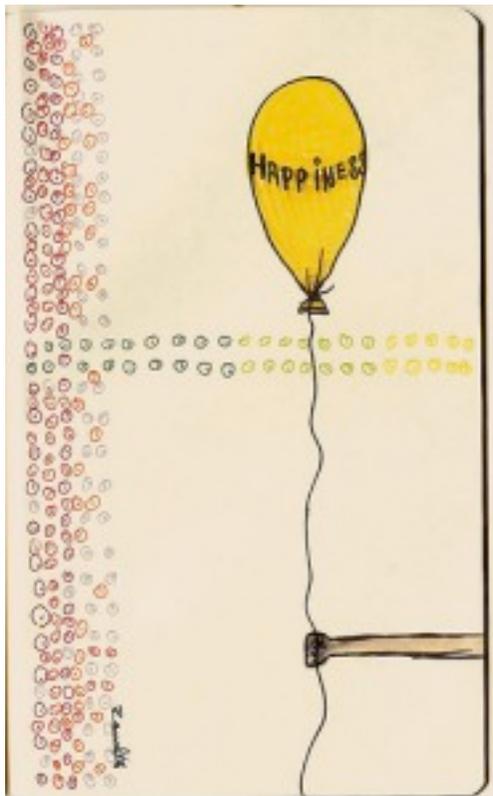
LCUs	Probability of Illness
300	80%+
200-299	50%
150-199	33%

EVENT	LCUs	EVENT	LCUs
Death of spouse	100	Son or daughter leaving home	29
Divorce	73	Trouble with in-laws	29
Separation	65	Outstanding personal achievement	28
Jail term	63	Spouse begins or stops work	26
Death of close family member	63	Begin or end of school or college	26
Personal illness or injury	53	Change in living conditions	25
Marriage	50	Change in personal habits	24
Fired at work	47	Trouble with boss	23
Marital reconciliation	45	Change in work hours or conditions	20
Retirement	45	Change in residence	20
Change in health of family member	44	Change in school or college	20
Pregnancy	40	Change in recreation	19
Sex difficulties	39	Change in church activities	19
Gain of new family member	39	Change in social activities	18
Business readjustment	38	A moderate loan or mortgage	17
Change in financial state	38	Change in sleeping habits	16
Death of close friend	37	Change in number of family get-togethers	15
Change to a different line of work	36	Change in eating habits	15

What Else Can You Do To Relieve Stress?

In addition to previous suggestions, I recommend looking into how well you manage

your life. One of the primary causes of stress is the feeling of being out of control. Techniques such as personal goal setting and time management can help you feel like you have a better handle on your life. Also, simplify your life as much as possible. Complexity is a major contributor to damaging stress.



The Lifehack.org website gives us some more simple tips.

- *Make quiet time:* Whether you meditate daily or just spend an hour a night with a book, you need to create a space where you can clear your mind.
- *Eat better:* A good diet can help your body better deal with the effects of stress.
- *Make family time:* Eat at least one meal a day with your family (or with friends if you're single).
- *Talk it out:* Bottling up your frustrations, even the little ones, leads to stress.

- *Prioritize:* Figure out what in your life actually needs attention and what doesn't.
- *Accept interruptions gracefully:* Leave enough wiggle room so you can adapt to changes in your day.
- *Pay attention to yourself:* Notice when you feel stressed, and determine the cause.
- *Love:* Build relationships. Share yourself. Feel human warmth.

Finally, some words of wisdom on stress from author, philosopher and entrepreneur Robert Ringer:

1. Know thy self.

The real key to conquering stress is self-examination—continual, honest self-examination regarding the harmony and disharmony in your life.

2. Shake the habit of fretting and stewing about problems that don't exist.

If you excessively dwell on bad things that might happen in your life—medical or otherwise—you only succeed in increasing the chances of their actually happening.

3. Recognize that for every negative, there's an offsetting positive.

Balance is the natural order of the universe.

4. Accept the inevitable.

Notwithstanding the Natural Law of Balance, there are some things you simply can't do anything about. However, it's important to be able to discern the difference between inevitable and difficult.

5. Refuse to react to the negative remarks disseminated by others.

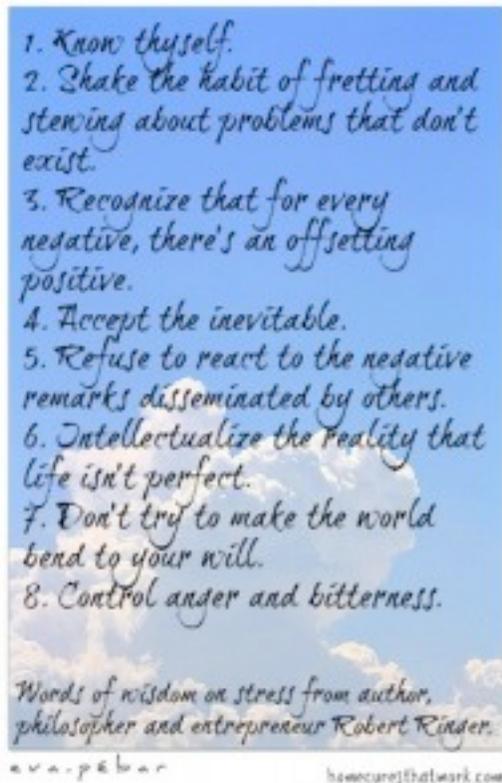
Just don't make the naive mistake of expecting everyone to love you, because they won't.

