How to Harness Your Stress to Work for YOU

A Powerful Guide to Getting the Wellness Edge Today!

Stress in our world today is inevitably effecting and impacting all aspects of our lives more and more.

Having helped thousands of people for over 22 years, multi award winning Dr. Ari Diskin, Doctor of Chiropractic (USA), known as a Healthy Life Doctor™, distils his vast experience and wisdom for you in this user friendly guide to identifying the right Wellness strategies and Coach for you.

Dr. Diskin shows you how adopting simple powerful strategies and tapping into wellness, can assist you to use your stress to achieve your goals and get the edge in life.

RRP $27.00 ($AU)
Value: Depends on what you do with it.

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Welcome to this e-guide!

STRESS IS EVERYWHERE!
Stress is and is being felt everywhere today! In all aspects of your life and the world, personal, business, family, community, environmentally, politically and so on…

NEGATIVE OR POSITIVE?
You, (and those around you) have, do and will continue to experience stress and its effects, both negative and positive, (and it CAN be positive) as long as you (and they) are alive. Even if you chose to make massive changes, move to a remote location, meditate all day, live a simple life, grow your own food, quit your job, or have all the resources you need, and never have to be concerned about finances again; stress will continue to be a part of your life. Perhaps other factors like boredom, impatience, illness, effects of aging, loss of a loved one, or of those around you may be your sources of stress. Maybe your “perfect environment” will be affected by drought, neighbours, or economic cycles, and you will experience stress.

Stress is not all bad though. Stress is NOT the villain you hear about all the time. It is a part, a component of living. It can actually be very positive to your life and to society when used as FUEL for motivation, growth, development, innovation, change and a rich, interesting and optimal life. It can be a life force, an energizer, a power booster and a life saver!

NATURE: FIGHT OR FLIGHT RESPONSE?
The human physiology is designed and hard wired to activate its natural stress response to ensure life continues. This is called the “fight or flight” response. Think about this. You are out in the jungle, it’s a beautiful day, the sun is shining, the breeze blowing, you are munching on luscious tropical fruit, sitting under a tree by the clear water’s edge. It’s perfect! Your body and mind are relaxed. No tension, your breath is full, your mood is bright, and your mind is clear. Then a wild, carnivorous, hungry animal suddenly appears and begins to approach you. Do you smile, wave and stay put, continuing to relax and befriend it, or does your survival instinct kick in and tell you with no uncertainty that your life is at risk and you need to get out of there quick to survive? Does your breath quicken, your muscles tighten, your body perspire, you mood change, your heart rate speed up? That is your fight or flight NATURAL stress response.

But you say, we do not live in or near jungles with dangerous animals. Correct, however in today’s world you activate this natural survival mechanism, in most cases everyday, and often many, many times a day! Not only when your life depends on it, as you are wired to do, but far too often.

MODERN TIMES: STOCKTAKE
Think about how many times a day you get annoyed, angry, agitated, depressed, upset, tense in traffic, at work, at home, with customers, colleagues, partners, and children. If you are not aware of this, spend a day REALLY FOCUSING ON YOUR RESPONSES. TAKE A STRESS RESPONSE STOCKTAKE of all your emotional and physical states and responses. Use a full waking “usual” day, not a holiday. Keep a diary. Write a list. Be honest. You will be shocked what a yoyo of physical and emotional responses you experience such as sweaty palms, heart palpitations, headaches, inability to “feel”, or loss of flexibility in your spine. How many times your blood boils, your breath quickens, your body tenses, your brain freezes, resulting in you being unable to recall even simple information.

Do you honestly think this is how you were designed to be and live most of the time, and that this is natural? Is this conducive to a healthy, balanced life? A life of joy, with potential for growth, happiness, ease, to be relaxed, and experience good health and longevity? How many times in your day did you experience joy, surges of energy, laughter, love and peace? Did you experience these in
an environment that supports you, with your friends, at home, or with family? Were you doing
enjoyable and fun tasks, like playing with your children, gardening, making love or meditating?
Incidents where stress is positive, like physical exertion to plant that shrub, or pushing kids on the
play equipment, or building sexual tension are wonderful and life affirming. Do you want to live and
experience life like this most of the time? Do you believe living like this is an optimal healthy and
wealthy life experience? When you felt-ease, flexibility, and full breath; how much easier was it to
find a solution, make a difficult call, go with the flow, enjoy the experience, feel appreciation, love or
happiness? Was this a more positive experience, and one you would like to have and feel more
often?

