

Stay Health Fitness Wellness Healthy Weekly

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Why Your Shoulder Pain Might Not Be Coming From Your Shoulder

Shoulder pain is a common complaint that affects millions of people every year. It can interfere with your daily activities, such as lifting, reaching, or driving. You may think that your shoulder pain is caused by an injury or inflammation in your shoulder joint, but that is not always the case. Sometimes, the pain in your shoulder may be referred from another part of your body, such as your neck, chest, or upper back.

What is referred pain?

Referred pain is pain that is felt in a different location than where the actual problem is. This happens because the nerves that carry pain signals from different parts of your body may share the same pathways in your spinal cord or brain. For example, the nerves that supply your shoulder also supply your neck, chest, and upper back. Therefore, a problem in any of these areas may trigger pain in your shoulder, even though your shoulder is not the source of the problem.

What are some common causes of referred shoulder pain?

There are many possible causes of referred shoulder pain, depending on which part of your body is affected. Some of the most common ones are:

- **Neck problems:** If you have a herniated disc, arthritis, or muscle spasm in your neck, you may feel pain in your shoulder, especially when you move your head or neck. You may also have other symptoms, such as numbness, tingling, or weakness in your arm or hand.
- **Chest problems:** If you have a heart attack, angina, or pericarditis (inflammation of the sac around your heart), you may feel pain in your left shoulder, arm, or jaw. This is because the nerves that supply your heart also supply your left shoulder. You may also have other symptoms, such as chest pain, shortness of breath, sweating, or nausea.

Upper back problems: If you have a rib fracture, scoliosis, or muscle strain in your upper back, you may feel pain in

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your shoulder blade or upper shoulder. This is because the nerves that supply your upper back also supply your shoulder blade and upper shoulder. You may also have other symptoms, such as difficulty breathing, coughing, or bruising.

How can you tell if your shoulder pain is referred or not?

It can be hard to tell if your shoulder pain is referred or not, because the pain may feel similar in both cases. However, there are some clues that can help you differentiate between them, such as:

- **The location of the pain:** Referred shoulder pain is usually felt in the front or side of your shoulder, while shoulder joint pain is usually felt in the top or back of your shoulder.
- **The pattern of the pain:** Referred shoulder pain is usually constant and does not change with shoulder movement, while shoulder joint pain is usually worse with certain movements or positions of your shoulder.

The presence of other symptoms: Referred shoulder pain is usually accompanied by other symptoms that indicate a problem in another part of your body, while shoulder joint pain is usually isolated to your shoulder.

How can you treat referred shoulder pain?

The treatment of referred shoulder pain depends on the underlying cause of the pain. Therefore, it is important to see your doctor if you have persistent or severe shoulder pain, especially if you have other symptoms that suggest a serious problem. Your doctor will examine you and may order some tests, such as blood tests, X-rays, or MRI, to diagnose the cause of your pain. Based on the diagnosis, your doctor may prescribe some medications, such as painkillers, anti-inflammatories, or antibiotics, to relieve your pain and treat the underlying condition. You may also need some physical therapy, exercises, or surgery, depending on the severity and type of your condition.

How can you prevent referred shoulder pain?

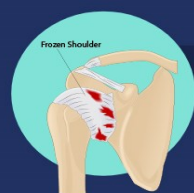
You may not be able to prevent all cases of referred shoulder pain, but you can take some steps to reduce your risk, such as:

- **Maintain a good posture:** Avoid slouching, hunching, or tilting your head forward, as this can put strain on your neck, chest, and upper back. Keep your shoulders relaxed and your head aligned with your spine.
- **Avoid injury:** Be careful when lifting, carrying, or throwing objects, as this can injure your shoulder, neck, chest, or upper back. Use proper techniques and equipment, and do not overdo it.
- **Exercise regularly:** Strengthen your shoulder, neck, chest, and upper back muscles with exercises that are suitable for your condition and fitness level. Stretch your muscles before and after exercise, and warm up properly.
- **Manage stress:** Stress can cause muscle tension and pain in your shoulder, neck, chest, and upper back. Find healthy ways to cope with stress, such as meditation, yoga, or breathing exercises.
- **See your doctor:** If you have any medical conditions that can cause referred shoulder pain, such as heart disease, diabetes, or arthritis, follow your doctor's advice and take your medications as prescribed. See your doctor regularly for check-ups and screenings.

