

## The Natural Stress Relief Program



Learning a 20-minute Stress Relief Technique can improve how your body and mind responds to stress by slowing your heart rate, reducing your blood pressure, slowing your breathing rate, increasing blood flow, improving the immune system, lessening muscle tension and much more.

We know stress is harmful to our health ... the toll it can take on our quality of life can be devastating. Learning how to switch-off stress on a daily basis protects us on many levels. Decades of studies on the impact of negative stress has shown that it can change us genetically, change our brain chemistry, suppress our immune system, and create a pro-inflammatory and pro-angiogenic (supportive of cancer growth) condition in our bodies.

The good news is we know how to switch stress response off! It has been proven over and over again in numerous studies. (See references below.) This simple, effective program can greatly improve your quality of life and literally be life saving. If you could bottle it like a drug, it would generate billions of dollar in sales a year. This program, which is simple to follow and easy to incorporate into your daily schedule can add years to your life. The information contained in the link to right of this page can help switch off those negative genes, calm inflammatory responses, inhibit angiogenesis and give us a new perspective. All you need to do is commit to 20 minutes a day.

Stress steals so much more from us than 20 minutes a day, yet if you commit to the simple Guided Relaxation Technique daily it can be profoundly life changing. Simply download to your right on this page (Week 2: Body-Scan Relaxation). Do it daily for 5 weeks, and we promise you will definitely notice the difference. If you choose to do nothing else below, doing 20 minutes of the Week Two Body-Scan will get you phenomenal results.



### Simple Steps to using this Natural Stress Relief Program

- 1. Stress Evaluation:** See what your stress score is before you start, and then re-take it at the end for some good news.
- 2. View the Stress Video:** View either the short introduction or the 30-minute video with Dr. Eva Selhub. It provides insightful information to educate and motivate us to better understand the techniques.
- 3. Download the Workbook:** Read through it, if some of the techniques appeal to you, start with those.

- 4. Download the Audios:** You can transfer the audio files to where you can use them, your MP3 player, iPhone, iPod, iPad, work computer, wherever you can relax, and listen to them in peace.
1. Tightening and Releasing Muscle Tension: Use this briefly as a way of connecting the mind to the body, but quickly move on to #2, the Body Scan Relaxation.
  2. Body Scan Relaxation Technique: This is the heart of the Natural Stress Relief Program, methodically scanning the mind through the body, connecting and relaxing as you go. Remember 20 minutes a day for 5 weeks will get you the positive results. It takes 5 weeks daily to be able to produce a relaxation-response at will and turn-off the switch that produces the fight-or-flight response. The goal is eventually not to need this audio, but to do a memorized version as your own narrative to your relaxation response.
  3. Relaxing into Sleep: Use this audio to go off into the unconscious, (#2 you must strive to stay aware and awake) feel free to use this technique to get a nourishing sleep. You can use this in addition to the 20-minutes Body Scan Relaxation daily. You can't get too relaxed.
  4. Music for Stress Relief: A nice option to use as you need to relax in a non-specific way, background music, etc.
- 5. Associated Articles:** Articles related to Stress are available to provide educational and background information.
- 6. Supplement Plan Articles:** Articles available with information about how Dietary Supplements and Vitamins can protect us further from the negative and damaging effects of stress.
- 7. Associated Integrated Medicine Videos:** Consider supportive therapies like Acupuncture, Psychotherapy and Nutrition as they can help you further. We strongly suggest you consider these gentle interventions that can have a profound and supporting impact to to our Natural Stress Relief Program. If you decide after watching one of the Associated Integrated Medicine Videos that you would like to pursue one of these options, ask around and see if you can get a personal referral from someone you trust. You can also follow the links below to make an appointment with a practitioner near you. Get the support you need to make these efforts life-changing and enduring.

Acupuncture, to find an acupuncturist near you click here...

<https://www.acufinder.com/>

Psychotherapy, to find a therapist near you...

<http://www.find-a-therapist.com/>

Nutrition, to find a nutritionist near you...

