

OVERCOMING THE NEGATIVE EFFECTS OF STRESS

by Kathleen Heilich, RN, CHTP

Everyday we feel the effects of stress that comes from living in our world of today. These effects of stress manifest in physical or mental symptoms, or illness. Physical symptoms of stress are seen in heart disease, high blood pressure, acid reflux, cancer; just to name a few, whereas mental symptoms are displayed in feelings of inadequacy, insomnia, perhaps clinical depression. Webster's Dictionary defines stress as: pressure, strain; a force that tends to distort a body. I found this interesting, as stress can distort our whole selves: physically, mentally and spiritually.

There are 2 different types of stress: the healthy kind we all need to function, and the unhealthy kind that distorts our energetic field leading to physical and mental symptoms, sometimes resulting in illness. By distortion of our energy field, I refer to the energetic blockages that occur within our energy fields. These blockages interfere with our ability to maintain health and balance in our lives. The energy field I speak of is what surrounds everything. From the smallest atom (the energetic field keeps the electrons spinning about the nucleus) to the single cell organisms, plants, animals, humans and the solar system we abide within. That energy field is fed by the Intention of Source Energy that grows the grass, our fingernails, beats our hearts and manifests everything. When this energy field about our physical bodies is distorted, such as by stress exerting a force, blockages and resulting symptoms or illness occur.

Healing Touch practitioners restore this energy field to balance by removing blockages and clearing congested areas, so that all atoms and molecules and systems in your body can function at their best. When all these systems are receiving the energy they require for health and balance, self-healing occurs. By the way, all healing is self-healing. An example of that would be a broken bone. A medical practitioner can place the two ends of the broken bone together, but it is ultimately the bone that heals itself. I invite you to go to www.healingtouchstlouis.org to learn more about this complimentary method of health and healing, and to find a practitioner near you.

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