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## Greetings!

The research just keeps piling in on the incredibly dominant role stress plays in nearly every major health issue from heart disease and anxiety to children's health issues and cancer.

Unfortunately, most of us perceive stress as an emotional burden ONLY and are unaware of the physical, environmental, chemical, nutritional, and mental stressors, or "stress toxins" that drain our energy and make us sick.

**Some examples include: food additives, environmental toxins, inflammation, dental materials, electromagnetic fields, allergens or sensitivities, molds, heavy metals, and many more.**

Today's newsletter will help shed some light on these hidden toxic stressors, simple strategies to avoid them, awesome online and book recommendations on the topic, and how merely changing your perception of your stress response can save your life.

It's going to be a good one, we hope you enjoy!

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## *Message from Milly*

I am writing to you today while sitting in my garden surrounded by flowers and listening to the chatter of a pair of finches tirelessly taking care of their young.

I have been watching these little birds for weeks now meticulously building their nest, working nonstop from sunup to sunset.

With stress management as our topic this month I was aware of how these little birds demonstrated an inherent wisdom in their ability to work with the natural rhythms of life.



**So much toxic stress occurs as a result of procrastination and wishful thinking which results in being out of sync with the natural rhythm and cycles of life.**

This is especially true when it comes to our health. We may notice an area of our health deteriorating, yet put off taking care of it until it becomes a much bigger issue, which creates much more stress for our bodies.

**Another huge issue I see in practice is people being so busy and distracted by life, that they have become completely out of sync with their bodies.** And when this happens, we cannot pick up on which stressors may be affecting us.

**Every day I see clients who are chronically tired, in pain, and congested who think this level of health is "normal".**

**FEELING RUN-DOWN, CONGESTED, AND IN PAIN IS NOT NORMAL. This is your body's response to a stressor---its cry for help.**

So often in today's world we fill our lives with endless activity and the unexpected joy of the backyard finch, as a result, goes unobserved.

We tend to think of relaxation as "good", and the action phase as "bad". But without a balance of both, and without that balance being applied in the right order, you'll end up in trouble.

**Act when action is required and rest when it's right to do so. Do it in the opposite order and all kinds of unnatural pressure and consequences will result.**

By adopting periods of "rest" we will be more naturally in-tune with our health and know when to act when things are out of sync.

Blessings to all,

*-Milly*

## ***Ancient Wisdom Modern Medicine***

### ***3 Surprising Ways to Reduce Toxic Stressors***

#### **1. Eliminate these top 5 stress-causing foods and see how you feel.**

Though every individual is different, the most common offenders are: **gluten, dairy, corn, soy, and refined sugar.**

Knock these out of your diet for 1-3 weeks and watch your body and mind transform. Then, add them back slowly and see how you feel. **This is an easy, and inexpensive, way to pin point which food stressors you need to avoid.**

**2. Eat dark chocolate.** Yes, we just told you to get off sugar (more on this in a minute) but studies have proven eating chocolate helps significantly lower your stress response.



#### **To enjoy your chocolate healthfully**

- Keep it dark, [Lily's brand specializes in stevia-sweetened chocolate](#) bars and chips.
- Stick with 1 ounce servings.
- And check out one of our favorite sites: [chocolatecoveredkatie.com](http://chocolatecoveredkatie.com) for a slew of easy, stevia, honey, and maple syrup-sweetened chocolate dessert recipes.



#### **3. Start an "earthing" practice (walk around outside barefoot)**

It may sound strange, but walking around barefoot has some serious anti-stressing properties...and it's good for your immunity too.

Your body and our planet are both electric in nature, therefore by coming in direct contact with the earth (without shoes) we received a much-needed negative "charge" helping us feel grounded.

**Studies have proven earthing can reduce stress by helping you sleep, reducing oxidative stress, reducing pain and inflammation, boosting immunity, and reducing overall stress.**

[Read all about the studies backing Earthing right here...enjoy!](#)

**Want to pinpoint exactly which foods and other toxic stressors may be affecting your health? Call: 770-446-1140, or [email](#) us to schedule a BioEnergetic Assessment today.**

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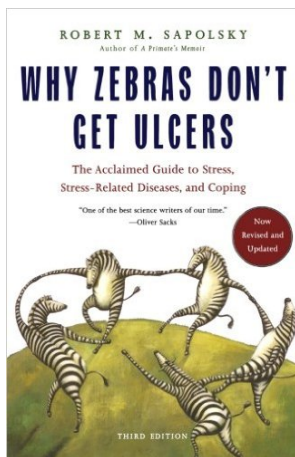
## ***Heal Thyself and Never Stop Learning*** ***Stress busting solutions from around the web***

To continue the theme of how to reduce toxic stressors, we highly recommend this article from Dr. Manisha Ghei: [15 Simple Ways to Reduce Toxins in your Life.](#)



Dr. Ghei is a recognized expert in stress management, and her article goes into great depth exposing the health impact of little-known toxins on your stress response, **and what you can do to get rid of them.**

### **[Our Book Pick of the Month: "Why Zebras Don't Get Ulcers"](#)**



Now in its third edition, this is still one of the best educational (and motivational) books on how our response to stress causes chronic disease.

The premise is *we experience stress* the same way animals do, but *we don't process* it the same way they do, through fight or flight.

A brilliant wake-up call chock-full of humor, excellent research, and practical solutions, this book is a must-read for anyone wishing to avoid disease, be happier, and extend their life.

### **[Use this Guided Sleep Meditation to get More Zzzzs](#)**

A lack of sleep is one of those "hidden" toxic stressors that slowly wears down your immunity, metabolism, heart health, mental health, and overall well-being.

If you suffer from insomnia or find yourself unable to fall asleep quickly, [check out this quick guided meditation by Deepak Chopra.](#) It will help clear your mind and let you fall

asleep faster (and it's free).

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## ***The Attitude of Health***

### ***How changing your perception of stress could save your life***

While researching the topic of stress, we came across this fascinating TED Talk by Kelly McGonigal, Health Psychologist, where she makes a convincing case on how **worrying about stress is what makes it harmful, not the stress itself**.

In her talk, ([which we highly recommend you spend 15 minutes watching here](#)) Dr. McGonigal talks about:

- How learning to view your stress response as a positive thing, can actually negate its negative health impacts.
- She also talks about how stress helps us with our social life by increasing oxytocin levels (the bonding hormone) which helps protect your organs and systems, specifically you heart.
- And how caring for others could save your life (even if you're already stressed out).

Though this talk focuses on your stress response (not stress toxins like heavy metals or certain foods) we felt this talk made an excellent scientific case for the importance of a positive attitude and beliefs to our health and longevity.

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**FORWARD TO A FRIEND**

**FORWARD**

**NOT YET SIGNED UP TO RECEIVE THIS  
NEWSLETTER?**

**SIGN UP**

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