



The Wolfe Clinic News

STRESS

Have A Peaceful Christmas

We all dream of a stress-free Christmas. Stress over the holidays? Who needs it? For many, the approach to Christmas is a period of anxiety and dread. Daylight is getting scarce and the children are back at school; the roads and highways are treacherous and we are forced to toil with shoveling mountains of snow. Long, chilly, dark and gloomy days full of tedium are all we can look forward to for months to come. Already, it seems, we are under bombardment from relentless commercial reminders that Christmas is the next big event in the calendar.

For some, especially those stuck at home, this can be a period of mounting unhappiness as the seasonal blitz draws nearer. We are busy for weeks before the festive holiday even starts, buying presents and going to parties. We overload our bodies with rich food and stimulants, like alcohol and caffeine, which increase



stress and, worst of all; we have high expectations of Christmas which piles on the pressure. For some people Christmas can also make existing problems seem even larger. Christmas emphasizes how unhappy they are, the fact that they may not have a partner or many friends, while everyone else seems to be having fun. It also brings to the forefront emotional memories of passed friends and family members.

Typically, all of this makes Christmas the most stressful time of the year. Add to that the burden of buying gifts, the pressure of last minute shopping and the heightened expectations of family togetherness; all joined to challenge our mental well being. Whether you look forward with enthusiasm to the shopping and preparations or with dread at all the trouble, extra work and

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The Wolfe Clinic

“FEAR IS THE GREATEST DISEASE”

drain on resources, Christmas is a celebration which makes great demands on our physical and emotional energy. Routines are disrupted, diets forgotten, digestions thrown out of kilter; anxieties build up on all levels.

This is when it becomes all too obvious to most of us that stress is an unavoidable consequence of life. As such, though, it is not necessarily harmful. In fact without stress, there would be no life. Think about it; winning a contest or race can be just stressful as losing, sometimes even more so, but will produce a totally different biological response. Increased stress results in increased productivity, up to a point. However, this level will clearly be different for each of us.

It's very much like the stress on a guitar string. Not enough produces a dull, dreary sound. Too much tension makes a high-pitched, maddening noise or breaks the string. However, just

the right amount of stress will produce a brilliant tone. Similarly, we all need to find the proper level of pressure that allows us to perform optimally and help us to attain and keep vital health as we go through life. Look at some stress as natural and even invigorating; a necessary component for leading a full and happy life. It gets the adrenaline flowing, quickens the mind, energizes the body and helps us get on with our lives in a much more positive way. With understanding, we can even learn to see stress as something of a friend.

Even though some stress can actually be good for you, you need to take stress and its consequences very seriously. Again, we all need to find the proper level of strain that allows us to perform optimally. Not to completely cure it, but to recognize stress and learn how to fight and handle any excess or Chronic Stress. A few simple changes in lifestyle are sometimes all that's necessary to take the sting out of seasonal strain. Good health is more than just the absence of illness. Rather, it is a very robust state of physical and emotional well-being, which acknowledges the importance and inseparability of mind/

body relationships.

The Solutions:

The first step towards successfully managing stress is self awareness and putting things into the proper perspective. Stress is caused by fundamental animal instincts like fear and hunger. The reaction to these is automatic preparation for fight or flight. Stress is an aspect of living that can be beneficial when it motivates or inspires, but can be harmful when it does not. Chronic Stress (severe or prolonged) is generally undesirable in anyone's life. It will lead, to all manner of ills, to exhaustion, depletion and finally to disease. It reduces our ability to cope, undermines our confidence and destroys our sense of well being.

Chronic Stress, though, in many cases is not a sickness but a symptom of underlying causes; the main ones being acidosis and toxic poisoning. I should point out that there is another important correlation between Acidosis and stress. While acidosis can result from many forms of Anxiety Disorders such as Chronic Stress, the opposite is also true. This will cause a feedback loop that is hard to escape from. Acidosis can cause Chronic Stress that creates more Acidosis which in turn makes the Chronic Stress even worse.

Many medical practitioners treat Chronic Stress as a disease and focus on the physical aspects of stress, developing drug treatments to counteract supposed





brain chemical imbalances and symptoms. They have a pill for every symptom. This is not the answer! You need to restore and maintain your overall health. Just as headaches are not caused by a lack of aspirin, Stress is not caused by lack of Benzodiazepines, Anti-Anxiety, Hypnotics, Sedatives or Tranquilizers. People must start by looking at their overall health and fitness and realizing that we cannot forget the body's essential needs such as proper nutrition, hydration with a with clustered, restructured, electron charged, alkalizing water and detoxification. Please read my booklets: "Reclaim Your Inner Terrain" and "Spoiled Rotten."

For most of us, though, Christmas is generally enjoyable but still a stressful experience. We are simply overwhelmed by the demands of the season and are just looking to feel good, cope well and look our best through the Christmas and the New Year holiday season. We need help finding that necessary balance. What can we do? Well,

the answer is basically the same as with someone suffering from Chronic Stress. Everyone needs therapeutic water, healthy food, enzymes, essential fatty acids and vitamins to function in a balanced way. Listen to what your body is telling you! Again, sometimes, a few simple changes in lifestyle are all that's required to take the sting out of seasonal strain.

