

# A Complete Medical System

Start with building excellent health to resist disease.

At the start of a health problem, use a systems approach and safer natural remedies.

If the health problem is severe or urgent, we are glad to have modern medicine with its powerful therapies.



# Defensive Medicine

## The Four Fundamentals:

- ❑ **Lots of fresh, organic produce**
- ❑ **Daily activity and exercise**
- ❑ **Good sleep and a relaxed life**
- ❑ **Freedom from toxins**

# What Stresses You Out?

*Some Activators of the Fight-or-Flight Response*

Hurrying?

Too much coffee?

Telephone strain?

Road rage?

Bad news from media?

Television?

Inactivity?

# Coping with Stress

It may be difficult to eliminate these stressful events from occurring.

However, we can learn to react differently to stressful events.

# What Stresses You Out?

*Some Activators of the Fight-or-Flight Response*

Family stress or loneliness?

Environmental stress?

Computer burnout?

Noise stress?

Hurrying while eating?

Bathroom stress?

Money stress?

Performance stress?



# Weekly Stress Record

Name \_\_\_\_\_ Date \_\_\_\_\_

Please list all events that are stressful, or that are relaxing

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

# Stress and Disease

High blood pressure

Cancer

Irritable Bowel Syndrome

Migraine headaches

Anxiety

Mental illness

Infections

Alcoholism

Exhaustion



# Coping with Stress

A stress control program has several parts:

1. Identify stress-producing situations.
2. Avoid stress when possible
3. Reduce the impact of unavoidable stresses
4. Relaxation techniques
5. Exercise reduces stress



# Relaxation Techniques

- ☺ Autogenic Relaxation
- ☺ Progressive Relaxation
- ☺ Naps
- ☺ Deep nighttime sleep
- ☺ Recreation and exercise



# Types of Fitness Activities

- Yoga, Tai Chi, stretching
- Strengthening, muscle building
- Aerobics
- Recreation and Fun
- Inversion, brachiated stretching
- Rebounding, dancing
- Range of motion movements

Questions for Steve Blake, please email at [mail@naturalhealthwizards.com](mailto:mail@naturalhealthwizards.com)



**Most of the true causes of disease  
are under your control**

Copyright Steve Blake, 2006