Referred shoulder pain can be a sign of a problem in another part of your body. Therefore, it is important to pay attention

to your pain and seek medical help if needed. By treating the underlying cause of your pain, you can improve your shoulder function and quality of life. **Content by Adam Wells M.D.**

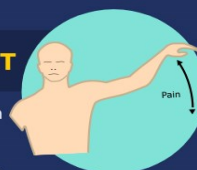
COMMON CAUSES OF SHOULDER PAIN



FROZEN SHOULDER

Symptoms include pain, limited range of motion and stiffness. Frozen shoulder can occur after an injury, stroke or in relation to a chronic disease. It can also occur when normal use of the joint is minimized or stopped altogether.

SHOULDER IMPINGEMENT



Causes local swelling and tenderness in the front of the shoulder and can be caused by those who do repetitive lifting or overhead activities. Symptoms include sudden pain with lifting and reaching movements and minor pain present at rest.



ROTATOR LABRAL TEARS

Can be a result of a direct fall or blow to the arm. Symptoms include pain that feels like it's deep inside or pain that is located at the back on top of the shoulder or in front on top of the shoulder.

SHOULDER INSTABILITY



Symptoms include pain, repeated shoulder dislocations or repeated instances of the shoulder giving out. The 3 common ways that a shoulder can become unstable include shoulder dislocation, repetitive strain and with patients that naturally have loose ligaments.



How Many Grams of **PROTEIN** Per Day Do You Need?

Protein is one of the most important nutrients for your health. It is essential for building and maintaining muscles, organs, skin, hair, and other tissues. It also plays a key role in many biological processes, such as immune function, hormone production, and enzyme activity. But how much protein do you actually need to eat every day? And what are the best sources of protein for your diet? In this article, we will answer these questions and more.

What is protein and why do you need it?

Protein is a macronutrient, which means that you need to consume it in relatively large amounts to meet your body's needs. Protein is made up of smaller units called amino acids, which are the building blocks of all living cells. There are 20 different amino acids, and nine of them are considered essential, meaning that your body cannot make them and you have to get them from food.

Protein has many functions in your body, such as:

- Providing structure and strength to your muscles, bones, cartilage, tendons, ligaments, and skin
- Forming antibodies, hormones, enzymes, and neurotransmitters that regulate your immune system, metabolism, digestion, and nervous system
- Transporting oxygen, nutrients, and waste products throughout your blood and cells
- Helping to repair and replace damaged or worn-out tissues

Supporting growth and development in children, adolescents, pregnant women, and breastfeeding mothers

How much protein do you need every day?

The amount of protein you need every day depends on several factors, such as your age, sex, weight, activity level, health status, and goals. There is no one-size-fits-all answer, but there are some general guidelines that can help you estimate your daily protein requirements.

One way to calculate your protein needs is based on your body weight. The Recommended Dietary Allowance (RDA) for protein is 0.8 grams of protein per kilogram of body weight, or 0.36 grams per pound. This is the minimum amount of protein you need to prevent deficiency and maintain normal body functions. For example, a 150-pound adult would need about 54 grams of protein per day to meet the RDA.

However, the RDA may not be enough for some people, especially those who are physically active, older, or have certain medical conditions. Some studies suggest that higher protein intake may have benefits for muscle mass, strength, bone health, weight management, blood sugar control, and wound healing. For these purposes, you may need 1.2 to 2.0 grams of protein per kilogram of body weight, or 0.54 to 0.91 grams per pound. For example, a 150-pound adult who exercises regularly may need 81 to 136 grams of protein per day to optimize their health and performance.

Another way to calculate your protein needs is based on your calorie intake. The Dietary Guidelines for Americans recommend that 10 to 35 percent of your daily calories come from protein. This range allows for some flexibility depending on your individual preferences and goals. For example, if you follow a 2,000-calorie diet, you could aim for 200 to 700 calories from protein, which is equivalent to 50 to 175 grams of protein per day. *(Continued Page 4)*

What are the best sources of protein for your diet?

