

# 5 Tips To Help You Fight Stress

Stress, what exactly is it, what causes it, why does it affect our lives usually adversely, and what can we do about it?

Well, firstly, stress is a psychological and physiological response to events that upset our personal balance in some way, often resulting in physical or mental health problems. Stress is part of the natural human 'fight or flight' response which has been with us since the beginning of time.

Stress can be caused by anything that requires you to adjust to a change in your environment, it can be brought about by a traumatic accident, death, or emergency situation, and it can also be a side effect of a serious illness or disease. Stress is often caused by financial worries, or loss of a partner; job pressures, inadequate training, trying to live up to other peoples' expectations, jealousy, anger, greed, love, and hate can all cause stress in our lives.

The problems of stress can easily compound if it is not possible to satisfactorily deal with a particular stress situation at the time; a person's safe and secure life can very quickly become extremely disrupted leading to physical and mental health problems and sometimes homelessness or addictions.

Now to answer the question "What can we do about it?" Here are 5 tips that should help you to fight stress:

- 1) Relaxation techniques such as deep breathing, visualization, progressive muscle relaxation, meditation, and yoga can help you deal effectively with stress. Relaxation can help lower blood pressure, promote a feeling of wellness, and hopefully can help bring on a restful night's sleep.
  - 2) Take time for yourself. Relax in a nice hot bath with some herb oils in, turn the lights down low and listen to peaceful music, read a book that you enjoy, take up a hobby you enjoy such as gardening, go swimming or go to the library.
  - 3) Perhaps your kids are stressed out, thus causing you to be stressed out. Listen carefully to teens and watch for overloading or signs of bullying. Try to be actively involved with your kids in sports, plays, and school functions. Talk to the teachers at your child's school. If a teen talks about or shows signs of being overly stressed, a consultation with a child and adolescent psychiatrist or qualified mental health professional may be helpful.
  - 4) Aerobic exercise has been shown to release endorphins (natural substances that help you feel better and maintain a positive attitude). Walking or swimming is an excellent way to enjoy aerobic exercises.
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5) St. John's Wort is a natural formula held in high regard by many to help relieve anxiety and symptoms of stress, helping you to feel more relaxed.

It is very important to get stress down in our lives and if you still feel stressed out in life after trying some or all of the techniques above, it is advisable to talk to your local Doctor who will be able to help with problems of high blood pressure and depression.



# Foods To Help Arthritis

Does eating certain foods help to cure arthritis? Conversely, is the elimination of certain foods any help in controlling this debilitating and painful disease? With over 100 different forms of arthritis and not a lot of research into its causes and cures, the debate rages on.

Because the symptoms of arthritis often seem to come and go without warning it's hard to tell whether any sudden relief was due to a new diet or not. It is important for the sufferer to be able to choose a new treatment because it makes him feel to some degree in control of his life and also gives hope, an important consideration.

Researchers have discovered that a diet including too many calories can actually aggravate RA, while 5% of sufferers in another study showed a flare-up of symptoms after drinking milk. A reduction of fat, dairy and red meat was shown to relieve pain. In 1998, Finnish researchers found that the addition of lactobacillus improved symptoms of RA. This was supported by animal experiments, where mice given lactobacillus were found to be less likely to develop the disease and their immune systems were more able to cope with it if they did.

One thing to remember when following any diet is that the nutrients lost through the elimination of any foods must be replaced by other means. Certain foods or food groups often seem to cause a worsening of arthritis symptoms. In this case, an elimination diet could be helpful. All suspected foods must be completely eliminated from the diet for several weeks, then reinstated one at a time over a period of several days. If the symptoms of pain and inflammation re-occur after each food is eaten again, then it could be a culprit. This should be done at least three times to determine that there were no other factors involved. If an elimination diet is followed, it is wise to keep two diaries. One of the food eaten and at what times and dates, the other of the dates and times of pain flare-ups. When the two are compared, it will be plain to see what was eaten that could have caused pain.

Some of the food groups that are suspected of causing pain are the nightshade group ie, white potatoes, tomatoes, eggplant and bell peppers. Others are red meat, lemons, grapefruit, corn, wheat, rye and milk, eggs coffee, sugar and cheese.

One of the main studies done way back in the 1950's has shown that fish oil has a very beneficial affect on arthritis pain. Fish oil supplements are widely taken, but in some cases cause unwelcome side effects like a fishy after-taste, gas and an upset stomach. Some researchers recommend simply adding omega 3's to the diet by eating cold-water fish like mackerel, herring, tuna, salmon, anchovies, bluefish and mullet.