<http://portal.integrativenutrition.com/hhcfinder.aspx?page=disclaimer>



## **STRESS RELIEF PROGRESSIVE RELAXATION RESEARCH**

*Benson-Henry Institute clinical findings include:*

### **50% Reduction in Visits to an HMO**

- After a relaxation-response based intervention which resulted in estimated significant cost savings. *Behavioral Medicine, Volume 16, pages 165-173, 1990.*

### **80% Lowered High Blood Pressure, 16% off BP Medications**

- Patients in the relaxation response group were more likely to successfully eliminate an antihypertensive medication. *The Journal of Complementary and Alternative Medicine, 2008.*

### **80% of Hypertensive Patients have Lowered Blood Pressure and Decreased Medications - 16% are Able to Discontinue All of their Medications**

- These results lasted at least three years. *Journal of Cardiopulmonary Rehabilitation, Volume 9, pages 316-324, 1989.*

### **Relaxation Therapy Similar to Stage 1 Sleep**

- ...RT may exert their therapeutic effects, in part, through cerebral energy conservation/restoration. *Applied Psychophysiology and Biofeedback, 2004.*

### **64% Decreased Stress and Anxiety**

- Lower levels of perceived stress and anxiety and increased stress management behaviors, compared to scores of 44 10th graders participating in the wait list control group. *Annual meeting of the Society of Behavioral Medicine, 2009.*

### **31% Improvement in Severe PMS**

- Over a 5-month study. *Obstet Gynecol 75(4): 649-55.*

### **Increased Fertility**

- The group was able to cope more effectively with the demands of infertility treatment. *Annual meeting of the Society of Behavioral Medicine, 2009.*

### **Chronic Pain Patients Reduce their Physician Visits by 36%.**

- The Clinical Journal of Pain, Volume 2, pages 305-310, 1991.

### **Open Heart Surgery Patients have Fewer Post-Operative Complications.**

- Behavioral Medicine, Volume 5, pages 111-117, 1989.

### **100% of Insomnia Patients Reported Improved Sleep and 91% Either Eliminated or Reduced Sleeping Medication Use.**

- *The American Journal of Medicine, Volume 100, pages 212-216, 1996.*

### **Infertile women have a 42% conception rate, a 38% take-home baby rate, and decreased levels of depression, anxiety, and anger.**

- Journal of American Medical Women's Association. Volume 54, pages 196-8, 1999.

### **57% Reduction in PMS reduction in physical and psychological symptoms.**

- *Obstetrics and Gynecology, Volume 75, pages 649-655, April, 1990.*

### **Increased Self-Esteem:** High school students exposed to a relaxation response-based curriculum had significantly increased their self-esteem.

- *The Journal of Research and Development in Education, Volume 27, pages 226-231, 1994.*

### **More Effective at School Inner city middle school students improved grade score, work habits and cooperation and decreased absences.**

- *Journal of Research and Development in Education, Volume 33, pages 156-165, Spring 2000.*

## **Mind-to-Body Pain Relief Research**

### **Chronic Pain Patients Reduce their Physician Visits by 36%.**

- *The Clinical Journal of Pain, Volume 2, pages 305-310, 1991.*

### **A study of 63 people with rheumatoid arthritis found that Mindfulness Based Stress Reduction helped to improve quality of life.**

- *Mind-Body Medicine Practices, National Institutes of Health*  
<http://report.nih.gov/NIHfactsheets/ViewFactSheet.aspx?csid=102>

### **Decreased use of pain-related medications; and increased levels of self-esteem.**

- *Mills, 1981; Kabat-Zinn, 1985; Harmon, 1999*

### **≥ 33% reduction in mean total McGill-Melzack Pain Rating Index and 50% reported a ≥ 50% pain reduction**

- (1982). An outpatient program in behavioral medicine for chronic pain patients based on the practice of mindfulness meditation: Theoretical considerations and preliminary results. *General Hospital Psychiatry*, 4, 33-47.