Protein is found in both animal and plant foods, but not all protein sources are created equal. The quality of protein depends on its amino acid profile, digestibility, and bioavailability. Animal proteins, such as meat, poultry, fish, eggs, and dairy, are considered complete proteins, because they contain all nine essential amino acids in adequate amounts. Plant proteins, such as beans, lentils, nuts, seeds, soy, and grains, are considered incomplete proteins, because they lack or have low levels of one or more essential amino acids. However, you can combine different plant proteins to get all the essential amino acids you need. For example, you can pair rice and beans, hummus and pita bread, or peanut butter and toast.

The quality of protein is not the only factor to consider when choosing your protein sources. You should also pay attention to the other nutrients and substances that come along with protein, such as fat, cholesterol, sodium, fiber, vitamins, minerals, and phytochemicals. Some protein sources are healthier than others, because they provide more beneficial nutrients and less harmful substances. For example, lean meats, poultry, and fish are lower in saturated fat and cholesterol than fatty meats and processed meats. Eggs and dairy are good sources of protein and calcium, but they can also be high in cholesterol and saturated fat. Beans, lentils, nuts, seeds, and soy are rich in protein and fiber, but they can also contain anti-nutrients, such as phytates and lectins, that may interfere with mineral absorption. Grains are good sources of protein and carbohydrates, but they can also contain gluten, which may cause problems for some people.

To get the most out of your protein intake, you should aim for a variety of protein sources from both animal and plant foods. You should also choose lean, low-fat, and low-sodium options whenever possible, and limit your intake of processed meats, such as bacon, sausage, ham, hot dogs, and deli meats, which are linked to increased risk of chronic diseases, such as cancer, heart disease, and diabetes. You should also be mindful of your portion sizes, and avoid eating more protein than you need, as excess protein can be stored as fat or excreted in urine, which may strain your kidneys and liver.

Conclusion

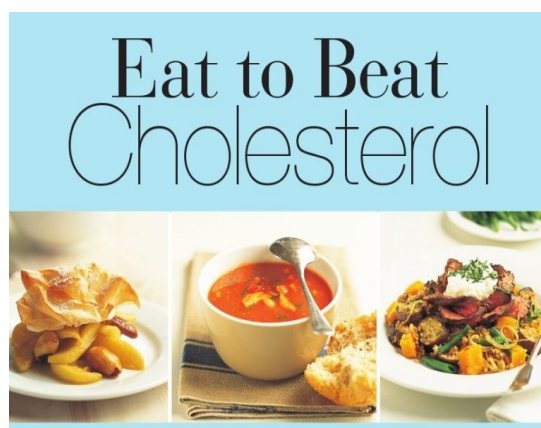
Protein is an essential nutrient that you need to eat every day to support your health and well-being. The amount of protein you need depends on your individual characteristics and goals, but you can use some general guidelines to estimate your daily protein requirements. You should also choose a variety of high-

How Much Protein Do You Really Need?

Identify which of the following four groups sounds most like you

<h4>The Baseline Healthy</h4> <ul style="list-style-type: none"> Goal: maintain optimal health 0.8 protein per kilogram of bodyweight For a 130-pound person: 48g protein per day 	<h4>Endurance Athletes</h4> <ul style="list-style-type: none"> Goal: maintain muscle mass and performance 1.6g protein per kilogram of bodyweight For a 130-pound person: 96g protein per day
<h4>Weightlifters</h4> <ul style="list-style-type: none"> Goal: preserve & add to muscle mass 2g protein per kilogram of bodyweight For a 130-pound person: 120g protein per day 	<h4>Fat-Loss Dieters</h4> <ul style="list-style-type: none"> Goal: lose fat without sacrificing muscle 3 - 3.5g protein per kilogram of bodyweight For a 130-pound person: 144 - 168 g protein per day

quality protein sources from both animal and plant foods, and balance your protein intake with other nutrients and calories. By doing so, you can enjoy the benefits of protein for your muscles, bones, organs, tissues, and overall health. **Content by Maria Arienti Nutritionist / Dietitian**



What is Diabetes?

Diabetes is a long term condition that causes high blood sugar levels.

Type 1 Diabetes

An alarming 3.6 million adults are estimated to be affected by diabetes in Malaysia.

Type 2 Diabetes

The body does not produce insulin. Approximately 10% of all diabetes cases are type 1.

The body does not produce enough insulin for proper function. Approximately 90% of all cases of diabetes are of this type.