Another study, researched and supported by the University of Manchester, discovered that people with high levels of beta-cryptoxanthin were 40% less likely to develop

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arthritis. This is classed as a pro-vitamin A carotenoid which can be found in all yellow or orange- fleshed fruits and vegetables. It enhances bone, skin and immune health. Pumpkin, winter squash and peppers are the vegetables with the highest levels of beta-cryptoxanthin, while tangerines, persimmons and papayas are the fruits with the highest levels.

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# Living Successfully With Diabetes

One in three Americans will have diabetes over their lifetime. Once upon a time, the notion of living a normal life with diabetes seemed as attainable as living a fairy tale. Nowadays, however, living with the disease is easier and more common than ever before.

That doesn't mean that living with diabetes is not a challenge. However, technology has made so many advancements that any person who is committed to healthy living can experience a full —normal life with the condition.

For diabetics who control their condition by watching their diet, today's supermarket shelves are stocked with numerous and tasty products that can be of help. Federal guidelines in the United States regarding food labeling provide a tremendous source of assistance in simplifying the food selection process. Regulations that monitor the use of words such as —lite, —light, —sugar free and —no sugar added help us know exactly what we are buying.

Technology has advanced to allow us not only to monitor our own blood sugar levels, but to do it with one simple step and with virtually no pain.

Today, more people are educated about diabetes and are more sensitive to the needs of diabetics. Most communities offer diabetic support groups and people who live in neighborhoods that don't have such groups can always join an online support group or forum.

The Internet has aided in the advancement of available information and resources available to the average person interested in living a normal life with diabetes. In addition to anytime support from others who have the disease, it is a source of valuable information for diabetics, their family and friends. Go online to find a number of resources from how to be supportive of a friend or loved one recently diagnosed, recipes for diabetics, and medical treatment options available.

Always remember when researching medical options that your findings should be discussed with your family doctor or specialist. Never diagnose or treat yourself or stop taking prescribed medication to try a new remedy.

Books are always a useful resource as well. Visit your local library and ask for books dealing with diabetes. Videos and television shows dealing with exercise and diet might also be of assistance.

Just remember that knowledge is power. When you have the knowledge about diabetes and your particular condition, you can make good decisions about improving your health and living successfully with diabetes.

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# Reducing The Risk Of Disease By Staying Healthy

Staying healthy is something for which everyone must take as a personal duty. An important part of staying healthy is eating a nutritious and balanced diet. Staying healthy requires work, but the payback far outweighs the costs. Incorporating tips for staying healthy will help in avoiding the flu, colds, and other illnesses. Be sure to read through these tips for staying healthy especially if you value your health.

## Protecting Against Disease

The body cannot protect itself against diseases alone, as it needs your help. All of the major causes of death such as cancer, stroke, lung disease and injury can be prevented by the things that you do. 65% of all deaths in adults are caused by heart disease, cancer and stroke. But many of the actions that cause these issues begin at an early age.

Evidence is rapidly accumulating to suggest that stress plays an important role in several types of chronic health problems especially cardiovascular disease, musculoskeletal disorders, and psychological disorders. Other factors that put people at risk for disease include your age, your medical and family history, and individual choices that people make. What can you do to stay healthy and prevent disease?

Losing weight helps lower the risk of health problems especially people with diabetes and cardiovascular disease. Maintaining normal cholesterol levels with help prevent diseases and can help prevent circulation problems. If you quit smoking, you'll lower your risk for heart attack, stroke, nerve disease, kidney disease, and oral disease. It is important to talk to your doctor about how to reduce the risk factors of heart disease, including controlling your cholesterol.

## Regular Exercise

Exercise can help prevent heart disease, high blood pressure, diabetes, osteoporosis, depression, and possibly colon cancer, stroke, and back injury. A high-fiber, low-fat diet and regular exercise can help you lose weight gradually and help you keep it off. Try to exercise for 30 to 60 minutes, 4 to 6 times a week, but any amount is better than none. Low-impact, moderate intensity exercise activities, such as walking and swimming, are great choices. Wellness is a way of living that highlights such preventive measures as eating a healthy diet; making exercise an enjoyable part of your life, and making self-care decisions that will improve the quality of your life.

Staying healthy requires moderation in everything that you do. Staying healthy

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physically and mentally is important to preventing many of the diseases that plague our society. Maintaining or adopting a healthy lifestyle as you get older can increase your chances of staying healthy and maintaining your independence. Whether you like playing sports, drawing, singing, writing stories, or just being funny, share your commitment to staying healthy with others and let's fight health problems that can be prevented.



# Wellness: Not the Same As Fitness

Have you ever stopped to think about how to determine your current fitness and wellness levels? Does your doctor ask you each time you visit if you believe yourself to be fit and well? Probably not. Nor does he likely give you any method for determining where you're at for yourself.