QUEST FOR SURVIVAL
Is living in a constant state of “negative stress”, and the effects layered one on top of the other, again
and again, more and more, day in day out, activating your physical body and emotional mind
symptoms of the fight or flight response really living as your are designed to be? Has life today,
during one of the wealthiest times in human history, with all the progress, innovation, knowledge and
opportunities available, become a DAILY quest for SURVIVAL? Is survival all there is? Do you want
to merely exist? What about quality, fun, happiness, achievement, contribution, variety, joy, wealth,
and thriving?

STATISTICS
There are over 27 million references for “stress statistics” on Google alone. There is a plethora of
research, surveys, studies, tests, mathematical computations and so on from all over the world from
scientists, government, industry, health professionals and others. What they have in common, in the
main, is the recognition that stress is a reality, everywhere, and that negative stress or the negative
debilitating effects of stress, (physical, emotional, chemical and environmental), HAVE NEGATIVE
HEALTH AND WELLNESS RESULTS AND OUTCOMES FOR ALL AND CANNOT BE IGNORED.

LIFESTYLE IS YOUR CHOICE
If our lives as we chose to live them were OPTIMAL, would we be experiencing OFTEN RECORD
BREAKING amounts of cardio vascular disease, diabetes, depression, digestive problems, anxiety,
obesity, anorexia, arthritis, cancers, headaches, sleep challenges, drug (including tobacco and
alcohol) over and misuse and addictions and a plethora of what are essentially recognized today as
“lifestyle” illnesses and resultant “labelled” diseases. It has been estimated that 70 to 95 percent of
illness today is lifestyle and environment related. Your lifestyle and environment ARE factors you DO
have control over.
That’s right, LIFESTYLE is your way or pattern of living, made up of the aspects of your life YOU
HAVE CHOICE over and INPUT into, reflective of your values and attitudes.
I invite you to read that last sentence again and consider what this means for you and your life. How
do your choices, your way of living, the patterns that you have developed over time, your values and
attitudes impacted on the quality, health and wealth of your life?

WARNING SIGNS
“But I don’t have this serious stuff”, you say, “just the occasional headache, stomach cramp, anxiety
attack, shortness of breadth, back pain, temper loss, high blood pressure, extra few kilos, memory
lapse...these are normal”.
Are they? Always? Really? Is it possible they may be your body’s natural warning signs? Like the
lights on your car dashboard when fuel is low or something needs attending to? “And anyway I take
a pain killer, ant acid, have a massage, have a drink to relax me, handle it with drugs, will diet soon,
exercised last month..." Is this really listening to and living with an awareness of and respect for your body and mind? Are you hearing the messages that something needs to change or be attended to?

Have you considered the possibility that these "normal" states are not to be ignored, "symptoms", and possible precursors of something more serious? Are you actions simply covering up the symptoms? Is this respecting nature? Will this lead to real resolution, or does your body need to create even "louder" symptoms before you listen and act? Are you taking responsibility, or just conveniently choosing not to see, not to feel, not to acknowledge, not to act or to delay...and delay...?

Will you be "surprised" one day when you can't get out of bed, when your back "seizes up", are diagnosed with diabetes, or some other chronic and debilitating condition or state which may be the result of your lifestyle choices?

Are you living the "it won't happen to me" (fingers crossed), blinkers on, "some day I will get to it, I still have time, it's not my problem" approach to life?

WHERE WILL YOU LIVE?

No doubt you maintain the vehicle that gets you around, your car, motorbike or bicycle. You put fuel in it, the best quality you can afford. You have it serviced. You maintain your home, so you don't have a leaky roof, broken windows, blocked pipes, short circuiting dangerous wiring, and so on. Both your vehicle and home are not necessarily with you for all your life, as your body is. Your body, which includes your mind, life force and spirit, is your living vehicle and home.

Here is an important question for you to consider: If your body wears out or breaks down, if you don't service, care for and maintain it; WHERE WILL YOU LIVE?

What if you experience the effects of flight and flight, known as "stress physiology" over and over, day in and day out, and if the effects of this stress response and your lifestyle choices manifest in physical, emotional and chemical symptoms and warning signs? Then, the best you do is try to cover these up, with for example, pain killers, or, a hit and miss occasional attempt to patch these up (like curtains to cover up or tape on a broken window). What state will your life, "home" be in? How much quality and richness of life and longevity and life itself will you experience?

