

THE TRUTH ABOUT STRESS

Let's face it, **STRESS** runs rampant in all of our lives.
How aware are we that this **STRESS** is literally killing us?

Recent studies are proving the degenerative effects of **STRESS** are much more pervasive than what most people understand. Learning an effective, simple and powerful tool that can alleviate the effects of **STRESS** immediately is most necessary in our everyday lives!

Whether we acknowledge it or not, the truth of the matter is, most of us wake up daily to an overwhelming feeling of **STRESS** that plagues us throughout every day. Perhaps it's financial pressure, unknown circumstances of health, pressures at our job, feeling upset at not being able to follow a diet plan, physical pain, frustration with family affairs or past issues that have never been resolved, which allow for a constant underlying feeling of discomfort within us; the variables are infinite. Every living being has their own unique story which they wake up to and go to bed with and it is our personal responsibility to become aware of how threatening to our health and wellness these stories are.

This six letter word, **S-T-R-E-S-S**, appears in our news and health articles on a daily basis. ANY mental and or physical tension is a symptom of **STRESS**. Are you able to connect the pressure you feel at work with the inability to fall asleep? Are you relating the discomfort that came with setting a boundary with a friend to the stomachache you had later in the day? Have you thought that perhaps the reason you are overeating is to bring more joy into what feels like an empty life? Perhaps those last two drinks you had after work were enough to numb your senses so you could forget an uncomfortable memory in childhood or from the difficulties you are having in your intimate relationship? Are you connecting the argument you had with your spouse with the anger you feel working at the same old job you hate? **STRESS** harms us more than we think and it is time to be aware of this and find the tools that work to calm our systems and bring us peace.

So what is really happening to our health while we have this relentless bombardment of **STRESS** on a daily basis? According to Dr. Bruce Lipton, Dr. Eric Braverman and Dr. Candice Pert, the effects of **STRESS** are literally killing us from the inside out. Natural flowing hormones that make us feel good have decreased and stress hormones have taken – over creating depression, weight gain, physical pain and lethargy. We have an inability to think clearly, our memory is challenged and we experience endless mind chatter that doesn't allow our brains to shut off for a good night's rest. If we do get to sleep, most of us cannot sleep deep enough and long enough since **STRESS** has depleted our serotonin levels and shifted our hormones that depend on that neurotransmitter working. The domino effects of **STRESS** are profoundly debilitating but most of us have no idea the effects on our life. All we know is what we were taught and most of us were taught to numb and suppress feelings that are created by **STRESS**. Without having the knowledge of the deleterious effects of **STRESS**, most of us will continue living a lifetime in the same fashion.

STRESS is the colossal monster that claims our lives, steals our joy and forces us to live a life other than our choosing! I should know, because this was the life I was leading. I had gained nearly 100 pounds after my son was born because I was so unhappy and dissatisfied with my life's choices. I used food as my source of happiness. I used food to numb my feelings. Because I did not feel comfortable making difficult life choices and expressing my feelings, food was always available to calm me and keep me from exploding outward – only to implode inward. After years of living like this, I was losing hope, feeling depressed and finding myself on diet after diet only to fail at one more thing. Through it all, I always had a workout routine, but even that did not budge the weight I had acquired. Living in a home where I allowed myself to be emotionally battered had brought me to my knees. I was searching for help to move me through these painful and extremely **STRESSFUL** experiences I was enduring. My answer was soon to come in a simple, easy-to-use technique.

If you had such a tool at the end of your fingertips that was effective against **STRESS** would you choose to use it?

I have such a tool for you! Nearly 10 years ago, I became aware of this technique and cannot imagine living life without it. It is powerful! It is easy –to-use and simple to learn! This technique works in the moment **STRESS** rears its ugly head.

I use this technique **EVERY DAY!** I have found that when I tap on an uncomfortable issue, I not only have the clarity and discernment to handle the situation successfully, the discomfort within me drops immediately.

This is the technique that moved me out of an emotionally abusive relationship and saved my life! It allowed me to start living my life honoring myself first. It allowed me to lose nearly 100 pounds.

If you are looking for a way to calm the **STRESS** of your life; if you are looking to get off the perpetual yo-yo dieting and stop the punitive thoughts because of weight gain; if you use substances to numb or calm your nerves and want to get your life back; if you are living in an abusive relationship and need to get out; **PLEASE** peruse my website and find an answer to your **STRESS**. Whether the issues are present tense or past tense, whether they feel out of control and bigger than you think you can handle, the answer can be found in utilizing this technique.

Allow your life to become more peaceful! Get your life and health back while tapping away your **STRESSORS!** If I can do it, so can you! Start today by learning how to **TAP** into your power and empower yourself!