



Francoise Bonhoure

**Melt Away Your Stress And Anxiety:
12 Natural Remedies, 3 Exercises
Your Doctor Won't Tell You About
and More**

by Francoise Bonhoure

www.successwithstressnews.com

Welcome to

‘Melt Away Your Stress And Anxiety: 12 Natural Remedies, 3 Exercises Your Doctor Won’t Tell You About and More’

My name is Francoise Bonhoure, I am 62 years old and I live in Carcassonne, South-West France. I have suffered from stress all my life, including a psychosomatic skin problem and chronic nervousness. The doctors couldn’t help me. So I used cigarettes and mild drugs to cope... leading to MORE stress..

I undertook a great number of courses over the years and more recently discovered ways that helped me regain my health and well-being and I can now say: "I’ve Been there, Done that and Got the Secrets (as well as the T-shirt)!"

My aim here is to share my previous and latest findings about relieving and curing stress as that’s what I enjoy doing.

Now I’ve put together this **amazing free report** that reveals a number of powerful, effective ways to transform the suffering of stress into well-being and inner harmony. It includes:

- **3 Amazing exercises the doctors NEVER tell you about**
- **12 great natural solutions to alleviate stress**
- **The benefits of talking it over**
- **Three effects of relaxation that may leave you stunned**

INTRODUCTION

Stress affects your overall health and blocks you from developing in a healthy way. Here are some great simple solutions.

Chapter 1

3 Amazing Exercises for stress relief

by Francoise Bonhoure

Stress is a state of tension, in fact one could replace the word 'stress' by 'tension' a lot of the time. **Tension is a natural part of the process of an action.** For example, one first thinks, projects an action and a coil-like energy, tension, is created in order to assist the development of that action. Then, when the result is achieved, that coil is then completely released.

When a tension becomes stress is when one can not complete the process that we started, or when an influence coming from an outside source puts us in a situation that we think, at the time, we can not solve and which creates tension, stress and upset.

At those times when we feel great stress I have found that what appears extreme **requires some extreme measures** to be taken to release these poisonous sensations from the body-mind.

I would suggest **3 easy ways** that are within reach of mostly everyone.

The first is [Shaking and Breathing](#).

You will find a short video of this method.

It is simply shaking the body or rather 'letting shaking happen' from the legs up, without actually 'doing it', but rather giving into it. Also, we 'open' the breath by allowing all the in-breath the body needs and above all, letting the out-breath be released fully.

This last point is the most important.

Remain aware of having your feet on the ground!

And also, let the whole body shake while remaining as loose as possible. Do this for a few minutes. When you resume, stay still, with eyes closed, for a while.

The second is 'Stamping the Feet' - on the ground of course!

Again I will emphasise deep out-breaths with each stamping movement.

If you are so inclined and do not have noise problems in your surroundings, you can allow sounds to manifest with each out-breath.

The third is [Punching](#).

Spine straight,

Stand, feet shoulder-width apart

Knees bent slightly

Make fists of both hands and place them just above the hips

Breathe in , punch forward with one fist, breathing out

Bring back the arm to the hip while breathing in

Repeat with the other arm.

If you are feeling angry or frustrated this will not be difficult! In fact it will be almost second nature.

A reminder:

Let the out-breath be longer than the in-breath and remain aware of the body sensations during these exercises.

These three [psycho-physical exercises](#), consciously using movement and breath to release pent-up energy in the body-mind, can definitely help to let go of the

knotted-up tension that prevents one thinking clearly or acting effectively. Therefore using them allows us to then be able to re-assess the situation in a clearer, more appropriate and creative way.

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<http://www.success-with-stress.com>

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http://EzineArticles.com/?expert=Francoise_Bonhoure

Francoise has found Unique Solutions to Transform Stress into Well-Being and has started a Weekly Newsfeed.

Chapter 2

12 Natural Solutions to Alleviate Stress

by **Christina Grant, PhD**

Stress is the intensity of how you believe you can cope with an identified threat. It isn't your actual ability to cope, but your perception of your ability to cope. Stress becomes a problem when you think you can't cope well with a perceived threat.

Mild stress can be used to inspire you, build motivation, and encourage you to press forward in spite of obstacles. Some stress is needed for energy, courage, and triumph; to win, such as in sports events and games. It can help a mother lift a car off her child or assist an emergency room nurse to do her job speedily and accurately. Another kind of stress is the big malady of our day. It builds up over time due to worry and fear and leads to physical and emotional disease.