HARNESS YOUR STRESS

This e-guide is about how to harness your stress and utilizing it as a motivator and a powerful source of energy to work for you. Up to now, the variety of stresses you have experienced may have been quietly (and possibly getting louder) working against you. They may have been stopping, blocking or being an impediment to your life goals, the goals at the core of your life, your purpose, your dreams, and your vision. Those extra few kilos effecting your confidence and to attract a mate, or your energy, the stamina to begin a new endeavour, or finish a started one. Those headaches effecting concentration and sleep patterns making everything seem "hard" rather than flowing with ease. Being too unfit to play your favourite sport or even kick the footy around on the weekend with the kids or your friends without huffing and puffing!

Congratulations, you have taken the first step. You are recognizing it! Excuses are not acceptable to you any longer. You are AWARE that you are experiencing negative stress, and the effects of this are impacting negatively on your life and life quality. This is powerful! It’s a great motivator!

POWERFUL SIMPLE STRATEGY ONE: LEVERAGE AND MOMENTUM

You know the saying that goes, “the definition of insanity is doing the same thing over and over and expecting a different result”. With awareness, you have opened the doors wide for a different result! You are facing the effects of your lifestyle patterns and choices to date, and can now consider and implement the necessary changes to help propel you towards achieving your goals with greater ease.
So go ahead, be honest write down all the areas of your current lifestyle that are not serving you and your life goals fully and optimally. Do it now! Include next to each of the areas you identify that are not serving you, all the negative effects AND the positive possibilities and results that could and would flow if you were to make a change. Imagine the possibilities…

Do the same with those lifestyle choices that are working for and serving you. Write them down and list next to them all the benefits you are currently experiencing and additional benefits you could and would experience if you were to amplify these areas even more.

Congratulations again! You are now identifying leverage and building momentum.

THE WELLNESS EDGE
No doubt you have seen or heard the term “wellness” all over the place, often linked to health. What is it? Do you need it? Do you want it? Why the edge? What can it do for you? What has it to do with stress? Great questions! Like with stress, there are over a million different references available on Google about what Wellness is.

At its most simple, it’s a state of wellbeing, of being the healthiest, THE BEST you can possibly be, beyond being free from disease and infirmity, physically and mentally. A common theme in wellness is the wholistic approach of caring for “the person” with the condition, rather than treating the symptoms or effects of a particular labelled condition. Wellness includes social, emotional and spiritual aspects of health, maintained by appropriate lifestyle habits (including nutrition and exercise) and YOU PLAY AN ACTIVE ROLE. Simple really. The BEST YOU CAN BE IN ALL ASPECTS OF YOUR HEALTH AND LIFE. Now, that will certainly give you the edge!

EMPOWERING
Wellness is not “done TO you”. You don’t get it from a bottle, pill, surgery, lotion, potion, or even another person. You don’t hand the responsibility over to someone else. It’s not passive. It’s proactive, interactive, participatory, empowering and can be life changing!

GOALS
What kind of health and life would you like to experience? How would you like to enjoy the fruits of positive stress? A little earlier you listed all the aspects of your lifestyle that were and were not SERVING YOU. No doubt you have goals and have identified goals for many aspects of you life, including vocational, financial, creative, educational, family and many other important areas of your life.

Have you set and included health and wellness goals?
Optimal wellness is an essential FOUNDATION without which your life, everything else you do, want and work on and for is compromised, harder, and often less achievable. It’s like running a marathon without training and conditioning your body, or wearing appropriate protective foot wear. You might finish the course, but at some cost, and you certainly won’t win. It’s like building your dream home or business premises with out the strong necessary and appropriate foundations for the buildings to stand on and be supported by. Over time the buildings will begin to crack and will eventually crumble.

POWERFUL SIMPLE STRATEGY TWO: PLANNING
It is said, “a failure to plan is a plan to fail”. You KNOW it is necessary to organise and plan for all your desired life outcomes. Now go ahead and begin to set some health and wellness goals. Write them down…refine them, review them and view them NOW!
A COACH
Winning teams and elite athletes have great coaches, top students have great teachers, successful companies have great CEOs, and winning movies have great directors and so on. Each of these may have others they call on for support, but all have a head person, a Coach that drives, oversees, and understands the results and goals being sought, and how to achieve them. A qualified, skilled, knowledgeable and appropriate person in the particular field that not only has the expertise, but also holds the vision and space for them to achieve their goal, and works with them, with their individual resources, to achieve their goals.

