

News tips
for a healthier
winter season.

4th quarter
Newsletter

October 2007

Healthy Facts

Again, as was stated in September's Newsletter,
STRESS has emerged as the #1 health enemy.

What can you do about STRESS?

Today an individual has a much larger control over his/her overall health. How long you can expect to live. How long you remain healthy. How you make healthy choices. How you decide you are going to make those choices, make those changes and make the "life style changes" that are absolutely necessary to minimize your risk of illness ...by following a health-promoting way of life.

Facts of Stress.

We will cover the influences of a whole range of factors, beginning with both good STRESS and bad STRESS. We'll explain the difference between good STRESS, which revs you up and promotes action and bad stress, which interferes with your daily life and may damage your overall well-being. But most of all ...we will explain and tell you how you can become aware and learn to recognize the warning signs of unhealthy unproductive, bad ☹ STRESS.

Understand and know your STRESS level.

A simple definition of STRESS is any event or circumstance that requires you to adapt. As stated earlier ...you need a certain amount of STRESS to rev you ...spark you in your work and play or social activities. However, too much STRESS may do you in ...damage your health when the demands become greater than you can handle.

Long term ...Short term.

Look at it this way: STRESS can be both short term or long term, which can be either good or bad ...helpful or harmful.

- GOOD STRESS ...that instant "fight or flight" to get you off that railroad track to escape the oncoming freight train ...is good. ☺
- BAD STRESS ...that psychological pressure and repeated response to frustration occurring repeated over and over can have adverse effects ...that is bad. ☹

When can STRESS be damaging?

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Again, STRESS can have both short-term and long-term effects, which can be either good or bad ...helpful or harmful.

Some people are more susceptible than others to STRESS-related circumstances. Whether stress is damaging or not really depends on the level of demands imposed on the person's ability to cope. Evidence suggests that negative STRESS ...such as a disaster or an argument ...rather than positive, enjoyable stimulation has a detrimental effect on your over all health.

Individual perception has a lot to do with your STRESS level. An event that is highly threatening to one person may be entirely enjoyable to someone else. Take a racecar driver ...they have no fear of speed ...there is no STRESS there ...speed is invigorating. On the other hand, put that racecar driver in a "sewing class" and he/she would be bored to death ...heavy STRESS!!

The difference in perception may result partly from experiences and partly from attitude. Situations that cause STRESS are more likely to be damaging if you cannot predict or control them.

Prolonged, repeated or major STRESS.

If you are subject to several sources of major STRESS or prolonged minor STRESS ...your body experiences repeated or prolonged physical changes. You may not be aware of any physical effects, but your body may be experiencing a constant state of agitation. Different organs and systems throughout your body can be affected. Your immune system may be weakened ...reducing the body's natural ability to resist infection. Long-term STRESS can lead to serious psychological and psychiatric problems ...such as panic attacks and other anxiety disorders.

Signs and symptoms of STRESS.

Just a warning ...if you experience any of the following symptoms ...you could be under STRESS:

Breathlessness	Palpitations
Nausea or vomiting	Dizziness
Loss of appetite	Constant hunger
Insomnia	Nightmares
Constant tiredness or fatigue	Onset of allergies
Chronic indigestion	Constipation or diarrhea
Headaches	Neck or backaches
Impotence	Clumsiness
Trembling	Hot flashes

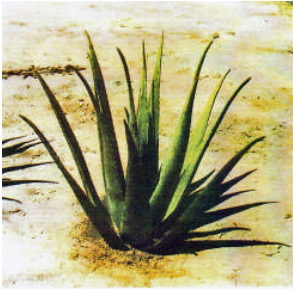
Okay, lets work with this ...would you believe ...it's really easy to manage your STRESS when you take charge of your life. Try the simple adjustments coming next month.

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"Because we care"

<p>Name Address</p>



Aloe Pure 5000 drink

The drink derived from a barbadensis miller plant
grown south of the border

Aloe Pure 5000 drink is 100% pure aloe and
is organically grown. Four flavors:

Strawberry-kiwi * Cran-Grape * Mango-Papaya * Natural