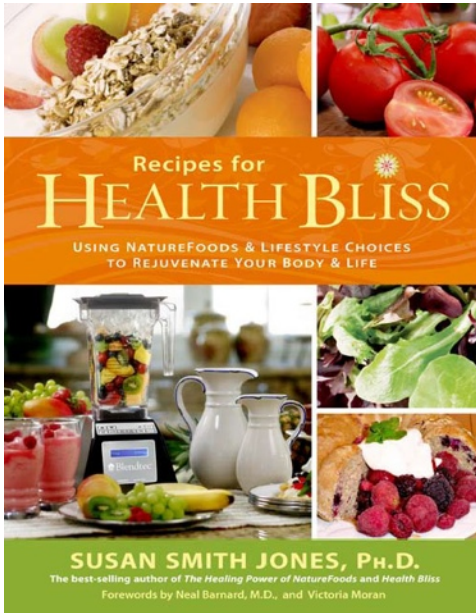


7 Stress-Busters Talking Points



Dr. Susan's 7 Surefire Stress-Busters Talking Points

It's a new season (new month, New Year) -- a time of new beginnings and fresh starts -- is upon us — a time to make choices about improving your health. One of the best ways to bring wellness into your world is to decrease the level of stress you experience on a daily basis. Why is reducing stress so important? Believe it or not, the American Association of Family Physicians reports that two-thirds of all doctor visits are due to stress-related ailments. It's also believed that 80 to 90 percent of all diseases are stress-related. And if you're female, stress may be even more damaging to your health. Study after study has found that women suffer from both stress and depression more often than men.

Although most of us think of deadlines and commitments when we think of stress, stress has many other causes. It can be triggered by emotions — anger, fear, worry, grief, depression, or even guilt. And stress can actually lead to high blood pressure, heart problems, fatigue, muscle and joint pain, headaches, and other illnesses and chronic health conditions. If you want to avoid these problems, follow SUSAN'S seven steps to relaxation and bring health and wellness to your world.

- 1. Get moving!*
- 2. Meditate & Breathe Deeply.*
- 3. Eat a stress-relieving diet.*
- 4. Keep your body hydrated.*
- 5. Catch plenty of Zzzs.*
- 6. Laugh a lot.*
- 7. Be thankful—and reap the health benefits.*



To purchase copies of *RECIPES FOR HEALTH BLISS* or Susan's celebrated 3-book Hay House series on healthy eating and living, please contact:

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