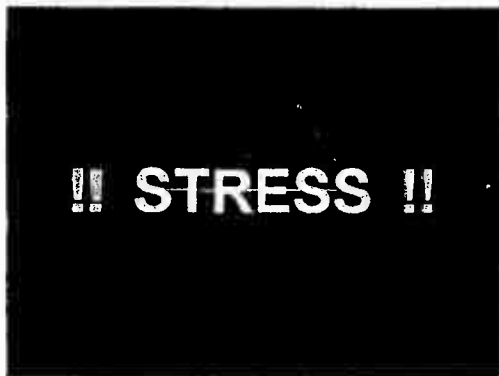


!! STRESS !! by Joe Bassett

Bassett's Health Foods, 3301 West Central Ave, Toledo, OH 43606, phone 1-800-783-7817



STRESS

- What is it?
- Where did it come from?
- What makes it better?
- What makes it worse?
- How did I get this way?

What is it?

- A negative response to internal or external stimuli.
 - It is generally believed that a certain amount of stress is necessary for biological organisms to maintain their well-being.
 - However, when too much stress occurs in quantities that the system cannot handle, it produces pathological changes.
 - This biological concept of stress was developed by Hans Selye, who intended originally for stress to indicate cause rather than effect.

Where did it come from?

- Emotional
- Nutritional
- Physical
- Chemical
- Environmental

StressI

Where did it come from?

- Emotional
 - Our family
 - Our world
 - Economics
 - Abuse
 - Job

StressII

Where did it come from?

- Nutritional
 - Inadequate diet
 - Poor digestive abilities
 - Insufficient bowel flora
 - Prescription drugs
 - Weakened immune response

(Original work by courtesy Dr. Greg Saunders)

Food allergies

- ↻ The body's immune system generally ignores food proteins but reacts to foreign proteins (e.g., viruses and bacteria). Occasionally, in a process called mimicry, harmless proteins are so similar to harmful ones that the body reacts to them.

- ↻ This accounts for many food allergies, and immune responses to the casein in milk and gluten in wheat and other grains have been well documented in other diseases. A similar process occurs in some cases of MS.

Stress!!!

Where did it come from?

- ↻ Physical
 - Accidents
 - Genetics
 - Lax or poor exercise programs

Stress!!!!

Where did it come from?

- ↻ Chemical
 - Cosmetic
 - Environmental
 - Food
 - Industries
 - Pharmaceuticals

Cosmetic Stress!

- ↻ There are potentially Harmful Ingredients Even in "All-Natural" Personal care products.
 - Sodium lauryl sulfate (SLS).
 - Sodium laureth sulfate (SLES).
 - Propylene glycol (PG).
 - Diethanolamine (DEA).

Environmental Stress!

- ↻ At home;
 - Detergents
 - Soaps
 - Cleaning solvents
 - Water
 - Lawn care products

Food Stress!

↪ Food additives.

- Nitrites, sulfates, monosodium glutamate, hydrogenated oil, artificial colors & flavors.
- Genetically Modified Food (GMO).
- Hormone latent meats, eggs and dairy.
- Variable unknowns about soil conditions, (use of herbicides, pesticides, synthetic fertilizers and contaminated ground water).

Pharmaceutical Stress!

• Vaccines.

- ↪ At present a lawsuit seek study on the effects of mercury in vaccines. Thimerosal contains mercury and is made from a combination of ethyl mercuric chloride, thiosalicylic acid, sodium hydroxide and ethanol. It is used as a preservative in many recombinant vaccines, such as the Hepatitis B, diphtheria, pertussis, acellular pertussis, tetanus and Hib vaccines and is found in many childhood vaccines.

Pharmaceutical Stress!

The July 8, 1999 press release from the National Vaccine Information Center, points out that, "The cumulative effects of ingesting mercury can cause brain damage."

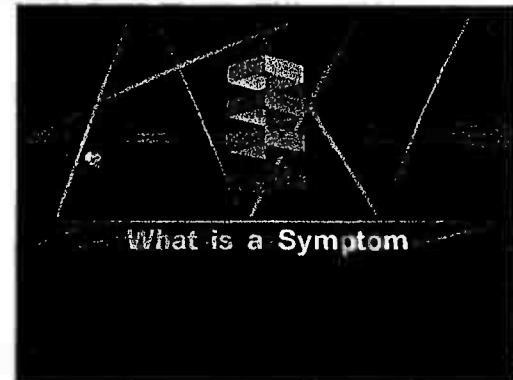
And that "Most infants have received a total of 15 doses of these mercury containing vaccines by age 6.

