



# The Beacon

*Your Light on Local Holistic Therapies*

Third Issue Autumn 1999



Centres  
Therapists  
Practitioners  
Courses  
Workshops  
Organisations  
Retailers

Articles in this issue on:-

Stress - What is it?



Stressbusting



Stress Relief



## What is the one condition that the most different of people have in common? *Stress of course.*

Have you ever suffered from one of the following? Accidents, trauma, illness, strong emotions, reactions to vaccinations or drugs, pregnancy or malnutrition?

The answer I am sure is yes, and who hasn't at some time in their lives? These effects and others like them are known as stressors. These stressors in themselves are not a problem as long as they do not continue for too long or several do not occur at the same time. These stressors produce the effects of stress in the body. Stress within certain limits known as 'elastic limits' is actually natural and quite a stimulant for the body to gear into action. With some rest the body recovers from the effects of stress. Beyond this safe elastic limit the effects become known as 'strain'.

Strain on the body results in biological/physiological changes within the body. Initially there is what is commonly referred to as the flight or fight response. The body in this heightened state prepares itself for an immediate reaction to either face the situation or run away.

What actually happens in this flight or fight reaction, called the *alarm reaction* in medical circles, part of the General Adaptation Syndrome ( GAS for short ), is a stage of physiological changes in the body. Changes such as increased heart rate, increased blood pressure, cold sweat and pallor, thickening of the blood. Blood is redirected to the extremities and away from the digestive tract.

With adequate rest the body is able to recover from this reaction. However, what tends to happen in our modern, hectic lives is that these stressors continue to occur. The body learns to adapt and enters the '*adaptation stage*'. During the adaptation stage, through a series of hormonal feedback mechanisms the body continues to react but in a different way to the alarm reaction. The demands on the body are great. There is an increased need for energy in the form of glucose or glycogen, but if these supplies are short the body mobilises the fat and protein reserve

This can result in the loss of weight and muscle mass. Also, there is an increased demand for vitamins, the need for minerals increases and these are mobilised from the bone and hair. This is one reason why people 'go grey over night' with stress. What tends to happen when people are under prolonged stress, is they tend to have a poor diet and have less rest. This contributes to the vicious circle that has been set up. The overall result is that the body is unable to eliminate toxins from this cycle. These toxins then become deposited in the bodies structure and a persons posture. Eventually this results in pain, disease and exhaustion.

### What to do.

In general the two main areas that need to be addressed are diet and rest.

1. *Diet.* Eat a broad diet of fresh fruit and vegetables, grains, nuts, seeds and fish. Limit the amount of red meat and dairy foods. Drink lots of water and cut out tea, coffee and alcohol.

2. *Rest.* Allow the body time to recover. It is when the body is resting that these toxins are removed.

The recovery process can be greatly speeded up by a treatment that is designed to put the body in a state of balance, for example - ISHTA Spinal Touch. This is an extremely safe, gentle, therapeutic treatment. The level of distortion in the tissues and the persons postural changes are assessed and a very gentle and extremely relaxing release of the muscles is initiated in order to restore musculo-skeletal realignment and postural balance.

With the combination of ISHTA Spinal Touch, rest, a good diet and maybe some supplementation the body can begin the recovery process and reverse the pathway of -

**STRESS - STRAIN - DISTORTION - PAIN & DISEASE - EXHAUSTION**

At the Staffordshire McTimoney Chiropractic Clinic we are geared to deal with people along this path providing ISHTA Spinal Touch, Craniosacral Therapy, nutritional and lifestyle advice.

For more information, call Sue Weller or Allyn Edwards on 01785 616010  
Staffordshire McTimoney Chiropractic Clinic, 6 Berkeley Street, Stone  
Staffordshire ST15 8LS