Ibuprofen and Advil are both non-steroidal anti-inflammatory drugs (NSAIDs) that can help reduce pain and inflammation, but they may also cause side effects such as stomach bleeding, kidney problems, liver damage, or heart problems. Some people may want to look for alternatives to these drugs, either natural or synthetic, that may have fewer risks or different mechanisms of action. Here are some possible alternatives to ibuprofen and Advil:

Acetaminophen: This is a common over-the-counter pain reliever that is not an NSAID and does not have anti-inflammatory effects. It works by blocking pain signals in the brain and can help with mild to moderate pain and fever. [However, it can also cause liver damage if taken in high doses or with alcohol.](#)

Aspirin: This is another over-the-counter NSAID that can help with pain, inflammation, and fever. It also has anti-platelet effects that can prevent blood clots and reduce the risk of heart attack or stroke. [However, it can also cause stomach bleeding, ulcers, allergic reactions, and interfere with other medications.](#)

Naproxen: This is a prescription-strength NSAID that can help with pain, inflammation, and fever. It is similar to ibuprofen and Advil, but it lasts longer and may have a lower risk of heart problems. [However, it can also cause stomach bleeding, kidney problems, liver damage, and interact with other drugs.](#)

Celecoxib: This is a prescription-strength NSAID that belongs to a class of drugs called COX-2 inhibitors. It works by selectively blocking an enzyme that causes inflammation, and may have fewer side effects on the stomach and kidneys than other NSAIDs. [However, it can also increase the risk of heart problems, blood clots, and allergic reactions.](#)

- **Ginger:** This is a natural spice that has anti-inflammatory and antioxidant properties. It can help with pain, inflammation, nausea, and digestion. It may also enhance the effects of other painkillers. However, it can also cause heartburn, bleeding, and interact with blood thinners .
- **Turmeric:** This is a natural spice that contains a compound called curcumin, which has anti-inflammatory and antioxidant effects. It can help with pain, inflammation, arthritis, and skin conditions. It may also protect the liver and prevent cancer. However, it can also cause stomach upset, bleeding, and interact with blood thinners .
- **White willow bark:** This is a natural herb that contains a chemical called salicin, which is similar to aspirin. It can help with pain, inflammation, and fever. It may also have anti-platelet effects that can prevent blood clots. However, it can also cause stomach bleeding, ulcers, allergic reactions, and interact with other medications .
- **CBD:** This is a natural compound that is derived from cannabis or hemp plants. It has anti-inflammatory, analgesic, and neuroprotective effects. It can help with pain, inflammation, anxiety, and epilepsy. It does not have psychoactive effects or cause addiction. However, it can also cause drowsiness, dry mouth, and interact with other drugs .
- **Magnesium:** This is a natural mineral that is essential for many bodily functions. It can help with muscle relaxation, nerve transmission, and blood pressure regulation. It can help with pain, inflammation, cramps, and headaches. It may also improve mood and sleep quality. However, it can also cause diarrhea, nausea, and interact with other medications .

These are some of the alternatives to ibuprofen and Advil that you may want to consider. However, before taking any of these substances, you should consult your doctor or pharmacist about the proper dosage, safety, and possible interactions with other drugs. You should also follow the instructions on the label and do not exceed the recommended amount. You should also monitor your symptoms and report any adverse effects to your doctor. **Content by Rebecca Sills– M.D**



Is There Really Any Benefit to Multivitamins?

The Vitamin Verdict: You've been Fooled! Bamboozled! Hoodwinked!

In an editorial in the journal *Annals of Internal Medicine* titled "Enough Is Enough: Stop Wasting Money on Vitamin and Mineral Supplements," Johns Hopkins researchers reviewed evidence about supplements, including three very recent studies:

- An analysis of research involving 450,000 people, which found that **multivitamins did not reduce risk for heart disease or cancer**.
- A study that tracked the mental functioning and multivitamin use of 5,947 men for 12 years found that **multivitamins did not reduce risk for mental declines** such as memory loss or slowed-down thinking.
- A study of 1,708 heart attack survivors who took a high-dose multivitamin or placebo for up to 55 months. **Rates of later heart attacks, heart surgeries and deaths were similar** in the two groups.

The researchers concluded that multivitamins don't reduce the risk for heart disease, cancer, cognitive decline (such as memory loss and slowed-down thinking) or an early death. They also noted that in prior studies, vitamin E and beta-carotene supplements appear to be harmful, especially at high doses.

