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In Celebration of My Bachelors Degree in Holistic Health

Listening to our Body Understanding the language of Stress Related Systems.

Is Stress Good or Bad?

The fight or flight response is responsible for survival, yet sustained for too long over a period of time can cause significant distress! Long-term consequences promote immune suppression; impair insulin production, lead to cardiomyopathy, digestive disorders and damage to the hippocampus. The hippocampus is involved in the transference of short term memories to long term memories and it's especially sensitive to stress. Stress causes glucocorticoids (GCs), adrenal hormones, to be secreted and sustained exposure to these hormones can cause neural degeneration. When we are in the throws of such stress the adrenal secretions keep us going. It is not until the stressors have lessened that we feel the results in our body. Are you experiencing Muscle Contraction? I talk to my clients all the time about how we "amore" our selves by tightening our upper back and shoulder muscles. We are getting ready for a perceived threat or stress of some kind. This is what is known as "the fight or flight response" and is very useful in life threatening situations. Yet this response paired with the frequency of stress in our life can lead to chronic muscle tension. Research shows that chronically anxious patients increased prevalence of muscle tension disorders such as headaches, back pain, and tick disorders.

GOOD NEWS

**Massage Therapy decreases Cortisol levels by an average of 31%
 These levels are seen for up to 6 weeks!**

Appetite; The link between stress and hunger is complicated by the duration of stress, time of day, and the coping style of the individual. It is likely that the more the intense period of stress lasts the more inhibition of appetite occurs, where as many brief stressors may lead to increased appetite. Research has also shown that sleep loss may lead to increased food intake as well. Raised cortisol levels tend to distribute more fat around our mid section. This has been seen more in woman.

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Information on stress in this News Letter was taken from notes given to me at a seminar I attended after the death of my mother and father.

It was presented to health professionals by William J. Sieber, PhD Inner Solutions for success, LLC And Associate Clinical Professor Department of Psychiatry University of California San Diego



Emotional exhaustion, fatigue and professional burnout;

Health care providers work in some of the highest risk professions. Models of professional burnout as a variant of the stress response include job strain, caregiver burden, and traumatic response. Remedies for professional burnout parallel stress management skills include; Self care, cognitive reframing and soul searching

Listen to your health behaviors and enjoy healthy pleasures. Small changes over time predict better health. Reduce hostility, create and maintain an optimistic attitude. Studies show that by lowering anger, anxiety, and depression, people who maintain a positive outlook have fewer cardiac events than those with more pessimistic attitudes.

Get a massage, take time to commune with nature, enjoy a walk! If you can't walk, go for a drive in the country, talk to God, listen to music, and call a friend.....Receive a Reiki treatment!

Reiki reduces anxiety and blood pressure and increases relaxation, according to recent research. Participant's anxiety and systolic blood pressure decreased significantly following the session.

Are you the last one on your list?

\$2.00 a day tucked away affords you a one hour massage with a 20% gratuity every 6 weeks! (\$84.00) A 75 minute session without gratuity (\$85.00) An Aromatherapy massage (\$80.00) or an energy therapy/massage combo 75 minutes \$85.00

Massage Therapy increases Serotonin and Dopamine levels an average of 30%

These levels are seen for up to 6 weeks!



Hypertension and Cardiovascular disease;

The emotional correlates of stress have been implicated as a primary cause of coronary heart disease. Two different mechanisms for such effects are the direct and indirect pathways through which anger/hostility, anxiety and depression lead to cardiovascular disease. (CVS)

Direct effects of stress on blood pressure and CVD outcomes depend on family history. Increases testosterone, Cortisol and cholesterol that result from elevated stress each play a role in blood pressure regulation.

Indirect effects of stress on behaviors that lead to CVD; increasing unhealthy behaviors; abusing eating, drinking, smoking has a negative impact on a variety of CVC outcomes.

