



New name. New approach.  
A foundation of excellence.

## Simple Solutions with Heart

*“Relaxation means releasing all concern and tension and letting the natural order of life flow through one’s being” ~ Donald Curtis*

The heart’s relationship with love and emotions

has survived through the ages, is recognized in every part of the world and across very diverse cultures. Its been long understood that our thoughts, emotions and stress have a profound effect on our heart health and vitality.

Medical researchers haven’t identified exactly how stress affects heart health but feel confident the connection is there. Stress itself may be a risk factor, or it could be that high and frequent levels of stress affect other organs systems including an increased burden on our hearts.

*“Your mind will answer most questions if you learn to relax and wait for the answer.”*

*~ William S. Burroughs*

Charlotte J. Carreira  
Simplexity Gemstone Executive  
#1017195  
831-688-1858  
WellnessCoaches@sbcglobal.net  
www.WholeFoodWellness.net



*"Slow down, everything you are chasing will come around and catch you." ~ John De Paola*

## What Is Stress?

For living beings stress is "the internal distribution of forces within a body that balance and react to the loads applied to it." When balance isn't possible the stress reactions can go hay-wire and trigger health challenges.

When stress is perceived the body responds by activating the nervous system and producing specific hormones. The hypothalamus signals the adrenal glands to produce more of the hormones adrenaline and cortisol and release them into the bloodstream.

These hormones speed up heart rate, breathing rate, blood pressure, and metabolism. Blood vessels open wider to increase circulation to large muscle groups. Pupils dilate to improve vision. The liver releases stored glucose to increase the body's energy and sweat is produced to cool the body. Adults, teens, kids, performance horses, service animals, exotic animals living in zoos or sanctuaries, farm animals and domestic pets all experience stress.

## Stress Overload

When balanced and healthy, the body's stress responses enhance it's ability to perform well under pressure. Stress like the fight or flight response is critical during emergency situations, such as when a driver has to slam on the brakes to avoid an accident or a horse exerts itself in a race or pasture argument or a search and rescue dog has to



Edvard Munch's, "The Scream"

enter an unstable building or an exotic animal is transported or captured.

Stress responses can also cause problems when they overreact or fail to turn off or reset. Heart rate, respiration, adrenal output and glucose production may remain elevated leading to other health challenges.

## Common Stressors

People and animals both experience stress from sources like these:

- Illness, either personal, a family member, friend, or animal companion
- Death of a friend or loved one
- Relationship issues in the office, pasture or kennel
- Work or training changes
- Pregnancy, birthing & weaning
- Relocation & travel
- Crowds & herd status changes
- Daily hassles & schedule changes
- Dietary & water source changes

## Stress Effects on the Body

Pressures that are too intense or last too long, or troubles that are shouldered alone, can cause people and animals to feel stress overload. Over time the chronic

*"To be 'on edge,' you are literally not centered - not being in your spiritual center."*

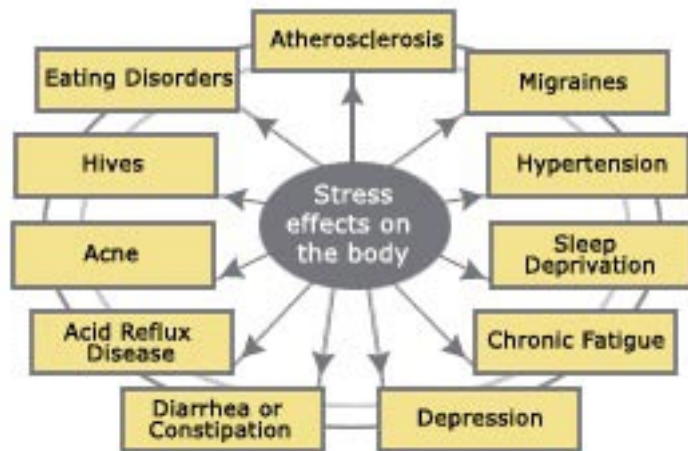
*~ Carrie Latet*



*"A good laugh and a long sleep are the best cures in the doctor's book." ~Irish Proverb*

over production may wear out the body's reserves, depleting energy and weakening the organs and immune system.

What are the signs of chronic stress? The graphic displays the wide range of effects stress can have. For some people and animals chronic stress will begin with digestive problems including ulcers, which are becoming increasingly common in performance horses. Stressed attitudes, and decreased ability to focus may interfere with daily life, work demands or training schedules.



from: [www.stress-management-techniques.com](http://www.stress-management-techniques.com)

Do you recognize any of these effects for yourself, your family or your animals? Take heart if you've answered "Yes," and read follow the steps outlined next.

## Stress Management & Repair

Enjoy these simple solutions to help with the stresses of your complex lifestyle.

- Select the highest quality organic foods and beverages when possible and learn more about healthful meal preparation
- Hydrate the trillions of cells in your body with clean, pure water
- Sit down at each meal with an attitude of gratitude
- Chew each mouthful of food thoroughly
- Eat Simplicity enzymes and probiotics with your meals
- Get enough sleep at night and rest during the day if necessary
- Learn to listen to your body, and honor what you hear
- Exercise for mind and body and have fun
- Develop skills to calmly look at a problem, figure out options, move toward a solution and think optimistically
- Feed your animals a species appropriate diet to enhance digestion
- Design your animal's training program to honor their learning styles, recovery abilities and social structure
- Consider body work for both yourself and your animal companions to relieve stress and avoid injuries
- Meditation, and time for reflection are positive influences on stressful lives.
- Simplicity's autoship savings and convenience puts your mind at ease knowing all your favorite products will be delivered at the same time each month.

Call us for your personal coaching and consult session and learn how to live more fully every day. Enjoy the vitality, clarity, and satisfaction of optimal health. Your customized program is designed to nourish, energize & renew you, your family and your animals.