So it should be with your health goals. No doubt you see a dentist for your teeth, possibly a family doctor you visit when something goes “wrong”, perhaps an optometrist to test your eyes from time to time, and maybe even a specialist medical doctor you visit for different parts of you, like skin. You may belong to a gym, partake in an exercise class, and so bit by bit of your physical body, each is trusted to a different person.

Is this ideal? Is this approach working for you? Have you achieved the results you want? Have you harnessed your negative stress responses and been guided about the best lifestyle choices? Do you have a clear track you are following?

BODY MIND CONNECTION-INTEGRATION
Who is your wellness coach? Who is aware of and concerned with the sum total, the whole of all your parts; how they interrelate, impact on each other and make up the living vitalistic being that you are? Who has considered you wholistically? Who knows your wellness goals and challenges? Who is concerned with and understands the body mind connection? Who is an appropriately trained and expert primary health practitioner who can integrate your unique considerations and circumstances, with the tools available into an active game plan? One that respects, listens to and works with the natural intelligence your body has and your goals? Do you have someone like this in your life?

POWERFUL SIMPLE STRATEGY THREE: DO SOMETHING DIFFERENT
Get yourself a Wellness Coach. Yes, take another action step!

There is a well known saying that goes, “Our chief want in life is somebody who will make us do what we can”. Whilst this may be true; we are not always aware of what we can do and how and what this could really impact on and mean for our lives. We are like the flies that have lived their lives in a closed jar, every time they try to fly beyond the top of the jar they crash into the lid-and are stopped.

Eventually they understand this as a limitation and no longer attempt to fly higher than the lids top. One day the lid of the jar is removed and the jar is open. The flies do not notice, they are not aware, and do not fly even try to venture out of the jar to experience all the new possibilities outside of the jar which could ENRICH AND ENHANCE THEIR LIFE. Instead they stay in their familiar learned over time pattern of flying just short of the lid inside the jar.

Today, the lid is off and you can fly…

WHO TO SEE?
Most health practitioners, including doctors of all types, therapists, counsellors, fitness coaches, and facilitators have areas of expertise. Some are highly specialised, focusing particularly on very specific organs, functions, parts of your body, illnesses or fields of health. Most health practitioners pay attention to and approach your health with either a body or a mind focus. A body focused practitioner recommends the doing of things to or with your body to influence your health outcome. A mind focused practitioner (like a psychologist, coach or counsellor) influences your health through recognition of behaviour changes employing psychological or mind techniques and strategies.
Optimal is a Coach who as a highly trained practitioner views you as a whole being, integrating both body and mind, and one that has the tools, systems, strategies and expertise to support and guide you in achieving your wellness goals.

**MASTER CONTROL SYSTEM**
Your ideal wellness expert will also offer you the safest, most natural and user friendly approaches, understanding and utilising the single most complex system of your body. This system, called your “nerve system”, controls and coordinates all your other systems, body and mind functions, it is often called YOUR MASTER CONTROL SYSTEM. When it works and functions optimally, your nerve system supports and assists your health and wellbeing; when it is interfered with, the result can be a loss of, or decrease in your function, health and vitality.

**TYPE OF WELLNESS PRACTITIONER**
The health practitioner whose primary focus is the optimal functioning of your nerve system, and ideally suited to be your wellness Coach are Doctors of Chiropractic. They are the world’s largest whole body health care professionals who incorporate science, and skill with a person's own innate intelligence and wisdom in a non invasive approach free of drugs or surgery. They have extensive training (equivalent in length and content to medical doctors training), and their special interest is natural safe whole body health. Their avenue of approach is via your spine which houses your nerve system.

**WHY START WITH MY SPINE?**
Your spine is the framework, which supports your body and protects your spinal cord. It is like your body’s communication conduit or centre. Most of your nerves pass from the brain and spinal cord through small openings between the vertebrae (spinal bones); to coordinate all your body parts and functions.  

