All you need to know about

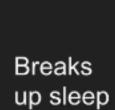
Stress

Key physical effects of stress

It stops our brains from processing information effectively

Interrupts good thyroid function

Reduces immune system function and healing



patterns





Changes neurotransmitter levels

Messes up our

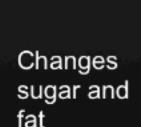
digestion

So, stress isn't 'all in your mind' at all

It produces super strength hormones: adrenaline, cortisol, dopamine & DHEA

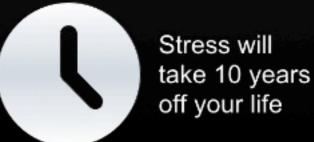
It powers up the Sympathetic Nervous System- our emergency response system

Stresses our heart



metabolism

90% of doctors appointments are stress related





Getting stressed is avoidable