



The Wolfe Clinic News

STRESS

Have A Healthy And 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 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, 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 back tender memories of Christmas past, of departed loved ones and remembrance of friends past.

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 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.

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The Wolfe Clinic
 "FEAR IS THE GREATEST DISEASE"

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. View 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.

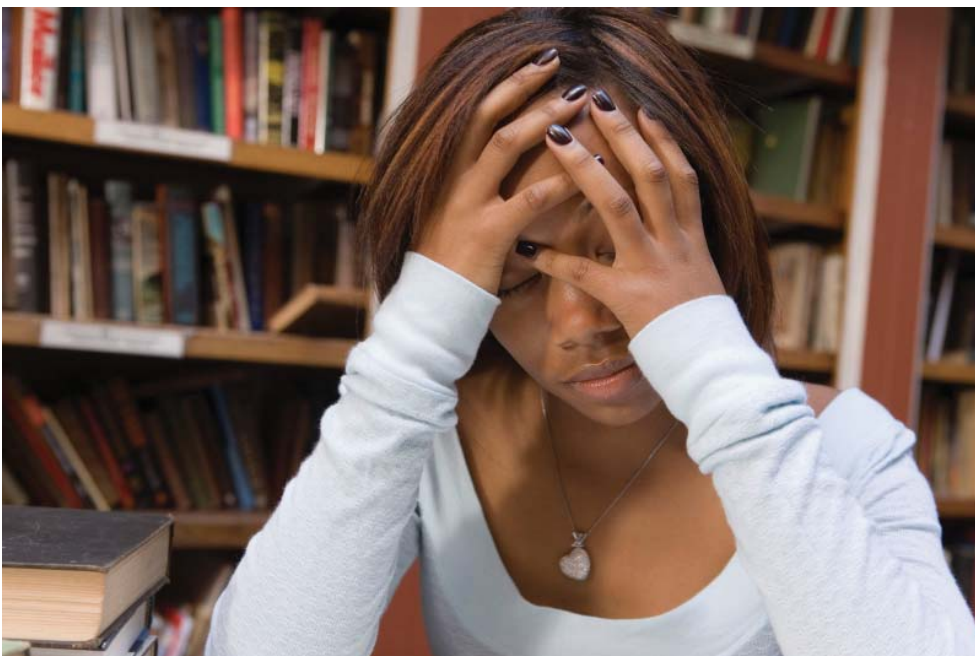
The Solutions:

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 most cases is not a sickness but a symptom of underlying causes; the main ones are 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. And surprise, surprise, 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, clean air, hydration with a 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, clean air, healthy food, enzymes, essential fatty acids and vitamins to function in a balanced way. Listen to what your body is telling you! Once more, 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, clean air, hydration and detoxification are very important; especially water.

Research as well as my 25 years of clinical experience has shown that without proper nutrition, clean air, hydration and detoxification there are no foundations on which to build vital physical or mental health.

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.

Clean Air:

Create healthy home and work environments, where most of us spend most of our time. This is especially vital during the winter months. The importance of the air inside our homes and offices is a key factor in maintaining good health.

As stated before, the condition of our health determines our responses to everyday stress. Air pollution (including airborne bacterial, fungal and viral agents) puts an additional strain on the body's defenses and hurts your body directly by inflaming and destroying lung tissue and by weakening the body's defenses. (Call to find out which air purifiers are effective for reducing odors, allergens, smoke, chemical gases, mold, bacteria, viruses, and more.)

Relax:

Relaxation is also 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. Get out in nature, walk, hike, ski and enjoy what winter has to offer.

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 and 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 a key 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.

Habit Changes

The fact of the matter is that one in five of us is stressed during this festive season. Besides making sure that our bodies are healthy enough to handle the strain, we should learn to help ourselves by changing the bad attitudes and habits that erode our mental state.

Everyone loves Christmas, and it's still the favorite season for most of us, but we do get tired. We still have to make a living; we still have to maintain our daily lives and then we add shopping for gifts, wrapping the gifts, decorating, entertaining or attending parties and possibly baking. The expense of gifts and food, the pressure of shopping and the expectations of the season can make Christmas an extremely stressful time.

There are many ways to help ease this situation.

- Formost is, do not expect a hassle-free Christmas - realistic expectations can prevent disappointment. Appreciate that your feelings may be due to a combination of Christmas-related factors, including money worries, the pressure of last minute shopping and unrealistic expectations of festive cheer. Remind yourself that many of these negative feelings will pass once the New Year is underway.
- Budget for Christmas so that you don't overspend. This may mean putting money away each week throughout the year. Do your Christmas shopping early and take steps to avoid overspending.
- Don't wait until the Christmas season begins to start thinking about it. Plan ahead and you'll enjoy it even more. Make a list of the people you want to buy gifts for. Keep it with you as a reminder, or at the least, keep it in your head. Open your eyes and window shop. When you see something you know someone will like, go ahead and buy it. And think outside the box. When you shop all year, you have the opportunity to do this. Every Christmas gift doesn't have to be a sweater or winter-type gift.
- Shop on the Internet. Have fun and explore. Many gift

sites run promotional off-and-on year round. When you're not under pressure to buy immediately, you have time to "window shop". And don't forget to keep your gift list in front of you.

- Enjoy your window-shopping whether it's in the stores or on the Internet. But be ready to buy when you see something you like. Make your choices wisely and keep up with your lists.
- Make a list of the gifts that you buy: Gifts Purchased. Each time you make a gift purchase, whether it's on the Internet or in the store, put it on the list. If you don't make some kind of notes, you'll get real confused when it comes time to wrap. You won't remember who was supposed to get what.
- Buy Christmas decorations year-round on the Internet. And in the off-season you can get them at reduced prices. Buy your decorations all year and when the Christmas season arrives, you'll be ready.
- Make a conscious effort to recall all the positive things you did or experienced during the year.
- If possible, mend fences. Contact those people you miss and make steps towards reconciliation.
- Remember that most New Year's Eve resolutions are unrealistic, made during times of sad reflection. This year, try to come up with positive and achievable goals for the upcoming 12 months.

Finally, let Christmas just happen; remember what this is all really about, the celebration of life, so go on, celebrate! Have fun and keep on enjoying Christmas.

If you need help coping with stress don't hesitate to call The Wolfe Clinic 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 27 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 telephone consultation, unlimited follow up support, as well as our highly acclaimed and comprehensive health video "A Healthy Family."

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

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

Live Long, Live Well and have a very Merry Christmas!

Dr. Darrell L. Wolfe AC, Ph.D and
The Staff at The Wolfe Clinic

products that help

FIRST AID KIT



The Wellness Counter Top Filter

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.

Aesta Ion Mat



Aesta Ion Mat provides rapid and powerful FIR benefits which includes relaxation, pain relief, detoxify, 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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