In my article *Relieve Stress for Life* I discussed things you can do to protect yourself from the harmful side effects of stress. The goal is to manage your response to the bombardment of stressors in daily life. You cannot avoid the stressors, but you can cope with them differently by altering your perception of them. One way to begin is to heal your nervous system so it isn't on high alert. Instead, it can be in a state of balance and calm that is easily returned to after surprising news or a particularly stressful time.

- **Your body and mind want a rhythm.** To create one, go to bed and wake up at the same time every day. You will feel more peaceful, serene, and competent during the day.
- **Give yourself additional time to do things.** Allow extra time for getting to a meeting, going to the store, driving through traffic, completing a project, even eating. Move more slowly. Give yourself the gift of free time and a few unscheduled moments. There is enough time in the day for this.
- After particularly stress-filled days, **take a 20-minute bath** to which you add 2-4 cups Epsom salts and 8-10 drops pure lavender oil. The salts pull toxins out of you and leave your muscles relaxed. The lavender will ease your mind. Drink extra water afterward to rehydrate.
- Do you have a crazy schedule filled to the brim? This is a form of self-abuse with all sorts of underlying causes. **Write down all the things you "need" to do** so they are not swirling in your head. Then, don't do some of them. You will find the world keeps on turning, all by itself.
- Know what you can and cannot do to maintain a balanced life. **Say no to requests that eat up your time.** Liberate yourself from the madness by utilizing one of your first spoken words: **"No."**
- **Drink chamomile tea instead of coffee.** Yes! Switch to herb tea. Coffee adds stress by giving you the illusion of more energy while you become more depleted. Eventually your body will present its bill for the abuse and the price will be high. If you are tired, rest more and have a naturopath help you heal your adrenals. A balanced person doesn't need a stimulant to get started.
- **Try stress-reducing flower remedies** that can be found at any natural food store. Place a few drops in a glass of water, directly under your tongue, or get the spray version.
- **Homeopathic remedies for anxiety, stress, and insomnia** can be found at any natural food store. Homeopathy has been widely researched for effectiveness.
- **Pay attention to the needs of your body.** Eat a variety of nutrient-dense whole food. Inquire about "adaptogens" which help the nervous system adapt to stress. My favorite is ashwaganda. Studies have been conducted on the efficacy of this herb for the past 50 years, but it has been in use for many centuries.

- **Train your mind toward an uplifting world view.** Refuse to get on board with the negative thinkers. Smile more. When a lemon is thrown your way, you know what to do with it.
- **Connect with nature** by walking in a park, sitting amongst trees, or getting your hands in the earth through gardening. Our disconnection from nature is part of the reason we find ourselves in such a high-stress culture.
- **Stress and slow breathing cannot exist at the same time.** Whatever shocks or troubles life brings, breathe calmly through it.

Christina Grant, PhD is a holistic healer, spiritual counselor, teacher, and writer. She assists people in harmonizing their lives including the areas of work, relationships, health, money, and life stress.

Through her keen intuition, insight, and energy healing her clients gain greater personal power, self-mastery, inner peace, clarity, and a renewed sense of hope.

Learn more about her, read her blog, sign up for her e-newsletter, and contact her at <http://www.christinagrants.com>.

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Chapter 3

Stress - Talking About it and Finding Solutions

By David Boudreau, MSW, RSW

Mark Twain (Samuel L. Clemens) has often been quoted as saying: "Everybody talks about the weather but nobody does anything about it." I have noticed that talking about stress might be a similar phenomenon. We talk

about or busy lives, our work, relationship and family stresses. Stress is sometimes almost seen as a virtue - the more stressed you are, the more important or virtuous you must be. A lot of people talk about stress but few people do anything about it. While talking about stress undoubtedly helps to relieve some stress and support, validation and acknowledgment can go a long way, it doesn't really get at root causes. Like a passing storm, other people simply cling to the hope that the stress will soon pass and blue skies will be on the horizon again soon, however temporarily. More worrisome however, are those people that don't even notice their stress, or have become addicted or habituated to it. They are neither talking about the weather (stress) nor doing anything about it, but are likely being the most impacted by it.

