

News tips
to understand
Your STRESS.

Healthy Facts

1st quarter
Newsletter

January 2008

We all need a little STRESS to motivate us.

Now that you made it through the STRESS season and you made it in the face of all those holiday adversities, pat yourself on the back ...because you are the person who did it. You are the person who made it happen.

It is now 2008 and you are going to take control of this thing called STRESS. Remember when we said that STRESS was nothing more than an event or circumstance that required you to adapt. You see; we all require a certain amount of STRESS to rev up and motivate us in our daily activities. You need a little STRESS. However, when your "fight or flight" response kicks in, caused by the sympathetic nervous system on many parts of your body and by the release of STRESS hormones into the blood stream, you're automatically programmed for some serious activity.

STRESS signals the hypothalamus

Just a quick run down on how this all happens in a flash, almost instantly, the hypothalamus sets a number of events in motion. This structure, about the size of a cherry, controls secretion of hormones from the pituitary gland. These hormones, carried through the blood stream, activate part of the adrenal glands (the cortex) to release cortisol, a hormone. Cortisol circulates through your body via the bloodstream; it is important in immune system function. Nerve signals are sent down the spinal cord to increase the activity of the sympathetic nerves. These nerves are part of the autonomic nerve system, which (involuntary) regulates many body functions, including breathing. Other nerve signals stimulate another part of the adrenal gland (the medulla) to release the hormones epinephrine and norepinephrine.

Your brain and your alertness is enhanced.

Epinephrine increases the speed and force of the heartbeat; norepinephrine maintains blood pressure. In your brain, your alertness is enhanced. Complex mechanisms ensure that the brain receives an adequate blood supply and that the level of blood sugar is high for necessary extra energy. The lenses of your eyes focus for distance vision. The papillae dilate to let in more light. Both heart rate

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and force of contraction increase. Blood supplies to the heart muscle also increase. Blood supply to your skin is increased to keep the body temperature normal. Sweat glands increase perspiration to cool your body. Blood supply to your skeletal muscles increase for that "fight or flight."

A certain amount of STRESS is healthy.

A certain amount of STRESS is healthy and enables you to live a stimulating and enjoyable life. On the other hand, too much STRESS, as indicated, has an unhealthy harmful effect on your mind and body.

Let's take a quick look at some of the major effects or events that require an individual to adapt. Remember, the definition of STRESS is any event or circumstance that requires you to adapt.

Major STRESS examples;

- Death of spouse or partner
- Divorce
- Marital separation
- Death of close family or friend
- Personal injury or illness
- Marriage
- Lose of job
- Retirement
- Pregnancy
- Sex problems
- Change in financial status
- Foreclosure of mortgage
- Personal achievement
- School
- Trouble with boss
- Any change in work hours
- Work conditions
- Social activities
- Sleeping habits
- Vacations and yes, holidays

If you have experienced any of these effects or events and you have not been able to adjust or adapt to these STRESSFUL situations ...you're likely to be experiencing significant physical or mental effects of STRESS.

Consequently, STRESS is a real live entity. STRESS is here to stay. Whether your STRESS is damaging or not, depends mainly on your ability to cope with it.

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Some ways to manage and control your STRESS;

1. Identify your problem.
2. Improve your time-management.
3. Avoid procrastination.
4. Talk about your problems; when you feel tension building, share your problems with a close friend, your partner or the people at the source of the problem.
5. Try to relax; take some personal time everyday to rest. Close your eyes and relax your body. Clear your mind.
6. Exercise; take a walk, try different types of exercise and develop an exercise routine that you like and enjoy.
7. Take a break; rest your body and refresh your mind. If you're frustrated ...walk away from your task or project for a while.
8. Avoid too many unexpected changes; plan your plan and work your plan to ensure that major life changes do not occur simultaneously.
9. Plan consistently; prepare your list and determine your priorities each day to gain control of your workload and prevent frustration.
10. Set realistic goals; too many unrealistic goals can lead to frustration. Be practical about what you can accomplish. Remember, you're not as good as you once were!!!! 😊

A word about nutrition: when your body is under prolonged STRESS, different organs and systems throughout your body can be affected. Your immune system may be weakened, thus reducing your body's ability to resist infection. We suggest, for this reason, you need to supplement your diet with vitamins, minerals, [\(Vita-X-tremes\)](#) enzyme, [\(ProEnzyme\)](#) and super antioxidants [\(ComPlex-50 Plus\)](#) and of course our [Aloe Pure 5000](#).

We suggest these products as an insurance policy to enhance your immune system and help keep you healthy and younger.

With that said, see you next month.

Have a Great Day!

p.s. Don't forget ...subscribe to your newsletter and have it directly emailed to you every month.

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"Because we care"

Name
Address



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