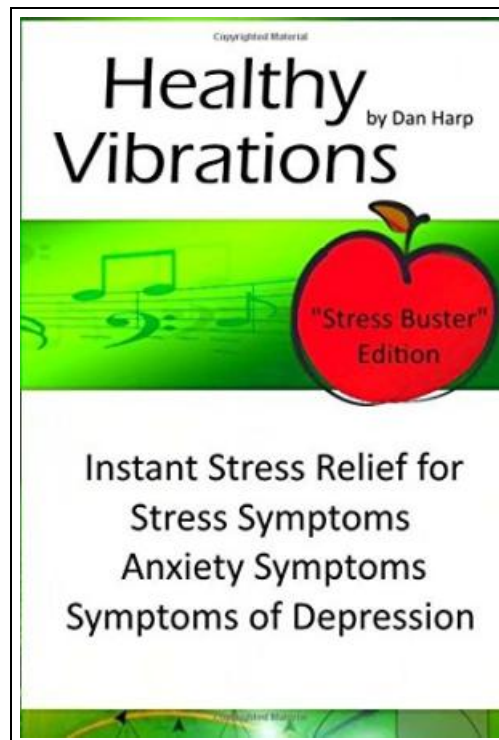


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Healthy Vibrations Stress Buster Edition is an excellent self-help book to get a handle on stress, anxiety, depression, and related symptoms. Stress means different things to different people. Stress was an evolutionary advantage in ancient times, with a gene that triggers the "fight" or "flight" syndrome, but for the most part, its obsolete in todays modern society, unless you happen to be a mom who had an auto accident and is trying to get to her kids, and even then, these bursts of stress hormones serve their purpose, but we are just not built to handle extended periods of stress. Chronic stress is a serious condition and both directly and indirectly kills people. Medical studies have shown that the physical signs of stress contributes to overeating, belly fat, high blood pressure, headaches, migraines, stomachaches, diarrhea, constipation, insomnia, fatigue, irritability, restlessness, burnout, worry, tension, faintness, tingling, impatience, shaking, nail biting, fear, sweating, panic attacks, confusion, obsessive and intrusive thoughts, memory and concentration problems, anxious, anxiety, depression, strokes, heart disease, diabetes, colitis, asthma, rheumatism, skin allergies, sexual difficulties, hardening of the arteries, ulcers, breathing problems, kidney disorders, and weakening of the immune system, which can lead to a host of infections, chronic conditions and despises. Fortunately, severe stress, often referred to as anxiety or depression, can be treatable with holistic approaches, nutrition, exercise, sleep, along with any combination of approaches covered in this book. The great news is stress improvements can often be immediate, but will likely take some on-going effort to build up a strong tolerance and resilience, resulting in substantial improvements to overall health and wellbeing. It is all much easier and enjoyable than you...



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