

Hidden Stress

The brain knows when it is stressed, and can identify what is causing the stress. It knows what type of food or junk it is given that it has to use to repair itself. It knows when it is under chemical or emotional stress. It also knows when there is an inflammatory or allergic response that is causing stress. The key to decreasing stress lies in accurately locating hidden stress.

The brain registers all types of stress. It is the most powerful computer ever created. Its job is to keep the body in harmonious balance so as to achieve health. The brain consists of about 100 billion neurons. That's about 166 times the number of people on the planet. One human brain generates more electrical impulses in a single day than all telephones in the world put together.

The brain and nervous system control and coordinate all body functions. Stress disrupts the ability of the brain to function correctly. Without the ability to coordinate and control the body, the brain, with its infinite ability to balance things, cannot get the job done.

Stress accumulates in the body and can cause many different symptoms. The areas of life that cause stress are one's job, money, relationships, children, food, the environment, and medications. Stress causes 50% of all illnesses. The real solution to improved health lies in locating the hidden stress.

There are five categories of hidden stress. These include chemical toxicity, heavy metal toxicity, food allergies, immune challenges, and physical traumas



that have created scar tissue. Health and happiness, and the ability to enjoy life again can occur when these hidden stressors are reduced.

Chemicals in the environment are one of the hidden stressors. There are 82,000 chemicals in use in the U.S., with an additional 1,700 new compounds being introduced yearly. There are over 3000 chemicals and 10,000 solvents, stabilizers and preservatives in our food supply. These chemicals cause hidden stress to the brain and body.

The brain responds to stress in stages. The first is the fight or flight response, or alarm stage. The second is the resistance stage, where adaption to the stress occurs or successful resistance to the stress occurs. The third stage is the exhaustion stage, where the stress is prolonged and overwhelming. In this stage the stress response is continuous, where the fight or flight reaction does not stop.

When the brain registers stress, it responds by causing hormones to be released in the body. These hormones result in the loss of ability to digest, decreased circulation to the heart, decreased immune function and a lowering of oxygen delivered

to the cells. Common symptoms of ongoing stress include fatigue and headaches, allergies and digestive problems, irritability, moodiness and sleep difficulties, and body aches and pains.

There are several non-invasive methods to determine what type of hidden stress can be adversely affecting health. One simple test is to evaluate the brain and body through muscle testing. This method locates the hidden stressor, and identifies what remedy is needed to reduce the stress. Muscle testing provides the means for truthful brain-body communication.

The body knows only truth and cannot lie. It knows your name. It knows what it needs and what stress it has. The key to finding the truth lies in the correct interpretation of the muscle test. Knowing how to correctly identify the hidden stress, and provide the correct solution can result in rapid stress reduction.

Other non-invasive tests include computerized evaluations and reflex point analysis. There are reflex points all over the body that can indicate whether the digestive system, hormonal system, immune system, and nervous system are working well or in need of some help. Here too, the body tells the truth and does not lie. A sensitive reflex point can indicate hidden stress in a body system, and also identify the nutritional remedy to help reduce the stress.

In these challenging times it is best to decrease as much stress as possible to improve health. Reduce stress by eating organic foods, drinking filtered water, and avoiding the chemicals in cosmetics and personal care prod-

ucts. Help the body decrease its hidden stress by correctly identifying and reducing the hidden types of stress. Most holistic wellness consultants offer a no charge initial check-up to determine overall health, wellness, and stress levels.

Dr. Carol Ann Fischer, D.C., N.D. is a unique Chiropractic Holistic Wellness Consultant in Livonia, Michigan. She has been in private practice for over 25 years, with specialized training in muscle testing, stress reduction, holistic wellness care, diet modification, gentle chiropractic, whole food nutrition, natural hormone evaluation/therapy, and weight loss/ detoxification. Her goal is to help people to live happy, healthy and stress free. For more info on her free public workshops on diet, stress, weight loss, hormones and wellness visit www.TLCHolisticWellness.com or contact her by phone at 734-664-0339.



A doctor who understands, your health issues are real, and can provide true help.

Dr. Carol Ann Fischer, D.C., N.D.

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