

INFLAMMATION



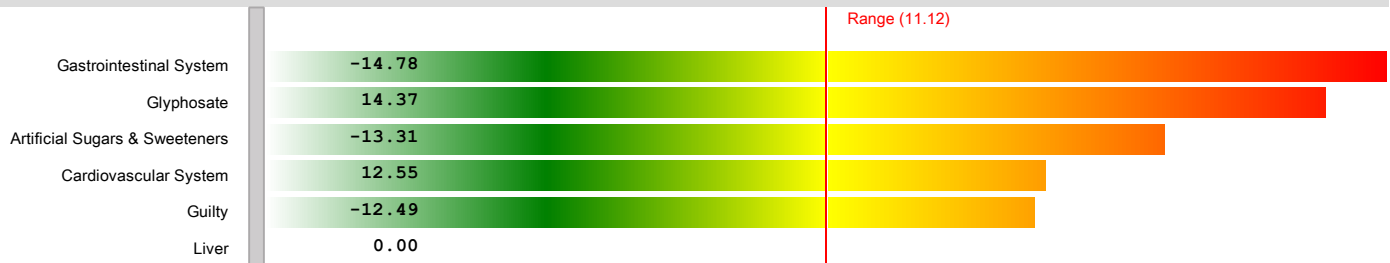
Acute Inflammation is the body's natural response to injury or infection. It's normally short in duration and it recedes as the body heals. The purpose of acute inflammation is to aid the body in healing.

When the body is injured, inflammation helps to improve the blood flow to the area generally resulting in redness, warmth, and/or swelling. The cells and nerves then send out signaling molecules called inflammatory cytokines to the immune system to attract white blood cells and aid in the healing process. As the healing progresses, anti-inflammatory cytokines are produced to turn off the inflammation process once the body has healed. Overall, acute inflammation helps by increasing the blood flow and immune response which then heals damaged cells, removes infection, and protects the body during the healing process.

Chronic Inflammation is consistent, low grade, or systematic. Scientists believe that is caused by faulty signaling to the immune system resulting in an unorganized white blood cell response. Since there's not an injury to be healed, the white blood cells become confused and begin to attack healthy organs and tissue. Over time, chronic inflammation can cause significant damage to the body and can be an underlying cause of disease or significantly impact existing diseases such as:

- Cancer
- Heart disease
- Diabetes
- Obesity
- Auto-Immune Disorders
 - Rheumatoid arthritis
 - Inflammatory Bowel diseases (ulcerative colitis, Crohn's)
 - Lupus
 - Asthma
- Depression
- Allergies (2)

Inflammation Stressors



Top Inflammation Balancers

- 46.51 **DH - Liposomal Cannab-FS 400**
- 15.76 **DH - Quercetin Ascorbate**
- 15.48 **DH - ImmunoSpore**
- 15.21 **DH - ArthroSoothe Supreme**
- 14.77 **DH - Cannab 600 THC Free**

MENTAL/EMOTIONAL STRESS



While you can't always control what happens to you, you can control how you react to it. Channeling your emotions in a consciously positive way helps you to dramatically decrease the negative impact of stressful events. Learning how to do this is part of personal growth—mental and emotional, as well as spiritual. Integrating relaxation exercises such as meditation and deep breathing into your daily routine can make a dramatic improvement in your entire life, giving you the resolve to positively channel your emotions.

Mental and emotional responses to stimuli are referred to as limbic responses. The limbic system of the brain, sometimes called the emotional nervous system, moderates your moods, maintains homeostasis, and helps form memories.

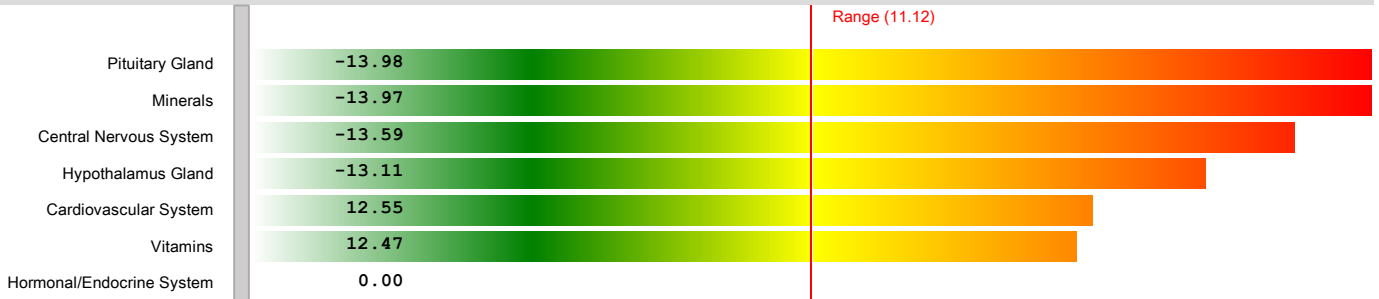
The hypothalamus is a principal limbic structure whose primary purpose is to maintain homeostasis in the body—meaning that it returns systems within your body to their “set points.” Specifically, the hypothalamus regulates hunger, thirst, levels of pain and pleasure, sexual satisfaction, and aggressive or defensive behavior.

