Employee Awareness Association

Turn Your Stress Into Success

Presented by Dr. Larry S. Arbeitman

Educational Background

- University of Maryland at College Park
- Life University-College of Chiropractic
  Atlanta, GA
- Logan College of Chiropractic
  St. Louis, MO
Definition of Stress

Stress is a force that causes change in your body and/or life.

Is stress positive or negative?

Positive Stress - Eustress

It can give an extra burst of adrenaline to help you accomplish goals and meet deadlines. Eustress provides mental alertness, motivation, and efficiency. Eustress can
Chemical Positive Stress

Emotional Positive Stress
Physical Positive Stress

Negative Stress is Dis-tress
Chemical (Toxins) Negative Distress

Emotional (Thoughts) Negative Distress
Not handling emotional stress can lead to anger, frustration and procrastination.

Physical (Trauma) Negative Distress
Emotional Distress and Disease

There's really no need to provide a list of health conditions that are partly caused by emotional stress, because **90% of health conditions are** partly caused by emotional stress (CDC). Emotional stress always equals increased output by the sympathetic nervous system, which always equals accelerated aging and breakdown of your tissues.

---

**Gas Vs. Brake Pedal**

Balance is the key

**CENTRAL NERVOUS SYSTEM**

---

**SYMPATHETIC**

- Stress response
- Increased adrenal glands activated

**PARASYMPATHETIC**

- Body
- Rest
- Growth & development

---

"You can't be in growth and protection at the same time."

---

**SUBLUXATION**

Sympathetic overdrive leads to chronic stress response

---

25 Kelmer Drive, Bldg III, Suite 101, Marlboro, NJ

www.ucchpm.com

(732) 617-9355
The Stress Response (Normal Adaptive Physiology)

- High Blood Pressure ………………Hypertension
- High Cholesterol …………………….Statin Drugs
- Elevated Sugar……………………..Diabetes
- Decreased Immunity……………….Infections and Cancers
- Decreased libido/sexual dysfunction…..Viagra and Cialis
- Altered digestion…………………….IBS, Chron’s, Reflux, Colitis
- Shortness of breath………………….Fatigue, Panic Attacks
- Increased Cortisol…………………..Weight Gain and Diabetes
- Muscle tension…………………….Pain, Fibromyalgia, Headaches
- Narrowed focus…………………….Distraction, Memory Loss
- Altered Sleep……………………….Fatigue, Ambien, sleeping pills

Understanding the Role of Upper Cervical Chiropractic and Stress

- It’s not about sore backs…
  - “It’s not stress that kills us it’s our reaction to it”
    - Hans Selye (Nobel Laureate)
  - “The function of the nervous system is to perceive the environment and coordinate the behavior of all other cells.”
    - Dr. Bruce Lipton, PhD Biologist
The Story of “The Titanic”

Dealing With Distress
To Increase Positive Physical Stress…

- Get your alignment checked and corrected regularly
- Avoid sitting all day. Get up every ½ hour briefly and walk around and stretch.
- When you are sitting, make sure you maintain a healthy posture.
- Have a regular exercise routine. This should include:
  - Cardio exercise
  - Strengthening exercise
  - Stretching or Flexibility
- These routines can be done at home or in the gym
- Have the right pillow
- Wear orthotics
- If you are not sure what to do or how to get started, let us help you or recommend a personal trainer.

To Increase Positive Biochemical Stress…

- Take quality daily multi-vitamin, Omega 3 and appropriate supplements.
- Drink enough water (1/2 of you weight in ounces).
- Eat healthy as a lifestyle choice rather than go on extreme or fad diets.
- Detox
- Be conscious of your portion size! On a scale of 1-10, if being stuffed is a 10, eat to a 7.
- Don’t microwave foods in plastics or cover them in plastic.
- Reduce your intake of the “Whites”
- If you are not sure what to do or how to get started, let us help you.
- Make healthy substitutions
- Bring lunch
- Do not shop hungry
- Eat Organic when possible
To Increase Positive Psychological Stress…

- Have a routine where you quiet your mind, relax and contemplate what you are thankful for in life.
- Meditate, Pray, Affirm, Goal, Visualize
- Exercise, which is closely associated with causing increased psychological well-being.
- Chiropractic care helps to relieve stress and improve psychological states.
- Take some time, even if it is minimal, for yourself each day.
- Take on a challenge and overcome it
- Be conscious of what things are causing stress in your life and “confront” them rather than avoid them
- Avoid watching the depressing news shows and reading the newspapers.
- Make a list - finish all those incomplete tasks and projects!
- Be optimistic and surround yourself with positive people

Benefits of Laughter/Fun!

- Lower blood pressure
- Increase vascular blood flow and oxygenation of the blood
- Give a workout to the diaphragm and abdominal, respiratory, facial, leg, and back muscles
- Reduce certain stress hormones such as cortisol and adrenaline
- Increase the response of tumor- and disease-killing cells such as Gamma-interferon and T-cells
- Defend against respiratory infections—even reducing the frequency of colds—by immunoglobulin in saliva.
- Increase memory and learning; in a study at Johns Hopkins University Medical School, humor during instruction led to increased test scores
- Improve alertness, creativity, and memory
Controlling Emotional Distress

The Power of Control

We can only control the following things;
- Our Time
- Our Choices
- Our Perception
- Our Reactions over External Forces

For example: Traffic, Spouse, Job

Increasing Resilience

The ability to bounce or spring back into shape after being stretched, bent or compressed.

- Build your coping resources. Exercise, meditate, get adjusted, practice yoga or some other form of relaxation on a regular basis.
- Be flexible. Trees and shrubs that don’t bend in the wind break. Learn how to go with the flow.
- Seek support. Your closest friends, certain co-workers, family members, spiritual advisors and counselors can help you weather any storm.
- See setbacks as temporary.
Sense of Purpose

Create a life creating a life surrounded with a sense of purpose or a higher power.

The Quality of Your Life Depends on the Quality of Your Nervous System
Proper Spinal Alignment

Doctor of Chiropractic

Proper Nerve Function

MAL Functioning Tissues UES

Great Health

Medical Doctor

SYMPTOMS

The Uniqueness of an Atlas Subluxation...

Normal Alignment

Full Body Subluxation

NORMAL

PHASE 1

PHASE 2

PHASE 3

PHASE 4
Quantum Spinal Mechanics 3 Method
“High Technology, Gentle Touch, Decompressive Chiropractic”

Lives Saved!!!

- Allergies
- Arm Pain
- Back Pain
- Cerebral Palsy
- Constipation
- Epileptic Seizures
- Fever
- Hacking Cough
- Herniated Discs
- Hyperactivity
- Knee Pain
- Low Back Pain
- Parkinson’s Disease
- Sinus Problems
- Arthritis
- Athletic Injuries
- Bed Wetting
- Child Development
- Depression
- Ear Infections
- Fibromyalgia
- Hay Fever
- High Blood Pressure
- Immune Deficiency
- Leg Pain
- Multiple Sclerosis
- Poor Vision
- Trigeminal Neuralgia
- Asthma
- ADD of ADHD
- Carpal Tunnel Syndrome
- Chronic Infections
- Digestive Problems
- Female Disorders
- Frequent Colds
- Headaches
- Hip Pain
- Infertility
- Loss of Sleep
- Neck Pain
- Scoliosis
- TMJ
Today Your Cause is My Cause…