"Pills are not a shortcut to better health and the prevention of chronic diseases," says [Larry Appel, M.D.](#), director of the Johns Hopkins Welch Center for Prevention, Epidemiology and Clinical Research. "Other nutrition recommendations have much stronger evidence of benefits—eating a healthy diet, maintaining a healthy weight, and reducing the amount of saturated fat, trans fat, sodium and sugar you eat."

The exception is supplemental folic acid for women of child-bearing potential, Appel says. "Folic acid prevents



neural tube defects in babies when women take it before and during early pregnancy. That's why multivitamins are recommended for young women." The Centers for Disease Control and Prevention recommends that all women of reproductive age get 400 micrograms of folic acid daily. The amount of iron in a multivitamin may also be beneficial for women of child-bearing potential, Appel adds.

"I don't recommend other supplements," Appel says. "If you follow a healthy diet, you can get all of the vitamins and minerals you need from food."

Definitions

Whole grains: Grains such as whole wheat, brown rice and barley still have their fiber-rich outer shell, called the bran, and inner germ. It provides vitamins, minerals and good fats. Choosing whole grain side dishes, cereals, breads and more may lower the risk for heart disease, type 2 diabetes and cancer and improve digestion, too.

Saturated fat: A type of fat found in abundance in butter, whole milk, ice cream, full-fat cheese, fatty meats, poultry skin, and palm and coconut oils. Saturated fat raises levels of heart-threatening LDL cholesterol in your bloodstream. It can also interfere with your body's ability to absorb blood sugar easily. Limiting saturated fat can help control your risk for heart disease.

Omega-3 fatty acids (oh-may-ga three fah-tee a-sids): Healthy polyunsaturated fats that the body uses to build brain-cell membranes. They're considered essential fats because our body needs them but can't make them on its own; we must take them in through food or supplements. A diet rich in omega-3s—found in fatty fish, like salmon, tuna and mackerel, as well as in walnuts, flaxseed and canola oil—and low in saturated fats may help protect against heart disease, stroke, can-

WHAT THE EXPERTS DO

Healthy Food Instead of Supplements

"I don't take any supplements routinely," says Larry Appel, M.D., director of the Johns Hopkins Welch Center for Prevention, Epidemiology and Clinical Research. "I try to eat three healthy meals a day to get the vitamins, minerals and other nutrients I need." How he does it:

- **Plenty of produce.** "I aim for two or more servings of fruits or vegetables at every meal," he says. "I enjoy salads and have one for lunch or dinner several times a week."
- **Low-fat dairy and whole grains.** "Low-fat or fat-free milk and yogurt provide calcium, magnesium, potassium and other nutrients," he says. "I have cereal with milk for breakfast a few times a week. And I have yogurt sometimes too."
- **Protein.** "At home we usually have fish or chicken for dinner. I am not a vegetarian; rather, I eat minimal meat," Appel says. Some fish, such as salmon, are a good source of healthful omega-3 fatty acids.

REAL FOOD

- ✗ not always convenient
- ✓ more affordable
- ✓ provides many nutrients
- ✓ can meet most people's needs
- ✓ hard to overdo it



VS

SUPPLEMENTS

- ✓ convenient
- ✗ can be expensive
- ✗ can't replace a balanced diet
- ✓ some people may need them
- ✗ easier to overdo it



Immune Boosting Foods

Vitamin A

Important for gastrointestinal and respiratory health

- Carrots
- Spinach
- Sweet Potato
- Broccoli
- Bell Peppers



Vitamin E

Antioxidants can protect our cells by eliminating free radicals in the body that can damage cells

- Nuts
- Seeds
- Avocado
- Vegetable oils



Vitamin C

Stimulates the formation of antibodies that fight off viruses and infections

- Broccoli
- Citrus Fruit
- Guava
- Red bell peppers
- Kiwi



Zinc

Promotes immune function; our bodies have many zinc-dependent enzymes

- Beans
- Seeds
- Nuts
- Meat
- Poultry
- Seafood



Protein

Contain amino acids that are essential for the functions of cells to protect our bodies from pathogens

- Beans
- Nuts
- Seeds
- Eggs
- Meat



University of New Hampshire
Health & Wellness



Stretching: 9 Benefits, Plus Safety Tips and How to Start

Medically reviewed by Daniel Bubnis, M.S., NASM-CPT, NASE Level II-CSS, Fitness — By Sara Lindberg —

Stretching offers a range of benefits, from increased flexibility to improved blood flow. Just be sure to start slowly and listen to your body to avoid injury.

