

Stress Reduction Tips from Goshen Healing Center

Dr. Stephen Green DC

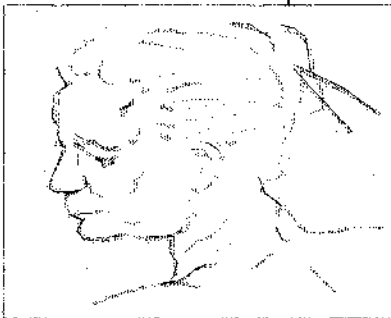
Nutritionist

Holistic Chiropractor

◆ Stress Reduction is a daily activity

NATURE'S TRANQUILIZER: The Sigh: Safety valve of the body.

"a moments rest is
worth an hour of
thought about it."



Tension ages us
before our time.

Ask Dr. Green
about Don Camp-
bell's: "Healing
Yourself With Your
Own Voice"
Tapes available on
request

Each of us carries tension and excess emotional energy combined with muscular tension. The result is a sense of "carrying the weight of the day on our shoulders" or a friend asks "do you want to get something off your chest?" We are all subject to stress. What is needed is a way to release the excess and rechannel our energy.

One of the most useful and simple ways is to do what comes naturally to us.....**SIGH**. Very often when our lives seem to be too much we involuntarily sigh. The sigh creates actual physiological changes which relax us and remove emotional stress. However, most of us are raised to view sighing is a sign of weakness or as if we are giving up. After years of testing with patients from all walks of life, it is clear that the sigh is a truly effective stress reducer. It is so simple and easy to apply that it seems silly that it hasn't been prescribed by doctors for centuries. Though we do this simple action involuntarily, often that is not enough.

THE SECRET is in the intentional application of the sigh *and* a deep breath, rather than waiting for nature to force you to sigh because "it has become too much". The prescription is the following:

1. Take a deep slow breath and let it out gradually.
2. When you let it out, allow an audible sigh to be released..."huuuhhh"
3. Do this several times whenever you are in a tension producing situation or simply notice you are becoming overwhelmed.
4. If you are in a public situation that makes the audible sigh unacceptable, then simply take a deep breath and let it out silently. Remember the deeper you inhale and then exhale the more deeply you cleanse the excess tension.
5. Make a regular habit of using times available such as in the car or alone.

Relax like a Cat: *Stretch like a Cat.*

Take a nod from the cat family. Stretch often and luxuriously. Allow your body to naturally unwind and loosen up as many times in the day that you can. Also throw a good yawn in for an added tonic. The stretching and yawning both relaxes and stimulates your muscles and nerves, while releasing built up toxins.

For further information contact Dr. Stephen Green at (914) 294-9990, The Goshen Healing Center