The hypothalamus is known as the master switchboard because it's the part of the brain that controls the endocrine system. The pituitary gland, which hangs by a thin stalk from the hypothalamus, is called the master gland of the body because it regulates the activity of the endocrine glands.

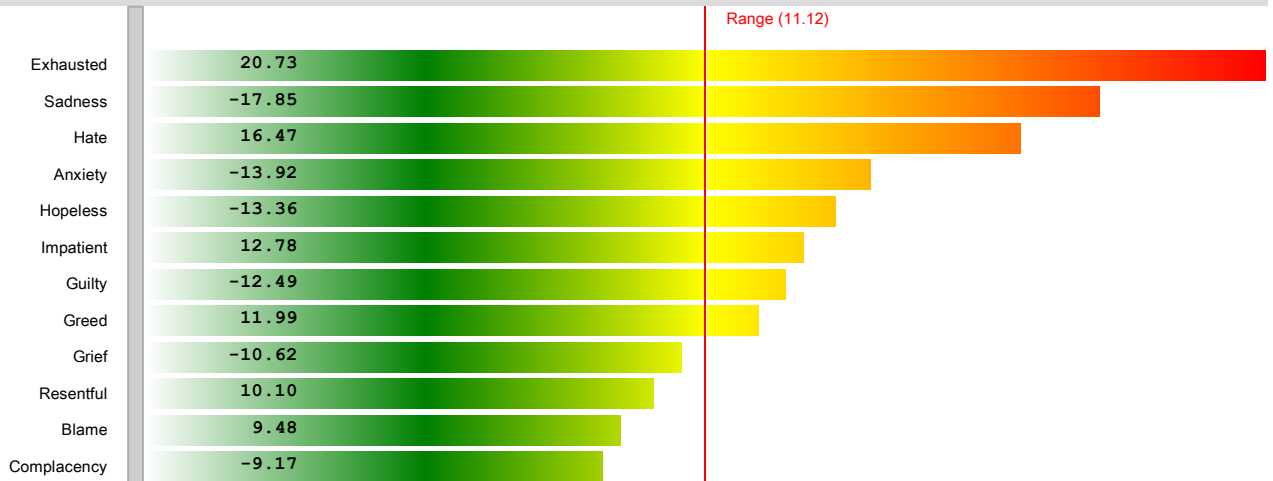
The hypothalamus detects the rising level of the target organ's hormones then sends either hormonal or electrical messages to the pituitary gland. In response, the pituitary gland releases hormones, which travel through the bloodstream to a target endocrine gland, instructing it to stop producing its hormones.

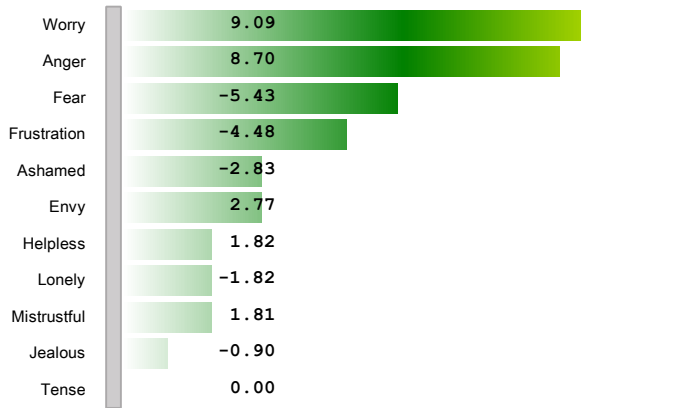
The hypothalamus—under the control of your thoughts, feelings, and attitude—sends instructions through the autonomic nervous system and the pituitary gland. The autonomic nervous system regulates blood pressure, heart rate, breathing, digestion, and sweating, and serves other vital functions. The pituitary gland releases hormones that cause other endocrine glands, such as the adrenal glands and the thyroid, to secrete their hormones. The hypothalamus, therefore, is the principal intermediary between the nervous and endocrine systems—your body's two major control systems. (3)