*Through your nerve system you perceive the world; adapt to stress; express emotion and create your conscious reality.*

Because of the spine’s complexity, its normal movements may be easily disrupted. Falls, incorrect lifting, repetitive movements, faulty or inappropriate posture and even your emotional state and your chemical intake may cause disruption to the normal functioning of your spine. These areas of abnormal function typically display spinal nerve stress. You don't need to feel pain to have it. A clear nerve and optimally functioning nerve system is the foundation to wellness in other domains of your life.

**WHAT SUITS YOU?**
It is important for you to find a Doctor of Chiropractic that suits you. One that you feel comfortable with, you can communicate with and will address your goals. As with restaurants, cars and clothes there are different styles and approaches within Chiropractic and of Doctors of Chiropractic.

It will be helpful to do some research, seek out some recommendations, consider the different approaches and features, meet and possibly try more than one. You do not need a referral to see a Chiropractor and some are happy to meet with you on an initial complimentary “get to know you” basis to see if what you are seeking and they are offering are a “fit”.

Chiropractors are University trained, government registered and licensed, and some proportion of your care may be covered by your health or third party insurance provider. Chiropractic has a wonderful established safety record.
WHERE TO FIND?
You can contact your local Chiropractic Association. In Australia visit, www.chiropractors.asn.au or for elsewhere visit www.worldchiropracticalliance.org to find an appropriate Doctor of Chiropractic near you.

ADDITIONAL MATTERS TO CONSIDER
The following list is useful to use as a checklist and to consider when making your decision. Some aspects will be more important to you than others. However it will pay dividend for you to consider these areas before embarking on what could be one of the best decisions of you life-for your life.

Qualifications and experience, including education, both initial and on going, duration of practice, Post graduate studies, particular areas of interest, specialization and focus.

Professional body, registration, licences, memberships and involvement.

Convenience, including, location (to home/work), access, parking, transport options and hours of opening that work for you.

Your initial impression or “gut” is often very helpful. Do you enjoy the feel of the environment? Did you connect and engage with the Doctor and staff? Were the premises clean, well resourced and, comfortable? Do they offer what you want? Did you have your questions answered? Are their policy, mission statement and approach congruent with your goals?

Fees. Is there a written fee schedule? Are you clear about your commitment? Do you have payment options?

What testing and assessment tools are used to establish your baseline objectively? How thorough is your assessment? Do you have the opportunity to consider the questions and your answers in writing ahead of time? Are physical assessment tests performed? Are X-ray's, EMG (electromyographic) scans, thermal scans, heart rate variability or, Progressive digital Posturography or other technology used? Have they invested in safety precautions?

Are you provided with a report of the findings? Are you clear about the recommendations? Do they meet your goals? Are you and the Doctor on the same page? Are your questions answered? Is there scope to ask more at a later time?

What kind of technique is being recommended and used?
Amongst the hundreds of techniques available they largely fall into one of three categories:

Tonal techniques use very gentle light touches to activate nerve system responses, and may even direct powerful pattern changes, which are designed to retrain your inefficient and destructive energy patterns toward efficient patterns of ease and peace.

Structural techniques use physical spinal adjustments to realign misaligned vertebrae interfering with your ideal nerve system flow.

Postural techniques use adjustments and exercises, focusing on your posture as a measure of your state of health.

Are wellness progress reviews scheduled? What is the frequency? What is the format?

What wellness education resources are on offer? In addition to the actual care, there are many possibilities for other supportive services and information that may be available to further assist you, in realizing your goals, such as classes, workshops, presentations, seminars, web based information and advice resources, videos, newsletters, books, literature and other resources.
Wellness support? Will you receive advice and guidance on exercise, nutrition and other life style considerations? Is there scope to involve your other family members in these and be a support team for your wellness goals?

Communication is vital and the cornerstone of a strong, beneficial relationship. Do not hesitate to ask questions!! No matter how small or insignificant you think they are. If a question has arisen, it is important for you to have it answered. Then you can move on with confidence.

AS THE TWIG IS BENT SO GROWS THE TREE
You are never too old or too young and it is never too late or too difficult to recognize, harness and redirect your damaging negative stress to improve your wellness, lifestyle and enrich your life.
Established trees produce new growth and shoots, they can be supported, redirected, nurtured, fed, pruned and flourish bearing an abundance of foliage, flowers and fruit! They grow with new vigour and direction, contribute to and provide joy and opportunity for the environment and community around them.
You now have the information and opportunity to be coached and supported in a redirection of your healthy life goals by embracing and achieving the wellness edge today!

Go ahead; take the first step- its Natural!