Even a cursory glance at the research on the impact of stress on the body is enough to generate a stress response! With a stressful situation, our flight and fight systems gets activated so that we can effectively deal with real or imagined threats. However, if we don't calm ourselves down relatively quickly, our health can be impacted significantly. Many of us have heard the rather cruel anecdote about a frog's natural response to being put in a pot of boiling water (stress) is to jump to safety. However, if the frog is put in a pot of water that is gradually heated up, the frog will fail to jump out of the hot water, and die. This points to a more insidious type of stress -not those real but dramatic life events such as a relationship break-up, job loss, or the death of a significant person in our lives- but the everyday stresses that we sometimes get more or less accustomed to.

So do you want to know about these effects on your health? I think that this information can be helpful if people use it to think about making changes in the way they live. Otherwise, it may just become another stress in an already stressed-out life. Stress impacts our immune system and makes us more vulnerable to illness. Stress ages us by the wear and tear it takes on our bodies. Stress Impairs cognitive performance, suppresses thyroid function, creates blood sugar imbalances such as hyperglycemia, decreases bone density, decreases muscle tissue, raises blood pressure, lowers inflammatory responses in the body, and increases abdominal fat, which is associated with a greater amount of health problems than fat deposited in other areas of the body. Some of the health problems associated with increased stomach fat are heart attacks, strokes, as well as the development of, higher levels of "bad" cholesterol.

The significant factor in stress is not the stressor itself but the way that people respond to stress. The same stress may be experienced by one person as a small cloud in the sky and by another as a typhoon.

[Counselling](#) can of course help us not only with strategies to reduce stress in our lives but also with changing our reactions to stress. Talking (or writing) about stress and not repressing our emotional experiences is an important first step. **In**

fact, not talking about feelings and stress, as well as a lack of social support, have been shown to be characteristic of many people diagnosed with cancer, Alzheimer's disease, and the onset of all chronic illnesses.

The analogy between stress and talking about the weather has one important difference. Mark Twain seems to imply that merely talking about the weather is somehow not constructive. With stress however, even talking, writing or expressing about what stresses you is effective in reducing the health impacts of that stress. While we can have little impact on the weather by talking about it, talking about stress can open the door to solutions.

Suggested Reading:

Gabor Mate. When the Body Says No -The Cost of Hidden Stress. Knopf, 2003.

David Boudreau, MSW, RSW has an online counselling practice and blog at <http://www.davidboudreau.net>

Article Source: http://EzineArticles.com/?expert=David_Boudreau

Chapter 4

Three Effects Of Relaxation (or Chronic Stress) That May Leave You Stunned

By: [Troy Centazzo](#)

In this article, I explore the cutting edge of neuroscience and mind-body health. What scientists and researchers, with their new tools and techniques of evaluation and analysis, have discovered recently may leave you stunned. They certainly have (or at least should have) implications for amount of time we spend taking care of ourselves through wellness programs - and maybe even our choice of lifestyles. First, however, I'll review a couple crucial topics that will provide a background for understanding what the researchers have uncovered. If you already have an understanding of the concepts of stress and the relaxation response, skip down to "The New Frontiers of Mind-Body Medicine Research" section.

Stress and Chronic Stress

In 2008, it's almost become cliché to discuss the levels of stress we feel. Everyone seems to be stressed out because of one issue or another. The topic is constantly in the press. An economy in the dumps and getting worse. Two wars. Lay-offs. Housing foreclosures. Working longer hours. Indeed, a Google search on the word "stress" (without any related terms, like "stress symptoms," etc.) yields almost two hundred million results on the Internet (related to websites, news articles, products, blogs, videos posted on the popular site YouTube, etc.)! Stress currently appears to be ubiquitous in the US.

Many situations and life events create stress and anxiety - and therefore the "fight or flight" response. This response, a complex process of reactions in the body, is developed in every mammal and prepares it to fight or flee during actual situations of danger, such as when one of our ancestors was being chased by a saber toothed tiger. Now that's stressful! Our brain reacts to these situations by pulling blood to the large muscles of our body so we can react. Heart rate, blood pressure, and breathing speed up. We get a rush of adrenaline. All of these changes enable us to fight better or run faster.

However, we rarely face actual situations like these anymore, but in terms of the stress response, our brain cannot differentiate between being attacked and being late for a crucial meeting that could make or break a career. All of these same functions occur, so we feel "stressed out." People who live with goals that are difficult to reach or are just plain unrealistic will almost inevitably face chronic stress. If people can't obtain the "stuff" they want, they may be constantly anxious.

The biological processes of the long-term stress response are beyond the scope of this article. However, ongoing stress affects virtually every system in the body, including the endocrine and immune systems. Our bodies try to adapt, but eventually stress will likely have a negative impact on our health. Our immune systems can be compromised. We may experience high blood sugar and increased bad (LDL) cholesterol.