The Basics:

Remember that the basics such as proper nutrition, hydration and detoxification are very important; especially water. Your body is 70% water, so it follows that the most important compound you put into your body is water. Water is essential to begin a healing process or to maintain vital health. You need a clustered, restructured, electron charged alkalizing water. A properly hydrated body is under less physical stress and as such is better able to handle our daily challenges. Research as well as my 25 years of clinical experience has shown that without proper nutrition, hydration and detoxification there are no foundations on which to build vital physical or mental health.

Relaxation is very important. There are many simple home remedies that will help you to settle down. There are exercise, massage, aromatherapy, light and Far Infrared (FIR) therapies that will help. All of these are gentle, non-invasive therapies, deeply relaxing and restorative - a great way to reduce excess tension.

Exercise

Research has shown that physical exercise is one of the best tension relievers. It is a very important remedy for stress. Physically, exercise

improves your cardiovascular functions by strengthening and enlarging the heart, causing greater elasticity of the blood vessels, increasing oxygen throughout your body, and lowering your blood levels of fats such as cholesterol and triglycerides. All of this, of course, means less chance of developing heart conditions, strokes, or high blood pressure.

Mentally, exercise provides an outlet for negative emotions such as frustration, anger, and irritability, thereby promoting a more positive mood and outlook. Regular exercise reduces the amount of adrenal hormones your body releases in response to stress. Also, with exercise, your body releases greater amounts of endorphins, the powerful, pain-relieving, mood-elevating chemicals in the brain. Exercise, therefore, will keep your body functioning properly and will keep you feeling both relaxed, refreshed and promote deep, restful sleep

Massage

Stress results in tense neck and shoulder muscles, leading to





stiffness, headaches and even more stress. Massage helps to relax the mind, body and spirit, providing time and space for self, and a feeling of peace, calm and well being. It allows the nervous system to normalize itself, and may reduce many stress-related conditions, such as palpitations, negative emotional feelings and raised blood pressure.

The Wolfe Clinic is North America's leading deep tissue massage therapy institute and is a clinical and educational resource center specializing in the study and practice of Body Work Therapy. The Wolfe Whole Body Deep Tissue Massage reaches structures far beneath the superficial fascia to reverse chronic muscle problems or injuries as well as stress. We offer certified correspondence courses in our Message Techniques - the most important potent form of message therapy ever developed.

Light

How could something as simple as light make such a major difference in stress levels? The

answer is that light plays such a major role in the production of serotonin. Serotonin influences important aspects of our physiology, including body temperature, blood pressure, blood clotting, immunity, pain, digestion, sleep and daily body rhythms. Research has shown that seasonal variations in light negatively impact the production of neurotransmitters and hormones that affect our lives. This decreases our ability to deal with stress.

Aromatherapy

Aromatherapy is the use of essential oils, extracted from plants, trees and herbs, for therapeutic purposes. Research shows that smell, the most acute of our senses, has a powerful influence on our bodies and minds. Physically, they may help to relieve certain conditions by stimulating the immune, circulatory, or nervous systems. Generally, they are helpful for treating stress and stress-related ailments, for invigorating the body and for promoting general well-being.

Far Infrared Therapy

Probably the most immediate effect of a FIR healing treatment you'll notice is immense relaxation. Read, listen to music or meditate in the comfortable warmth

while the stress of life melts away leaving behind a feeling of total rejuvenation. Infrared heat therapy loosens muscles and relaxes the whole body. You will find it hard to believe that something that feels this good is actually one of the best healing therapies for your vital health.

Finally, let Christmas just happen – remember what this is all really about, the celebration of life, so go on, celebrate!

If you need help coping with stress don't hesitate to call The Wolfe Clinic.

A nutritional consultation is your first and most important step. Call me today for the most effective stress solutions available. Start enjoying life, your children, your family and friends. Take control!

The road to better health is as close as your telephone. Over 25 years of successful practice and experience in fighting chronic illness is available to you for the price of a bottle of supplements. It includes a one on one consultation with me, unlimited follow up support, as well as my highly acclaimed and comprehensive health video "A Healthy Family."

It is never too late to start living a healthy life. Call me today!

1-800-592-9653 or
1-250-765-1824

Live Long and Live Well

Dr. Darrell L. Wolfe AC, Ph.D

products that help

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The original Wellness Filter started a revolution in Japan just over eighteen years ago. Today the release of the all new Wellness Kitchen S III has confirmed our clear position as the world leader in advanced water energisation technologies.

Our new flagship Wellness Kitchen S III is designed for personal or family use in the kitchen or wherever you have access to a suitable municipal water source. This new filter incorporates the same natural purification technology exclusive to Wellness and installed in hospitals, spas, supermarkets and now over 750,000 homes worldwide.

GreensFirst



The proven antioxidant power of 10 servings of fruits and vegetables in america's first ever great tasting green super food powdered drink mix!

Water Vitalizer Plus



The Wolfe Clinic is proud to present a revolutionary appliance called the "The Water Vitalizer Plus".

The Aesta Dome



The Aesta Dome represents a new paradigm in the field of Far Infrared sauna therapy.

Vita-Mat



VITA-MAT provides rapid and powerful FIR benefits which can include, pain relief, detoxify, relaxation, improved circulation.

Quiet Minds



You are NOT alone... Up to 50% of all disability claims are related to depression,

Magic Oil



A remarkable all-natural energy enhanced seawater-based product,

Theta Magnesium



Called the "anti-stress mineral" it aids in relaxing nerves, relieving tension

Chakra Clear



Unblocks the chakras (energy centers of the body). Used for physical and emotional healing as well as stress reduction.

The Wolfe Clinic

1-800-592-9653

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