How to Manage Stress and Cultivate Health!

Personalized Health Coaching with Bethel Wagner

In today's world, being stressed out is almost worn as a badge of honor. People are overbooked, overwhelmed, and just plain exhausted! Stress is bombarding us from every angle imaginable, affecting us physically, mentally, emotionally, spiritually, and energetically. It's taking its toll on our health! In fact, estimates show that stress is at the root of 80–90% of all diseases. This fact alone should be a strong motivator to reduce, release, and manage our stressors.

Think of stress as the layers of an onion, made up of physical stressors. Some of these include dehydration, poor nutrition, lack of movement and sunlight, poor sleep, and exposure to toxins and radiation. Then there are the mental, emotional, and spiritual layers. These include financial strain, traumatic events, toxic relationships, family stress, work or school issues, and loneliness. We also carry stress from subconscious baggage programmed into our system through traumatic events in our past—even in the lives of our ancestors. Feeling spiritually confused or disconnected can create stress and inner conflict.

Finally, we are susceptible to the energy of people and places. This affects everyone to a certain degree. We are especially susceptible to the energy of our spouses, family members, and coworkers. As a result, we often carry over that stress or negative energy in our auric energy field. The negative energy present in specific locations adds another layer of stress to our bodies. If we are unaware of this, it can drain our energy and vitality!

Our bodies do a remarkable job of dealing with all of our stressors. However, if we never do anything to reduce or release the stress, it will eventually become more than we can bear. Physical, mental, or emotional symptoms will begin to manifest.

Here at ***Sage Wellness Center & Apothecary***, one of our top priorities is helping people to peel away the layers of stress in their lives. It's a journey, requiring thoughtful intention and patience, but the payoff is tremendous! When stressors are reduced or released, the body can enter "rest, digest, and repair" mode and allow symptoms to recede. Each of the modalities we offer aims to help reduce the many layers of stress:

Quantum Biofeedback helps reduce physical, mental, and emotional stress.

Crystal Healing and Breathwork are excellent options to release the stress connected with blocked emotions and stagnant energy in the body.

Health Coaching helps to remove the confusion around diet and lifestyle, and provides the support and accountability needed to create lasting change.

Homeopathy and **Herbal Remedies** are excellent ways to help the body activate its self-repairing abilities and replace the nutrients depleted by stress.

Are you feeling the wear and tear of stress in your life? Give us a call. We can help you reduce your stress and cultivate total mind-body health! We are hosting a half-day **Breathwork Seminar** on June 18th here in Whitehall with breathing specialist, Denis Ouellette. *(See ad, next page.)* ■