

News tips  
for a healthier  
fall season.

3<sup>rd</sup> quarter  
Newsletter

September 2007

# Healthy Facts

Before we take the steps and try to explain STRESS and acknowledge the fact that, in this highly advanced society into which we have launched in the last twenty years ...in a society in which we have made medial breakthroughs in the treatment of traditional diseases ...STRESS has now emerged as health enemy #1.

## **STRESS is one of the primary causes of stroke**

Not surprisingly ...studies have shown STRESS to be one of the primary cause of stroke, heart failure, hypertension and other cardiovascular complications ...as well as being highly contributory to certain types of cancer and gastrointestinal complications, ulcers, migraines and weakening your immune system.

In our modern society, and inevitable part of our fast passed life styles, STRESS can exhaust our natural defenses ...leaving the body susceptible to a wide range of health problems.

## **What is this thing called STRESS?**

STRESS is simply an individual's response to taxing physical, emotional or environmental demands. Though the body is equipped to deal with brief episodes, too much high-level STRESS on a regular basis can eventually take a heavy toll on your physical and mental health.

## **What are some of the causes of STRESS?**

A variety of conditions can produce STRESS; job pressures, family discord, financial needs, injuries, illness, even traumatic events.

## **The "fight or flight" response**

The body's initial reaction to STRESS, the "fight or flight" response, is a natural and healthy reaction in which the body prepares for impending danger.

The two small adrenal glands, attached to the kidneys, release adrenaline and other stress hormones that provide an instant burst of energy and strength ...allowing the body to confront an enemy or run to safety. This is good! 😊

## **Stress hormones deplete both nutrients and energy**

However, problems arise, if the STRESS persists over an extended period of time ...overtime, high levels of STRESS hormones deplete both nutrient and energy reserves, causing an overall state of exhaustion. This is bad!! 😞

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### 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**

When this ☹ happens, blood pressure and cholesterol levels increase. This sometimes damages heart and blood vessels. What's more, the stomach secretes too much acid, sex hormones diminish and the brain becomes starved for its energy source impairing mental ability. All these effects take an additional toll on the immune system, which can become so weakened that the body just can't keep up, offering little resistance to infection and illness.

The challenge we have is that ...other than its system by products such as exhaustion, fatigue, irritability and anxiety ...STRESS as a syndrome provides no measurable physical entity in and of itself until it is well advanced.

And since its' causes are more than occasionally intangible, it usually selects separate sets of symptoms with which to manifest.

#### Migraine headaches and fatigue

Studies show that people under extreme STRESS, for example, will often exhibit elevated levels of LDL cholesterol, triglycerides, frequent occurrence of migraine headaches and fatigue.

In fact, for a long time such conditions as Chronic Fatigue Syndrome were believed to be the direct result of too much stress in a person's life.

It would not be surprising to any professional practitioner to invariably acknowledge "STRESS" as the single most contributory factor to the disease syndromes and chronic conditions they treat. Just as a quick ballpark estimate, would bring that figure to be true in about 80% of the cases.

Of course, as with anything, there are life changing behavioral patterns you can undertake to reduce STRESS ...and we will cover them in our next week's newsletter.