STRESS AFFECTS THE BODY

Stress is recognized as the #1 proxy killer disease today. The American Medical Association has noted that stress is the basic cause of more than 60% of all human illness and disease.

- Headaches, Dizziness, ADD/ADHD, Anxiety, Irritability & Anger, Panic Disorder
- Grinding Teeth & Tension in Jaw
- Increased Heart Rate, Strokes, Heart Disease, Hypertension, Diabetes Type I & II, Arrhythmias
- Digestive Disorders, Upset Stomach, Abdominal Pain, Irritable Bowel Syndrome
- Weight Gain & Obesity
- Decreased Sex Drive

STRESS AFFECTS THE ENTIRE BODY & CAN CAUSE MANY OTHER PROBLEMS SUCH AS:
- insomnia, emotional & behavioral problems, immune system dysfunction, asthma, ulcers, lack of energy, depression, nervousness, paranoia, etc, etc, etc
- Muscle Tension, Fibromyalgia, Complex Regional Pain Syndrome
- Alcoholism, Suicide, Drug Addiction, Tobacco Addiction & other harmful behaviors