**72% of participants reported moderate to great improvements in pain status at 6 months, 1 year, and 3 years; 62% reached these levels at 2 years; and 60% reached moderate to great improvement status at 4 years.**

- *Kabat-Zinn, J., Lipworth, L., Burnery, R., & Sellers, W. (1986). Four year follow-up of a meditation-based program for the self-regulation of chronic pain: Treatment outcomes and compliance. Clinical Journal of Pain, 2, 159-173*

**Reduced disability secondary to back pain, improvements on global and physical health, and improved pain levels compared to pre-intervention levels.**

- *Morone, N., Weiner, D., & Greco, C. (2005). Randomized trial of mindfulness meditation in older adults for the treatment of chronic low back pain.*

**- 3/4 of patients >> 33% decrease in pain- 1/2 of patients >> 50% decrease in pain - 44% of patients >> decreased analgesic use- 28% of patients >> discontinued analgesics**

- *The Clinical Use of Mindfulness Meditation for the Self-Regulation of Chronic Pain, Kabat-Zinn, J. Journal of Behavioral Medicine 1985*

**Many patients needed less pain medication. After fifteen months, not only did they suffer less pain, but because they suffered less pain they also suffered less from depression and anxiety.**

- *W.E. Mehling, K.A. Hamel, M. Acree, N. Byl, and F.M. Hecht. Randomized, controlled trial of breath therapy for patients with chronic low-back pain. Altern Ther Health Med 2005 Jul-Aug; 11(4):44-52.*

## **Food**

**Angiogenesis inhibitors have been found in nature, and are concentrated in certain foods:** green tea, broccoli sprouts, berries, fungi, mushrooms, and assorted greens. Learn what they are and how to best cook with them.

- **Tomatoes** -- 25 % reduction in prostate cancer
- **Green vegetables** -- (dietary folate) 75% reduction in pancreatic cancer
- **Cruciferous vegetables** -- 60% reduction in bladder cancer
- **Carrots** -- 46% reduction of head and neck cancers
- **Green Tea** -- 57% reduction in colorectal cancer
- **Peas & Legumes** -- 30-40% less colon cancer
- **Meat eaters** -- 65% increased risk for ovarian cancer

- **2 or more servings of Fruit** -- 70% less lung cancers

Béliveau, R., and Gingras, D. Eating Well, Living Well: An Everyday Guide for Optimum Health. McClelland & Stewart Ltd., Toronto, 2009

### **Prevention is Key to Stopping Cancer**

- 25% is genetic
- 75% lifestyle choices\*

\* Recent advances in human gene–longevity association studies . G. De Benedictis, Qihua Tan, B. Jeune, K. Christensen, S. V. Ukraintseva, M. Bonafè, C. Franceschi, J. W. Vaupel and A. I. Yashin

**The China Study.** After 20 years of research, T. Colin Campbell, Project Director for the China-Oxford-Cornell Diet and Health Project, conducted a "survey of death rates for twelve different kinds of cancer for more than 2,400 counties and 880 million (96%) of their citizens," during the course of twenty years on 880 million Chinese, by Cornell and Oxford Universities, the lead investigator concluded:

- "The greater the consumption of a variety of good quality plant-based foods, the lower the risk of those diseases (such as) cancers, cardiovascular diseases, diabetes.
- Based on these and other data, we hypothesize that 80-90% of all such diseases could be prevented.

**Okinawa Program:** a 30-year Harvard based study concluded:

- 80% less estrogen receptive cancers, (breast, ovarian, prostate) than the U.S.
- 80% less heart disease
- The Okinawan diet has 9 to 12 portions of vegetables and fruits a day
- The Okinawa Diet is 36% vegetables
- Highest amounts of protective antioxidants flowing through their blood in the World

**30% of all cancers could be prevented by adopting healthy eating habits.**

- Eating right, staying physically active and maintaining a healthy weight, can cut cancer risk by 30% to 40%
- Good diet, not smoking and avoiding secondhand smoke, has the potential of reducing your cancer risk by another 20%
- As many as 375,000 cases of cancer, at current rates, could be prevented each year through healthy dietary choices

## **Supplements**

The largest study of fish oil's anti-arrhythmic effects, a three-year placebo-controlled trial conducted in

Italy, involved more than 11,000 people with a recent history of heart attacks. Those who took 1,000 mg of fish oil a day had a 40 percent reduction in sudden cardiac death. To protect against malignant cardiac arrhythmias, eat at least two servings of low-mercury, cold-water fish weekly, and supplement daily