Pharmaceutical Stress!

Furthermore most children receive individual doses of between 12 and 25 micrograms of toxic mercury that with each injection exceed U.S. Federal Government safety guidelines that no person should be **exposed** to more than 0.4 –0.8 micrograms per kilograms of weight. And most children receive 238 micrograms by the age of 24 months.

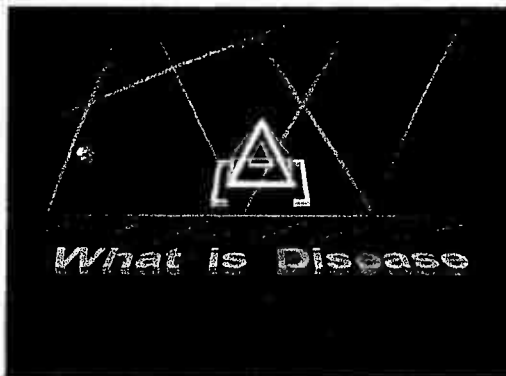
Pharmaceutical Stress!

- ↪ Most drugs used will create vitamin and mineral deficiencies.



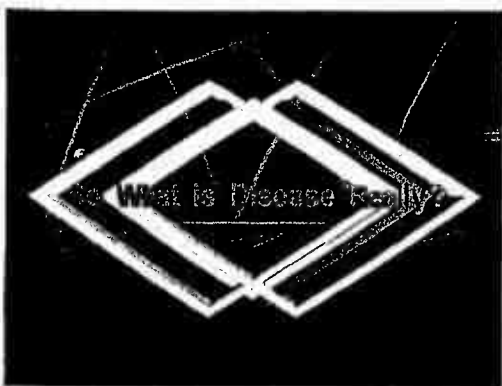
What is a symptom?

↪ A biochemical expression of cellular depletion or deficiency.



What is Disease?

↪ Disease is a name given to a group of characterized symptoms.



↪ Did you know that in 1988 the Surgeon General's report on Nutrition and health concluded that 15 out of every 21 death (more than two-thirds) in the U.S. involve nutrition.

Disease

↪ Based upon most information, my definition of Disease is; **Disease is advanced malnutrition of the immune system.**

What is Food?

What is Food?

- ↻ Food is defined as that which nourishes an organism.

After asking players to name the four basic food groups: They didn't hesitate: Wendy's, McDonald's, Pizza Hut, and Burger King.

**- Jackie Berning
Denver Bronco team
nutritionist**

↻ **And you wonder about Allergies**

What are they, and how do we deal with them?

What is an allergy

- ↻ An abnormal immune response to a substance (allergen) that dose not normally cause a reaction.
- ↻ There are four types of allergenic response.

Type I

- ↻ Type I (immediate) (hives, allergic rhinitis, urticaria, asthma) (Systemic anaphylaxis is life threatening).

Type II

⇒ (cytotoxic) reactions are antigen-antibody reactions mediated by IgG and IgM that cause transfusion reactions and many drug reactions. These reactions cause lysis of the blood cells (erythrocytes, leukocytes, and platelets) due to the release of complement, q.v..

Type III

⇒ (immune complex) reactions occur when IgG or IgM antibodies attach to antigens, creating complexes that circulate in the blood. The complexes cause damage when they adhere to the walls of the blood vessels, thus initiating an inflammatory response. Serum sickness, demonstrated by fever, joint and muscle pain, lymphadenopathy, and urticaria.

Type IV

⇒ (cell mediated) reactions are mediated by sensitized T lymphocytes, not antibodies. Contact dermatitis, and many common allergens, including rubber used in elastic materials, poison ivy, chromium in leather, and nickel used in costume jewelry.

How to begin.

- ⇒ Determine what it is that your client is concerned with.
 - Food sensitivities.
 - Environmental sensitivities
 - Chemical
 - Pesticide
 - Herbicide
 - Cosmetic

Set up your Scan.

- ⇒ Create a program.
 - Go to (Custom List).
 - Click (New List).
 - Name list (allergy 1).
 - Insert categories.

Our best friends and our worst enemies are our thoughts. A thought can do us more good than a doctor or a banker or a trusted friend. It can also do us more harm than a BRICK.

Dr. Frank Crane