Mental & Emotional Stressors



Emotion Stressors





Top Mental/Emotional Balancers

- 46.51 **DH - Liposomal Cannab-FS 400** 2 Milliliters 1 times per day
- 26.32 **DH - KTO-C8 Chews**
- 25.88 **DH - Keto-Nootropic** 1 Scoop 1 times per day
- 25.36 **DH - KTO-360 Powder** 2 Scoops 1 times per day
- 22.41 **DH - Liposomal NeuroCalm** 2 Milliliters 1 times per day

SLEEP



Ample rest for the body is critical, yet an estimated 68% of the United States population has insomnia. They take more than 20 minutes to fall asleep, they wake up periodically throughout the night, or they wake up and are unable to fall back to sleep. These sleep patterns fit the clinical definition of insomnia, a major source of chronic stress that promotes a chronic stress response and compromises the hormone, immune, digestive, and detoxification systems.

Cortisol, DHEA, progesterone, melatonin, human growth hormone, estrogens, and testosterone all depend on quality sleep, as do neurotransmitters in the brain that can regenerate only with deep sleep. Poor sleep interferes with virtually all body functions and undermines homeostasis.

You can't have optimal health and longevity if you are not sleeping well.

The hormone, immune, digestive, and detoxification systems are hardwired to your internal "clock," or circadian rhythm. The circadian clock in mammals is located in the hypothalamus. In modern society, we have chosen to ignore this basic law of nature, attempting to bend this physiological imperative to our own needs and desires. We pay a hefty price for disturbing the internal clock and sleep cycle.

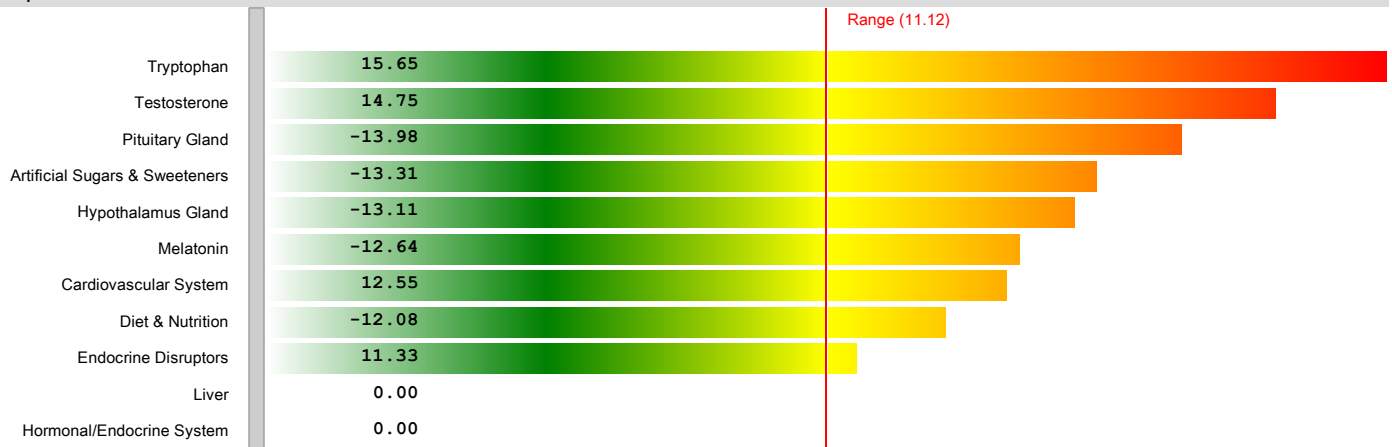
It's interesting to note that we live in a time where the days are extended with artificial light, which creates a shorter dark cycle. By shortening the dark cycle, we deprive ourselves of sleep. To lengthen this cycle, try sleeping in a room that is completely dark. A dark sleeping environment supports the body's ability to regenerate.

Another reason we are sleeping less, in addition to indoor lighting and multitasking lifestyles, is the universal acceptance and abuse of caffeine. Caffeine junkies are caught in a vicious cycle of inadequate nightly recovery. The more caffeine you consume, the worse your sleep will be as a result of hormone disturbance, and your tendency to increase caffeine consumption rises, further robbing you of adequate sleep, and so on. If you insist on drinking coffee or other stimulants such as "energy" drinks, caffeinated teas, and sodas, limit your consumption to about 8 ounces and take these substances before noon to minimize their interference with your sleep.

Poor blood sugar control may be a factor in your inability to rest and recover given the highs and lows at play with your nervous system and hormone levels. Exercise can support your ability to get a good night's sleep, or can interfere with it. Both over exercising, such as pushing yourself to run even when you're tired, injured, or experiencing pain, or exercising during times when you should be resting can feed this problem.