Extremes of emotional expression; "Anger out"; promotes interpersonal conflict, social isolation and stress. Studies have shown that patients more socially isolated tend to respond to stress with increased blood pressure, where as non-lonely subjects had a more normal response to stress." Anger in"; responses promotes brooding, inactivity, and negative self soothing. Such a response is

Autoimmunity; Prolonged stress elevations paired with compromised recovery systems can result in autoimmunity. When glucocorticoids are released as part of short term stress they destroy weaker (older) lymphocytes, (White blood cells involved with immunity) where as prolonged stress elevations lead to indiscriminate destruction of lymphocytes. Repeated cycles of severe stress increases the likelihood of autoimmune disorders such as rheumatoid arthritis and lupus. Cancer, once present in the body, converging evidence shows that stress increases the rate of metastasis once cancer is present. Stress suppresses the number and the robustness of activity of natural killer cells. Circulating glucocorticoids tend to aid in the formation of new blood vessels that promote circulation of blood to a growing tumor. And during stress the increased circulation of glucose can be captured and used by tumors more rapidly.

In memory of my parents:

Whose inspiration still lives within me!

I dedicate this newsletter to those who could benefit from the information enclosed.

Mary P. Jones; born November 17th 1933 - June 13th 2010

James R. Jones. Born March 2nd 1932 - October 13th 2010

Suffering an emotional loss in their lives my parents experienced overwhelming stress that manifested as ongoing health related problems. I watched helplessly as they frequently went to doctors, into hospitals, phone calls I received of emergencies, and surgery. Over the last six years they cognitively slipped away from me, my heart broken as I watched them suffer.



Fight or Flight related fatigue; Chronic stress can result in hormonal imbalances, adrenal fatigue and impact thyroid function. Thyroid irregularities may also cause fatigue, weakness, lethargy, weight gain and depression. High thyroid levels can cause fatigue, though paired with weight loss, increased heart rate, and anxiety.

Stress related sleep disorders; If there are primary feelings of anxiety an individual may wake frequently through the night, have poor quality of sleep, or insomnia. If the individual experiences depression, getting to sleep may be of no problem, but staying asleep for more than four hours is difficult.

Musculoskeletal Fatigue; in 1960 surveys showed an average American adult slept 8.5 hours per night, in 1995 surveys showed that average had dropped to 7 hours nightly, and a survey in 2008 showed that more than 30% of American adults reported less than 6 hours on average. Those with musculoskeletal fatigue have abnormal amounts of lactic acid circulating chronically “armoring” against stress and report increased fatigue in muscles of their eyes, shoulders, neck and lower back. The two conditions associated with musculoskeletal fatigue are chronic fatigue syndrome (CFS) and fibromyalgia.

Chronic Fatigue; Symptoms include fatigue for six months (constant fatigue, exhaustion after simple tasks) dull headaches, joint and muscle aches, fever and chills, sleep disturbances, tender lymph glands and depression. Immune and endocrine abnormalities have been reported. Woman account for 65-80% of CFS.

Fibromyalgia; includes wide spread pain for more than three months, tenderness with specific distribution of tender points, sleep disturbance and other symptoms of depression, fatigue, and morning stiffness. Some evidence suggests fibromyalgia is the result of micro traumas to muscles from de-conditioning and decreased blood supply. These patients also show higher than normal cortisol levels with anomalies in their cortisol reactivity to psychological stress.

**Merry Christmas from the Healing Place! For December and January
Buy 6 one hour massage therapy Gift Certificates & Get one Free!**

Raindrop Therapy....60 min. \$90.00 (regular price\$100.00)

A \$10.00 gift to you..... 90 min \$115.00 (regular price \$125.00)

The ultimate Aromatherapy treatment! This technique incorporates nine essential oils that are highly anti-viral, anti-microbial and anti-spasmodic. This treatment increases detoxification and reduces inflammation in the body.

Massage & Reiki..... 90 min. massage with Reiki 85.00

A \$15.00 gift to you!(regular price \$100.00)

Reiki –Consistent with other touch studies, recipients of Reiki Therapy reported a holistic experience. Subjects described a change in their state of awareness as liminal, or between two known states, such as sleeping and waking, floating and sinking, hot and cold, fear and safety.

