

# Register Today For The 2nd Annual Labrix Advanced Workshop

## Stress! STRESS! streSs! StreSS!

Stress takes many forms and may vary from person to person based on individual perceptions. Stress may be known to the individual, - an event acknowledged as stressful such as a divorce, or unknown to the individual - something not perceived as contributory to overall stress levels like those pesky fluorescent lights above your cubicle. Stress may be positive - such as a wedding, or negative - such as a funeral. Perception contributes to individual stress levels as well. For instance, one person may find an encounter with a fluffy white puppy an uplifting and calming experience, while in another it may induce terror and anxiety. Stress can be chemical (ie. pollution), emotional (ie. financial) or physical (ie. allergies) in origin.

Why do we care about stress and its forms? All stress, regardless of its source, has an impact on the state of an individual's health and is contributory toward chronic disease states such as diabetes, cancer and autoimmune conditions. An estimate on individual stress burden and its effect on the overall state of an individual's health can be quantified using the Holmes and Rahe Stress Scale. Asking individuals to take this survey as a portion of your intake may serve as an eye-opening tool for your patients to really grasp the severity to which stress affects their physical health.

While stress certainly can't be eliminated from life, recognizing sources, minimizing exposure and implementing and adhering to a realistic stress management plan can be monumental in reducing the stress burden on an individual and, subsequently, its toll on physical health. Addressing lifestyle factors such as diet, sleep, exercise and self-care time is essential in assisting your patients to develop successful stress management habits. Recent research out of the UK identifies the top 10 relaxing tunes - a fun and beneficial tool that may be suggested to get your patients started:

- 1) Marconi Union - Weightless
- 2) Airstream - Electra
- 3) DJ Shah - Mellomaniac (Chill Out Mix)
- 4) Enya - Watermark
- 5) Coldplay - Strawberry Swing
- 6) Barcelona - Please Don't Go
- 7) All Saints - Pure Shores
- 8) Adele - Someone Like You
- 9) Mozart - Canzonetta Sull'aria
- 10) Cafe Del Mar - We Can Fly

Of course, a successful stress management plan involves evaluating and treating the stress-mediating glands of the body - the adrenals. Salivary diurnal cortisol testing will assist you in determining the damage years of compounded stress has afflicted on the adrenal glands of your patients by identifying existing adrenal hyper or hypofunction and, assisting you in selecting targeted adrenal support (nutraceuticals, herbs, glandulars, cortisol, etc) to add to your patients' stress management plans. With this information and tools readily available, successful rehabilitation of the adrenal glands and improved physical health is within reach!

Labrix, test now & treat right!

## Resources

1. <http://www.dailymail.co.uk/news/article-2049948/Most-relaxing-song-UK-band-Boffins.html>

## Crack Your Complex Cases.

### February 25th-26th is the 2nd Annual Labrix Advanced Workshop

The curriculum is designed for practitioners experienced at working with hormone imbalances who are looking for more: more background knowledge in hormone function, more advanced treatment protocols and more complex case studies. Labrix founders and clinicians Dr. Lommen and Dr. Mead are joined by experienced practitioners with both breadth and depth working in the field of endocrine function.

Limited to 40 seats for advanced practitioners in hormone balancing & clinical management

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## Advance Your Practice

[At the 2nd Annual Labrix Advanced Workshop](#)

For more information or to register today [click here.](#)

Limited to 40 seats for advanced practitioners in hormone balancing; we encourage you to check out the website ([www.labrix.com](http://www.labrix.com)) for further details about the schedule and workshop location.

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