Emotion is another lifestyle component that affects the quality of your sleep. If you are easily upset and carry around the negative emotions of the day, your mind will be busy and your body will be on alert. Learn to breathe deeply throughout your day and do not internalize negative experiences.

Sleep Stressors



Top Sleep Balancers

- 46.51 **DH - Liposomal Cannab-FS 400** 2 Milliliters 1 times per day
- 22.41 **DH - Liposomal NeuroCalm** 2 Milliliters 1 times per day



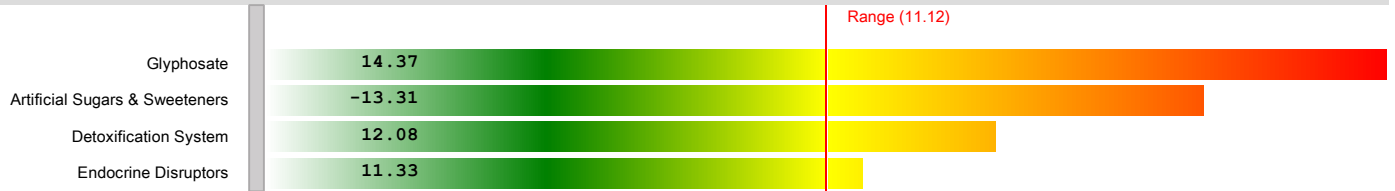
- 17.17 **DH - 5-HTP Supreme** 1 Capsule 1 times per day
- 14.77 **DH - Cannab 600 THC Free** 1 Milliliter 1 times per day
- 12.90 **DH - Inositol Powder**

TOXIC STRESS



Many of the toxic substances that enter the body are fat-soluble, which means they dissolve only in fatty or oily solutions and not in water. This makes them difficult for the body to excrete. Toxins may be stored for years in fatty tissues, and are released during times of exercise, stress, or fasting. During the release of these toxins, symptoms such as headaches, poor memory, stomach pain, nausea, fatigue, dizziness, and heart palpitations can occur. (4)

Toxic Stress Stressors



Top Toxic Stress Balancers

- 46.51 **DH - Liposomal Cannab-FS 400** 2 Milliliters 1 times per day
- 17.51 **DH - Detoxification Support Packets** 1 Packet 1 times per day
- 17.30 **DH - VegeCleanse Plus** 1 Scoop 1 times per day
- 14.77 **DH - Cannab 600 THC Free** 1 Milliliter 1 times per day
- 11.00 **DH - LV-GB Complex** 3 Capsules 1 times per day



Your positive responses indicate a stronger coherent response, or preference, for the service Virtual Items shown here.

46.12 Trigger Point Dry Needling (TDN)

Trigger Point Dry Needling (TDN) is a technique that uses thin, solid filament needles to deactivate and desensitize trigger points in muscles. If manual soft tissue techniques are unable to directly release a certain trigger point, TDN may be used to target specific myofascial trigger points. Myofascial trigger points are knots in muscles that can contribute to pain, decreased flexibility and decreased muscle function. By releasing certain trigger points, clients may experience less pain or relief of systems that were exaggerated by that trigger point.

18.25 Stretching Exercises

Stretching is a form of physical exercise in which a specific muscle or tendon (or muscle group) is deliberately flexed or stretched in order to improve the muscle's felt elasticity and achieve comfortable muscle tone. The result is a feeling of increased muscle control, flexibility and range of motion. Stretching is also used therapeutically to alleviate cramps.

Increasing flexibility through stretching is one of the basic tenets of physical fitness. It is common for athletes to stretch before and after exercise in order to reduce injury and increase performance.

17.11 Tapping

Tapping provides relief from chronic pain, emotional problems, disorders, addictions, phobias, post traumatic stress disorder, and physical diseases. While Tapping is newly set to revolutionize the field of health and wellness, the healing concepts that it's based upon have been in practice in Eastern medicine for over 5,000 years. Like acupuncture and acupressure, Tapping is a set of techniques which utilize the body's energy meridian points. You can stimulate these meridian points by tapping on them with your fingertips – literally tapping into your body's own energy and healing power.

14.19 Chakra Balancing

The seven chakras are the energy centers in the body from which energy flows. Sometimes the energy can be blocked, which leads to imbalances. Chakra healing and balancing techniques can allow you to gain better health, wellness, and increased happiness.

14.07 Steam Shower

Steam showers can be used therapeutically for respiratory and sinus conditions such as asthma, bronchitis, and allergies. Steam showers may also assist in detoxifying the body and improving circulation throughout the body, leaving a patient feeling revitalized and relaxed. It may also improve and hydrate the skin, soothe sore muscles and joints and treat cellulite.