Here is a laundry list - established by medical research - of several health conditions that can worsen (or even appear) under conditions of constant mental stress: asthma, depression, heart disease, compromise of the immune system, high blood pressure, sexual problems, diabetes, obesity, itching, hives, gastrointestinal problems (ulcers, colitis, irritable bowel syndrome), reduced resistance to viruses and bacterial infections, arthritis, and many, many other conditions.

It's no wonder why the well-respected non-profit American Institute of Stress

(AIS) notes that between 75 to 90 % of visits to primary care physicians are for stress-related complaints.

The Antidotes – The Relaxation Response or Major Lifestyle Changes

Humans have been using relaxation exercises, such as meditation and chanting, for thousands of years. Before the 1970's, most people in the West likely associated meditation with the Beatles' phase when they visited the founder of the **Transcendental Meditation (TM) movement**, Maharishi Mahesh Yogi, in India and became followers (and then created a large, if somewhat faddish, movement in the early 1970's, though there are still many practitioners of TM). TM is simple: a person meditates 20 minutes twice a day repeating a secret Sanskrit word, or "mantra". Through this practice, the Maharishi promised followers happiness and a sense of calm.

Meditation's role in mainstream healthcare in the West at the time? Zilch. To Western medicine, the mind and the body were completely separate entities and treated as such.

Then came Herbert Benson, MD, of Harvard Medical School. He started **researching the physiological effects of TM** and began publishing scientific papers on the topic, adding mainstream legitimacy to the topic and technique. **He created the term "the relaxation response,"** which described the state of complete relaxation and calm created by meditating. He wrote a book on the topic, also called the Relaxation Response (1975), which describes the exercise in a secular manner and how to elicit a state of relaxation.

Benson's instructions included sitting comfortably in a chair, closing one's eyes, relaxing one's muscles, and saying a word, such as "one," over and over while breathing through the nose for between 10 and 20 minutes.(1)

This state of relaxation can also be achieved by numerous other exercises, such as prayer, yoga, jogging, tai chi, progressive muscle relaxation, and repetitive exercises. The relaxation response is a state of deep rest that creates physiological changes that counteract the stress response.

Since Dr. Benson's initial research paper, published in 1971, he has been the author or co-author of 11 books and 180 scientific publications demonstrating the benefits of the relaxation response in treating a variety of illnesses. Between Dr. Benson, his team and many other researchers around the world, thousands of medical studies have been published, establishing the effectiveness of stress management exercises in the treatment of the following conditions, which represent a similar list described above as diseases or conditions negatively affected by stress.

- * Hypertension
- * Chronic Pain
- * Insomnia
- * Anxiety and Depression
- * Migraines and Headaches
- * Self-esteem in Young People
- * Immune System-Related Conditions
- * PMS
- * Heart Disease
- * Digestive Conditions
- * Rheumatoid Arthritis
- * Among Others

That is a summary of the last 40 or so years of research on the mind-body effect, often combined with other wellness techniques, like eating well and adequate physical exercise. With the published research has come some acceptance of such approaches in mainstream healthcare, but most visits to your family doctor still won't include advice on meditation or relaxation exercises. You may have to visit a yoga studio or purchase a meditation CD or video lesson.

Another option, of course, is to seek and adopt a completely ego- and stress-free lifestyle, like the one espoused and explained by **Eckhart Tolle, author of "A New Earth,"** to millions of people in a groundbreaking online 10 part learning program sponsored by Oprah Winfrey. Good luck if you choose that option and you're not willing to move to a monastery. The fact is, virtually all of us will live in an environment that offers us a host of events and situations throughout our lives that provoke feelings of stress and anxiety, for some on an ongoing basis.

So medical research has demonstrated that relaxation techniques can improve health. But what's going on these days in research labs armed with new, sophisticated testing tools? Some of the latest findings, using emerging technologies like sophisticated imaging of the brain and an understanding of the human genome, are truly remarkable.

The New Frontiers of Mind-Body Medicine Research

1. The relaxation response can influence the expression of stress-related genes.

How can a simple relaxation exercise, twenty or so minutes per day, result in the improvement of so many medical conditions and their symptoms? The answer comes from Herbert Benson, MD (yes, the same one), his team at the Benson-

Henry Institute for Mind-Body Medicine and the Genomics Center at Beth Israel Deaconess Medical Center (BIDMC). It now appears that a practicing exercises that elicit a deep state of relaxation can actually influence the activation patterns of genes associated with the body's reaction to stress.(2)

The team published a study this past July that found "how changing the activity of the mind [such as through relaxation] can alter the way basic genetic instructions are implemented," says Benson.