There are fitness centers everywhere, most staffed with counselors who can test your fitness level. But what about your wellness level. Are they one and the same?

The fact is, being fit and being well are totally different conditions. However, both are essential to maintaining your health.

Your wellness rating depends on your immune system, including the vitamins, supplements and nutrition you intake. It's a fact that people who are fit can sometimes be unwell, and well people can sometimes be unfit. However, when you combine the two and use sound principles based on clean living, exercise and healthy eating, you attain a state of balance that helps you to maintain both fitness and wellness.

Many people don't take the time to completely understand the advantages of being both fit and well. We read and absorb the information we're given through the media and health organizations without ever questioning whether we're receiving the information we really need, or simply what is profitable for these companies to make available.

Fitness gyms need your monthly fees in order to stay in business, so they probably have no real concern about the condition of your immune system. Physical fitness is a condition of the body alone.

Hospitals and doctors need you as a patient in order to remain operational. They will tell you that you need to be fit and well, but often leave out important information that affect your wellness and, therefore, your ability to stay fit.

What about diet? What about vitamins? What role does our daily intake play in our health, wellness and fitness? The fact is, diet has more influence than you have been led to believe or understand.

Our body's ability to stay well is directly related to the nutrition you receive every day. The mind's ability to remain well is also a direct result of our nutritional intake.

For example, the human brain doesn't develop well without the necessary input of protein in our daily diet. No protein, no intelligence. If there is no intelligence, then none of the other states can be attained.

Spiritual input is another determining factor when establishing our wellness level.

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Spiritual reflection is a way to cleanse ourselves of the toxins of our daily life. Wellness encompasses our complete state of being, mind and health. It's a condition of the whole ... mind, body and soul.

So, for those who believe they are fit, it's also important to pay attention to your wellness as well. Finding the ideal balance is the best way to achieve a long and healthy life.



# 7 Steps To Reclaiming Your Life Through Forgiveness

The alarm goes off and through the thin slit between your eyelids, a sliver of white daylight gets in, signaling another day has begun.

With your sore, aching body, you buckle up your lead boots, strap on your sack of anger and resentment, and trudge laboriously into your day. You're weak, exhausted, and burdened with pain before the day even starts.

This is what it feels like to carry around anger, resentment, and emotional pain day after day. You have no energy left for things that might bring you joy or happiness. In fact, if asked, you may not even remember the last time you had a truly great day.

All you keep seeing in your mind's eye is replay after replay of the person you're angry at, the person who wronged you.

This may be a difficult thing to hear but the only person being hurt carrying this emotional baggage around is you. According to a study performed at the Harvard School of Public Health, those scoring highest on an anger scale were three times more likely to develop heart disease over several years than those scoring lowest.

And here's another other thing you might not want to hear – each day you hold on to that emotional pain and resentment, you give the person who wronged you control over your life. Each and every day drains away more and more of your own personal power.

There is a way out of this soul-depleting cycle -- it's forgiveness.

You probably don't want to hear that word either. But that one word carries the most incredible power of healing and growth.

If you're like many people in a state of emotional suffering, you may confuse forgiveness with excusing the wounding behavior, or simply forgetting about it, condoning it, or reconciling with the hurtful person.

Forgiveness doesn't mean any of those things.

Forgiveness is having the courage to let go of the negative emotions you have about the person who hurt you. Researchers on forgiveness believe you are in control of your behavior and have the ability to make a personal choice to forgive or not.

Choosing to forgive is YOU having personal control over your own life -- instead of giving that control over to the person who hurt you.

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This does not mean the offending person is unaccountable for their actions. The goal of forgiveness is to take you from the place of victim to the place of improved health and greater personal power.

You're probably saying to yourself, —Yes, I'd love to let go of the heavy load I'm carrying around, but forgiving is easier said than done.‖ You're absolutely right — forgiveness is probably one of the most difficult things to practice.

Here are seven steps you can follow to help you in your process of forgiving and lead you into reclaiming your life. (You can find more steps at The Worldwide Forgiveness Alliance, a non-profit, tax-exempt educational foundation dedicated to evoking the healing power of forgiveness worldwide.)

1. In order to start the process of forgiveness, you must first acknowledge your anger, fear, resentment, and grief. Your feelings are justified and should not be minimized.
2. Recognize that to dwell on your negative feelings will do serious damage your physical and emotional health.
3. Understand that forgiveness does not condone the behavior that has brought you pain nor does it allow you to be abused.
4. Accept that you are responsible for your own feelings and it is up to you to heal your pain.
5. Make a choice to release the anger, sadness, grief, and fear your feeling by seeking appropriate professional help.
6. Make the decision to forgive the person who harmed you.
7. Remember you are forgiving the other person in order to free yourself from unnecessary pain and suffering — not the other way around.

