

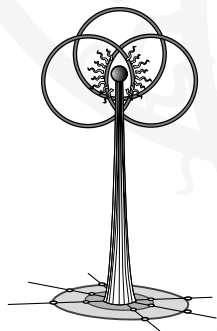
Stress Relief

With Healing Axis



Some Possible Benefits:

- Aids sleep & digestion
- Increases energy, reduces fatigue
- Decreases negative states of mind
- Increases concentration and memory
- Helps relieve headaches and muscle tension
- Reduces and prevents stress related problems



Healing Axis

Integrative Energy Medicine

Kevin J. Barr M. Ac., R. Ac.

STRESS - The Most Common Cause of Ill Health in American Society

What Is Stress And What Causes It?

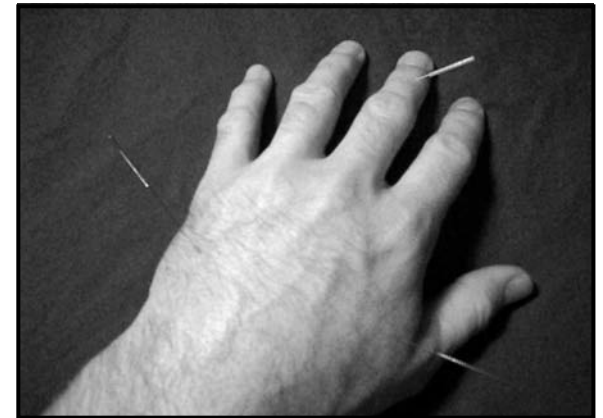
Stress is a nonspecific response of the body to a demand made upon it. There are many different factors which cause stress; they could be physical, mental, emotional, social or financial factors. Not all stress is bad for you. Stress can stimulate self motivation and creativity. Unfortunately, much of the stress in our lives builds up over time without being released, bringing the body into a state of imbalance. Distress is a result of the inability to adequately cope with stressors in our lives. Increasingly, the pace of technological and social change creates an ever-widening gap between change and our ability to adapt to those changes.

What Are the Effects of Stress on the Body?

Stress affects the endocrine system causing the brain to secrete hormones which have a cascading effect on many of our bodily processes. These, in turn can affect our behavior and state of mind. Stress redirects blood supply from the stomach and intestines (slowing the digestive process) to the heart and large muscle groups. This increases blood pressure and blood sugar levels, heart and respiration rates and muscle tension. Chronic stress disrupts the immune system making us more susceptible to everything from colds and flu to cancer. Chronic stress upsets the normal balance and relationship between the systems in our bodies. When this happens, often the weakest link in our body is affected and manifests symptoms. These can show gradually or all of a sudden depending on the individual. Symptoms are the body's way of communicating existing imbalances. It is far better to listen to the body's signs and make needed changes before they become symptoms and cause for worry.

How Important Is Taking Care of Stress?

Too often we wait to pay attention to our bodies. That is why it is important to listen and be receptive to your body when one feels "off" or "out of sorts". Your emotions are the key between the mind and the body. They are the messengers that try to integrate the demands of the mind/body which are often in conflict. Shutting out the messenger only makes the message more urgent gathering forces at a later date. We all make a difference in this world. When we are not well it is not only a matter of personal health. It affects everyone around you: your kids, your coworkers, loved ones, etc. Ill health is an imbalance. When you are not in balance this is the energy you give out and eventually there is less energy to give. The biggest reason people put off attending to their health is lack of time. What a vicious cycle! Don't put off today what may only be worse tomorrow.



What Can Acupuncture Do For Stress?

Acupuncture is a system which works with the body's own healing mechanisms to restore balance. Pathways of energy run throughout the body connecting all parts of the body from the skin, to muscles and tendons, to the organs and bones. When any one of these parts becomes imbalanced it can affect other parts including the energy pathways

themselves. Acupuncture helps to restore balance, in part, by moving blocked energy or by bringing more energy to an area which is deficient. Making an evaluation of your energetic state of being is important in developing a strategy for treatment. Evaluations are made based on listening to a patient's symptoms, looking at signs, feeling the pulse, looking at the tongue and palpation. Body, mind and emotions are all considered and related in an evaluation and are an integral part of the system of acupuncture.

From a western medicine viewpoint, acupuncture affects the nervous system and the endocrine system, both mentioned above. It stimulates the release of hormones into the body bringing it back into balance, helps to control pain and helps to calm the nervous system.



Additional Treatment Approaches

In addition to acupuncture, Healing Axis utilizes sonapuncture (sound therapy), cranial-sacral and acupressure therapy. Sonapuncture is similar to acupuncture but uses tuning forks on the acupuncture points instead of needles. The principles guiding treatment strategy are the same as acupuncture.

Tuning forks resonate into the skin, muscle, bone and the acupuncture meridians (the lines that connect the acupuncture points) . Many people find that it relaxes the nervous system calming the mind and emotions.



Like the breath and heartbeat, the bones of the skull move ever so slightly in a rhythmic pattern. Within the skull the brain floats in a fluid (cerebrospinal) to protect it from injury. This fluid runs from the brain down within the spine to the area of our tail bone (sacrum) circulating back up to our heads. Cranial sacral therapy addresses disruptions in the cranial rhythm created by lesions (areas of injury or impairment) in the head, spine, sacrum and elsewhere in the body. Reading the cranial pulse is a great aid for diagnosing structural imbalances and locations of lesions where movement or energy may be stuck. Acupuncture greatly facilitates treatment of the findings based on the cranial pulse. Once the cranial rhythm is brought more into balance tensions are relieved not only in the body but also on the emotional level.

Lifestyle Review

Along with your integrated treatment, Kevin will help you to review your lifestyle and together try to gain insight into where the main stressors exist in your day-to-day activities. These stressors may be physical, mental, emotional or diet related. Once these have been identified suggestions are made to effect positive changes designed to help eliminate stress. A program can be designed specifically for you.



Healing Axis uses an integrative approach to treat and empower the individual in moving toward wellness. For questions or an appointment call Kevin J. Barr at 484-494-3172.

Kevin J. Barr M. Ac., R. Ac.

Kevin Barr graduated from the Northwest Institute Of Acupuncture and Oriental Medicine in Seattle, Wa. earning a masters degree in Acupuncture. He has National Certification in Acupuncture.



Healing Axis

Integrative Energy Medicine

- Acupuncture
- Acupressure
- Chinese massage
- Sound Therapy
- Light therapy
- Herbal Therapy
- Lifestyle Counseling

Location:

- Media Wellness Center:
55 State Rd. Media, PA 19063

For an appointment call: 484•494•3172