The team studied whether specific genes were activated or repressed during the relaxation response by testing blood samples and using cutting edge testing techniques, such as "gene ontology" and "gene set enrichment." The study demonstrated that relaxation response exercises altered the expression of genes related to various processes, such as inflammation, programmed cell death and how the body handles free radicals, molecules that can damage tissues and cells if not appropriately neutralized. The study noted that changes in gene expression resulting from eliciting the relaxation response may be related to long-term physiological effects. The authors hope the study will stimulate interest in more research related to specific diseases. Twenty-first century genomics meets a simple exercise that is thousands of years old.

2. Meditation may be able to change your brain function, a rewiring of sorts.

Can thinking change the brain? In other words, can mental experiences actually alter our physical gray [matter](#)? This is the concept of "neuroplasticity," a new scientific field that studies the strengthening or expansion of circuits in the brain that are used often - and by the shrinking of those that are used rarely. The Dalai Lama himself mentioned this possibility to neurosurgeons with whom he visited in the 1990's, a notion initially dismissed by the doctors.

The Dalai Lama and neuroscientist Richard Davidson of the University of Wisconsin, Madison later teamed up to test this possibility. Professor Davidson traveled to Dharamsala, the Dalai Lama's home, to compare brain activity in study participants who were new meditators to that of Buddhist monks who had spent more than 10,000 hours meditating. The exercise in the study involved "compassion meditation," a mental exercise focused on generating a feeling of loving-kindness towards all.

Brain scans showed a significant difference between the experienced meditators and the novices. The monks showed a large increase in gamma waves, high level brain activity associated with consciousness. The novice meditators showed a slight increase in gamma activity, but much less than that of the monks. Gamma wave activity is a sign of brain activity that comprises a

complex network of circuits in the brain, associated with high level mental activity. According to the study, the monks' gamma activity was off the charts, at levels that hadn't been reported before.

The areas of the brain that are involved with positive emotions, reactions to the sight of suffering, and movement (to help someone in need of aid) were full of activity in the monks' brains. The study, published in the Proceedings of the National Academy of Sciences, noted that changes in the brain likely can be produced by mental training since the most experienced meditators demonstrated such profound activity.(3)

3. Chronic stress may make the brain and body age faster

If you have read any of the recent popular books related to healthy- or anti-aging, you no doubt have a sense that stress management should be a crucial component of your wellness program. You may have heard the "common knowledge" that stress can make someone age faster and also know people who fit that profile perfectly.

We now may understand why that is, according to recent medical research. Stress can increase the pace of physical aging. In 2004, researchers discovered that chronic stress (or, more specifically, a lack of stress resilience or coping) can age individual immune cells. They focused on a part of the chromosome called a "telomere," the end cap portion. Telomeres are the part of our DNA that control aging. They also protect the tip of the DNA from damage. As we age, when a cell divides, telomeres in the cell get a bit shorter. Eventually, the telomere becomes too short and the cell can no longer divide. End of cell life. That's why, for example, we lose muscle strength as we get older.

The report, which was published in the Proceedings of the National Academy of Sciences, studied the telomeres and stress levels of healthy, pre-menopausal women who were mothers taking care of chronically ill children. They found that the immune cells of highly stressed women had aged by an extra ten years, though the researchers did not know the exact mechanism of how this occurs. (4)

Additionally, as discussed, chronic stress affects the immune and endocrine systems. This is related to that fact that stress produces stress-related hormones, such as cortisol, and eventually can lead to adrenal fatigue. As people get older, the brain may lose its ability to regulate these hormones, so seniors who are stressed actually produce more of them. A recent study demonstrated that excess cortisol over the years can actually damage the part of the brain that stores memories, the "hippocampus." Chronic stress in our senior years, then, may

result in poor memory and impaired cognitive function. (5)

Conclusion

The field of mind-body medicine has always been a fascinating one, and is only getting more interesting as new technology allows us to conduct research never before possible. The outcomes of this new generation of research are "mind blowing" but teach us the importance of stress management and offer lessons for our system of healthcare. Finally, it makes this author wonder what we have yet to learn.

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All the Best,

Francoise Bonhoure

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