

## Treat Chronic Stress Naturally

A constant bombardment of highly stressful situations leads the body to suffer from chronic stress. This is detrimental to our physical and emotional well-being. Medical research has shown that stress is a major cause of disease and illness. The National Institute for Mental Health studies and other surveys show that seventy to 80 percent of all visits to the doctor are for stress-related and stress-induced illnesses. In addition, stress contributes to 50 percent of all illnesses in the United States.

There are different types of stressors in life, including serious illness, death in the family, divorce, financial hardship, job loss, academic pressure, or impending deadline at work. Regardless of the source of the stress, the body's natural response to stress is the released of cortisol, adrenaline, and noradrenaline into the bloodstream. Once these stress hormones are released into the bloodstream, it causes the nervous system to trigger increased heart rate, blood pressure, perspiration, body temperature, blood clotting, blood sugar, and cholesterol levels. Additionally, neck and shoulder muscles tense

up and the digestion system halts to preserve energy to deal with the immediate situation. If one constantly experiences excessive stress, then the body does not have enough time to repair itself. As a result, the body is out of balance and may lead to a state of burnout, where depression, anxiety, and other emotional as well as physiological health problems develop.

Stress can strike from all areas of life. It can come from academic pressure, financial, family, or job related issues. Job stress is an epidemic, causing accidents as well as a range of illnesses that cost businesses \$300 billion a year in health care costs and absenteeism. Common work stressors include heavy workload, multiple projects and deadlines, interactions with customers, and relations with bosses and co-workers. Early intervention to treat stress is the best option to maintain business productivity as well as preventing disasters from occurring.

If you or someone you know is experiencing chronic stress and would like to deal with it in a natural way then our staff can fulfill your needs. Our clinic provides holistic therapies to not only help you to relieve stress

and achieve peace of mind, but also increase your energy level, balance the body's biochemical, neurological and hormonal systems. We strongly believe that these combined natural therapies at our clinic's stress free environment will enhance the therapeutic effects.

- **Acupuncture or Acupressure** (applied pressure on specific body areas) induces the production and release of endorphins, serotonin and other neurotransmitters for body-mind relaxation as well as strengthening the body's immunity to combat stress more successfully.
- **Massage therapy** encourages body relaxation to reduce stress and improves general health.
- **Craniosacral Therapy (CST)** helps balance the neurological and biochemical systems in the body.
- **Hypnotherapy** provides the body and mind with an extraordinarily pleasant quality of relaxation.
- **Foot Reflexology** helps the body's glands, organs, and systems achieve homeostasis to optimize general well-being and mind-body relaxation.

- **Herbs, Vitamins and Homeopathy** supplements and strengthens the body's systems to combat stress more successfully.

- **Facial Rejuvenation** enhances youthful appearance and soothes the mind.

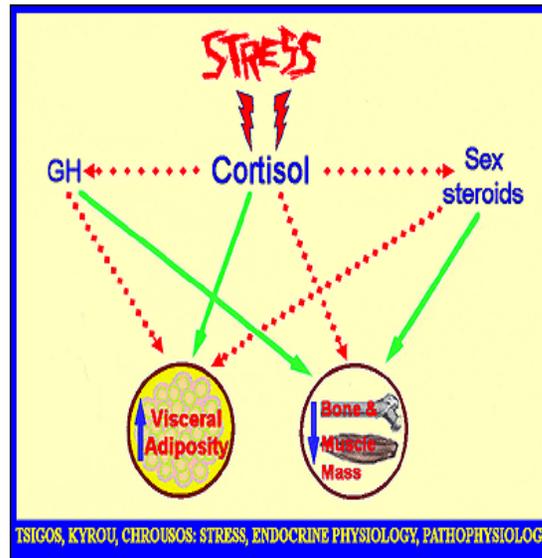
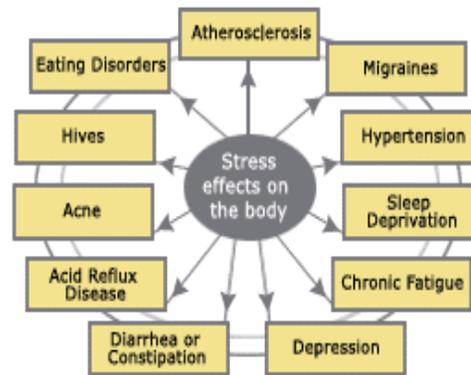
#### Risk factors that lead to chronic stress:

- Financial hardship
- Divorce, marital problems
- Death of a loved one
- Work-Related Issues
- Life trauma
- Serious illnesses
- Academic projects & deadlines

#### Signs & Symptoms of chronic stress:

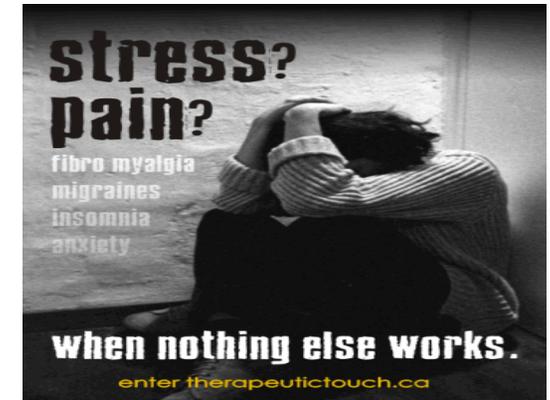
- Anger and hostility
- Chronic fatigue
- Decreased sexual drive
- Depression, mood swings
- Excessive alcohol use and smoking
- Forgetfulness
- Habitual teeth grinding, nail biting
- Heart-burn, indigestion
- Insomnia
- Overeating
- Restlessness
- Trembling, tics, or twitches
- Weakened immune systems

## Stress Complications:



**Treat Chronic Stress Naturally!**

*“An ounce of prevention is worth a pound of cure”*



- **Acupuncture Therapy**
- **Chinese Herbal Tea**
- **Massage**
- **Reflexology**

## Acupuncture & Skin Care

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