6. Intellectualize the reality that life isn't perfect.

You can reduce your stress many times over by accepting the reality that there is no perfect child, parent, spouse, home, city, or job.

7. Don't try to make the world bend to your will.

Trying to get everyone to do things your way goes beyond stress. It's a frustrating, hopeless exercise that can drive a person mad.



8. Control anger and bitterness.

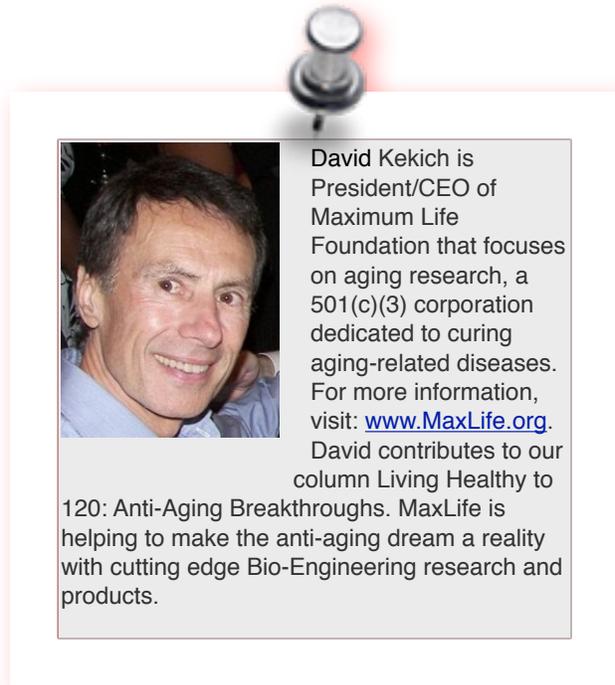
It's worth repeating Ralph Waldo Emerson's famous words:

"For every minute you are angry, you lose sixty seconds of happiness."

So as you can see, it's not events that shape your world. It's your thought processes. Your mental state will always be the most important factor when it comes to achieving peace of mind and overcoming the effects of stress in your life.

Here's a proactive event that will improve your mental state: Relaxation. Is it proactive? Yes. Purposely relaxing actually accomplishes a lot. It rests and rejuvenates your mind and your body.

The bottom line is, relaxed people are healthier, happier, more productive and live longer—much longer.





Free Remedy Report: Brain Health Kit

Got “Senior Moments”?

It’s not your fault – Yale University study says this may be why you have them...

If you’ve been noticing more embarrassing “Senior Moments” lately then listen carefully – it’s not your fault...

In fact, I have some shocking new information as to why you have them and how to stop it...

And restore your memory to crystal-clear focus again.

See, a study done at Yale University says these lapses in your memory may be due to very real yet highly overlooked cause of memory loss...and if you act quickly – you may be able to save it.

What causes this progressive impairment of your mind?

Your brain is shrinking.

That’s right...as you age, the part of your brain responsible for rational thought and memory begins to shrink through no fault of yours.

And unfortunately, the hippocampus—where memories are stored—often becomes damaged in the process.

In short – your brain loses its storage capacity.

Stress makes matters even worse. The same Yale University study shows that repeated exposure to stress reduces brain volume and function—even if you're fit and healthy.

➔[Click here now for your FREE report on how to rebuild lost memory and abolish Senior Moments for good.](#) ←

And it's not just aging you need to worry about...

A recent study at the University of California uncovered 4 common health and lifestyle factors that could be making your brain shrink even faster.

Chances are you're exercising at least one of these factors...because millions of Americans are in the same boat.

Stop your brain from shrinking...and protect yourself from “Senior Moments”

I'll show you the latest, most up-to-date natural solutions that are remarkably effective and best of all – easy to get and use.

These safe, simple solutions could dramatically boost your memory...help you learn new things more quickly...and improve your concentration so you can get more done in less time.

But they can do nothing for you if you don't have the courage to make this all-important change in your life.

[All you have to do is download here](#) and you'll discover exactly what you need to do to recall names, phone numbers, shopping lists, and other information just as easily as you did 10...maybe even *20 years ago*.

Even more important, you'll discover how to make sure you NEVER wind up with Alzheimer's...in a nursing home because you can't even remember your loved ones anymore.

Do yourself and your family a great service – click here now and stop your brain from turning against you.

That's all I'm going to say. The rest is up to you.

P.S. There's plenty you can do to stop your brain from shrinking and enjoy a sharper memory, better focus, and the peace of mind you deserve. These simple yet powerful remedies I'll show you in the presentation are doctor reviewed and approved – backed by clinical studies. If you have the courage to change, [simply click here right now for all the details.](#)