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## The Complete Doctor's Stress Solution: Understanding, Treating and Preventing Stress-related Illnesses

By Penny Kendall-Reed, Stephen Reed

Firefly Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Complete Doctor's Stress Solution: Understanding, Treating and Preventing Stress-related Illnesses, Penny Kendall-Reed, Stephen Reed, "Over 80 percent of all visits to primary healthcare practitioners are due to stress-related illness." The Complete Doctor's Stress Solution is the first book to summarize the available scientific research linking stress to the development of a disease and to offer a unifying theory to explain how the hormonal effects of stress result in diverse health problems. Jargon-free text explains the impact of stress on the body and the mechanisms by which it influences health. With worksheets and checklists throughout, the book is a guide to positive solutions to reduce stress. It includes: Personalized programs and therapies for specific conditions or diseases Comprehensive list of options from a home-based stress-reduction program that includes diet, exercise, relaxation techniques and other therapies Physical therapies including reflexology and massage Herbal supplements, counseling and prescription medication suggestions and recommendations Treatment strategies that are comprehensive, multi-disciplinary and provide plain language explanations of medical information and scientific research. Changing one's lifestyle is a challenge and is often necessary to combat stress. Responding better to stress will reduce the harmful effects on well-being.

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