Is stretching good for you?

There are many benefits to regular stretching. Not only can stretching help increase your flexibility, which is an important factor of fitness, but it can also improve your posture, reduce stress and body aches, and more.

9 Benefits of stretching

1. Increases your flexibility

Regular stretching can help increase your flexibility, which is crucial for your overall health. Not only can improved flexibility help you to perform everyday activities with relative ease, but it can also help delay the reduced mobility that can come with aging.

2. Increases your range of motion

Being able to move a joint through its full range of motion gives you more freedom of movement. Stretching on a regular basis can help increase your range of motion.

One study found that both static and dynamic stretching are effective when it comes to increasing range of motion, although proprioceptive neuromuscular facilitation (PNF)-type stretching, where you stretch a muscle to its limit, may be more effective for immediate gains.

3. Improves your performance in physical activities

Performing dynamic stretches prior to physical activities has been shown to help prepare your muscles for the activity. It may also help improve your performance in an athletic event or exercise.

4. Increases blood flow to your muscles

Performing stretches on a regular basis may improve your circulation. Improved circulation increases blood flow to your muscles, which can shorten your recovery time and reduce muscle soreness (also known as delayed onset muscle soreness or DOMS).

5. Improves your posture

Muscle imbalances are common and can lead to poor posture. One Source found that a combination of strengthening and stretching specific muscle groups can reduce musculoskeletal pain and encourage proper alignment. That, in turn, may help improve your posture.

6. Helps to heal and prevent back pain

Tight muscles can lead to a decrease in your range of motion. When this happens, you increase the likelihood of straining the muscles in your back. Stretching can help heal an existing back injury by stretching the muscles.

A regular stretching routine can also help prevent future back pain by strengthening your back muscles and reducing your risk for muscle strain.

7. Is great for stress relief

When you're experiencing stress, there's a good chance your muscles are tense. That's because your muscles tend to tighten up in response to physical and emotional stress. Focus on areas of your body where you tend to hold your stress, such as your neck, shoulders, and upper back.

8. Can calm your mind

Participating in a regular stretching program not only helps increase your flexibility, but it can also calm your mind. While you stretch, focus on mindfulness and meditation exercises, which give your mind a mental break.

9. Helps decrease tension headaches

Tension and stress headaches can interfere with your daily life. In addition to a proper diet, adequate hydration, and plenty of rest, stretching may help reduce the tension you feel from headaches.

Stretching techniques

There are several types of stretching techniques, including:

- dynamic
- static
- ballistic
- PNF

- passive
- active stretching

The most common forms of stretches are static and dynamic: Static stretches involve holding a stretch in a comfortable position for a period of time, typically between 10 and 30 seconds.

This form of stretching is most beneficial after you exercise. Dynamic stretches are active movements that cause your muscles to stretch, but the stretch is not held in the end position. These stretches are usually done before exercise to get your muscles ready for movement.

How to start a stretching routine

If you're new to a regular stretching routine, take it slow. Just like other forms of physical activity, your body needs time to get used to the stretches you're performing.

You also need a solid grasp of proper form and technique. Otherwise, you risk getting injured.

You can stretch any time during the day. On days you exercise: aim for 5 to 10 minutes of dynamic stretching prior to your ac-

tivity do another 5 to 10 minutes of static or PNF stretching after your workout.

On days when you aren't exercising, still plan to schedule at least 5 to 10 minutes of time for stretching. This can help improve flexibility and reduce muscle tightness and pain.

When stretching, focus on the major areas of your body that help with mobility, such as your calves, hamstrings, hip flexors, and quadriceps. For upper-body relief, try moves that stretch the shoulders, neck, and lower back.

Hold each stretch for 30 seconds and avoid bouncing.

You can stretch after each workout or athletic event, or daily after your muscles are warmed up. Try this 5-minute daily stretching routine to get you started.

BENEFITS OF STRETCHING

Injury prevention and less muscle soreness

Stretching before and after physical activities help warm the body up, thereby decreasing the risk of injury and muscle soreness.