Practicing these steps can help you reduce anger, hurt, depression and stress and lead you on the path toward physical and emotional strength and well-being.

Remember forgiveness is for you — for your health, overall wellness, and quality of life. It's not for the offending person.

You, and only you, can make the choice to take off the lead boots, un-strap the heavy sack filled with anger, resentment, and pain and start living your life free of the past.

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# **Improve Your Health And Looks With Natural Skin Care Treatment**

Nature takes care of everything with the intention of staying hale and hearty and in good physical shape. But there are some rules to follow in order to benefit from it. A person who desires to stay healthy and fit has to make sure that he or she eats a diet which is well balanced containing nutrients such as less saturated oils, green vegetables, protein consisting in nuts and dairy products. As a consequence, your whole body can enjoy being healthier and it's also the secret of taking care of your skin together with regular daily exercise and a sufficient amount of sleep. The amount of sleep that an individual needs is at least eight hours daily.

Sticking to these rules based on the hectic and stressful life that we lead day by day and pollution is easier said than done. Our skin is one of the first items of the body that becomes a victim of all these adversities. People nowadays often choose to take care of their skin with cosmetic procedures which at times could do more damage than help. On the other hand, others opt for natural alternatives instead of chemical treatments. As a matter of fact, people today are becoming more and more aware that the curing influence of nature is maybe the best solution to their skin care.

As a result of this, increasingly more mature men and women are looking younger than they really are. Ladies in their sixties and seventies are enjoying this possibility of feeling younger thanks to a diet that is full of vitamins and drinking lots of water. The key to their success is that they started this diet regime at a very early age, some in their thirties or forties and others even younger. Vitamin C in particular is full of ascorbic acid and is very beneficial for a healthy body and clear skin free of acne and wrinkles. You can get this type of vitamin eating the fruit, drinking its juice or in pill form as supplements like other vitamins.

Another benefit of natural skin care is that the products can be found easily off the shelf of your pantry or kitchen, and you can create your own recipes and enjoy them without the danger of using chemical skin care creams or items that could give serious side effects to the skin in the long run.

To summarize, going natural as far as skin care is concerned is becoming more widespread over regular cosmetics. Men and Women are staying good looking the natural way by staying healthy and fit.

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# Top 5 Tips For Preventing And Reducing Chronic Back Pain

Back pain affects over half of working Americans every year, according to the American Chiropractic Association. Causes of back pain are numerous, but many fit within a few simple categories. While some believe most people who suffer from it are those with arthritis or serious injuries, this is not the case at all.

Back pain often comes from doing something simple like bending over to pick something off the floor, having poor posture or twisting too quickly. Here are five tips to keep your spine safe and your back pain-free:

## **1. Watch your diet and exercise**

It sounds so simple, but many people fail to realize that diet can be the best weapon against back pain. Carrying excess body weight puts large amounts of stress on the spine, so burning that fat isn't just for looks: it can prevent and eliminate your back pain, too! Exercising also helps to strengthen the muscles around the spine, making it less susceptible to pain and injury.

## **2. Movement is key**

Society has gradually declined into a sedentary state, due to incredible advancements in technology and innovation. However, this has had a tremendous negative effect on health in general, and needs to be corrected. Back pain is common among those who sit at their desks all day with poor posture, so be sure to take a walk and stretch every once in a while. (Yet another very simple way to prevent back pain: and it works!)

## **3. Lift properly**

While it is possible to injure your back doing practically anything, lifting creates a lot of stress on the back so doing so improperly can produce horrible pain. Be sure to lift with the knees, not the back. By simply bending at the knees when lifting, stress on the spine can be reduced by as much as 90% or more!

## **4. You don't have to be awake!**

Even while you're asleep you can take action to treat your back pain. If you sleep on your back, try putting a pillow beneath your knees for lower-back support. If you sleep on your side, this method can work too, by keeping your spine straight.

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## **5. See your Chiropractor regularly**

If the above steps just don't seem to work, the best treatment for back pain is to see a Chiropractor. By making regular visits, you will find yourself reaching for pain medication less often, and you can learn some valuable tips about your back specifically, which most people would never know without a professional. These factors make seeing a Chiropractor worth it if all else fails.

Implementing these small, simple changes into your daily life will give you long-lasting pain-relief, without the use of harmful and expensive medications. So what are you waiting for? Start sitting up straight, exercising a bit more, placing a pillow between your legs while you sleep and maybe even seeing a Chiropractor. You'll be glad you did.