Increased flexibility and joint range of motion

Flexible muscles can improve your daily performance. Tasks such as lifting packages and bending down become easier and less tiring.

Improved circulation

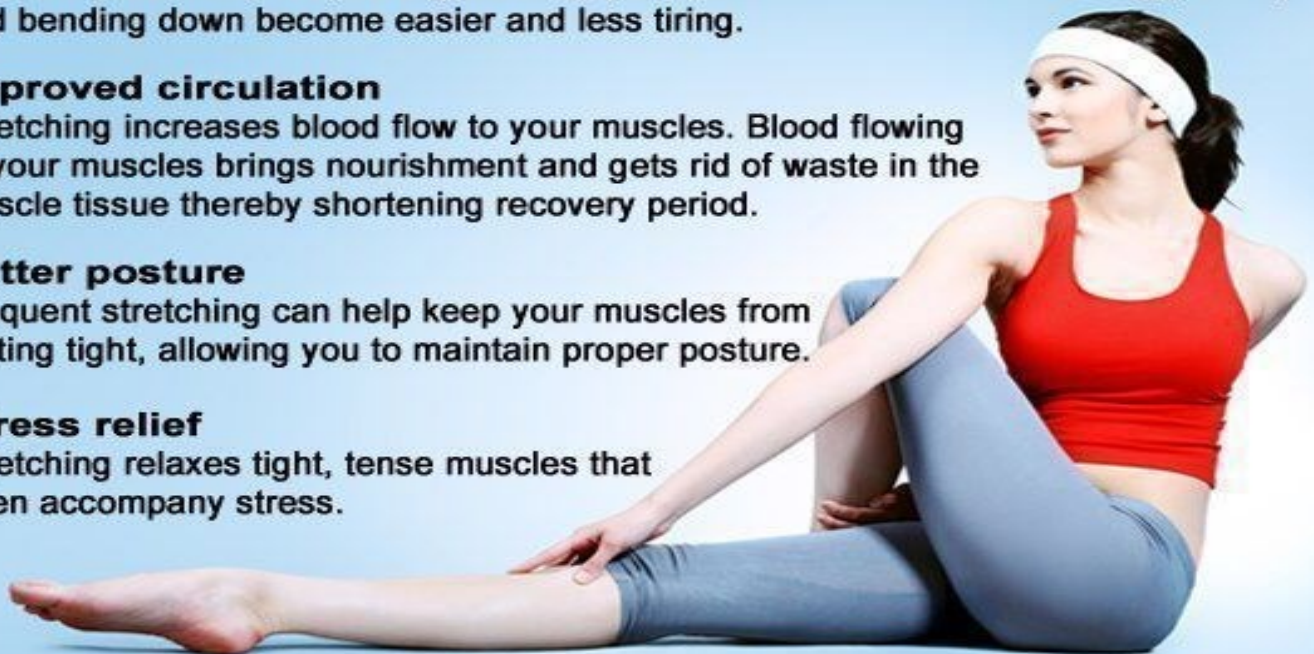
Stretching increases blood flow to your muscles. Blood flowing to your muscles brings nourishment and gets rid of waste in the muscle tissue thereby shortening recovery period.

Better posture

Frequent stretching can help keep your muscles from getting tight, allowing you to maintain proper posture.

Stress relief

Stretching relaxes tight, tense muscles that often accompany stress.



HOW STRESS AFFECTS THE BODY

Zzzzz
Chronic Fatigue

60% to 80 % of primary care doctor visits are related to stress, yet only 3 % of patients receive stress management help.

JAMA Intern Med. 2013;173(1):76-77

Headaches, Dizziness, ADD/ADHD, Anxiety, Irritability & Anger, Panic Disorders

Grinding Teeth & Tension in Jaw

Increased Heart Rate, Strokes, Heart Disease, Hypertension, Diabetes Type I & II, Arrhythmias

Digestive Disorders, Upset Stomach, Abdominal Pain, Irritable Bowel Syndrome

Weight Gain & Obesity

Decreased Sex Drive

Muscle Tension, Fibromyalgia, Complex Regional Pain Syndrome

DECREASED ENERGY LEVEL, MOOD & APPETITE

STRESS EFFECTS THE ENTIRE BODY & CAN CAUSE MANY OTHER PROBLEMS

42% of Americans report lying awake at night due to stress

American Psychological Association Stress in America Report 2013