

7 Unusual and Effective Ways to Crush Stress



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Thanks for signing up for my free report, "7 Unusual but Effective Ways to Crush Stress". There are hundreds of websites on the internet offering to help you with stress management and stress reduction. Most of them are using the same techniques over and over again or they are using one remedy, supplement or modality that they claim is the "answer to all your problems". You may also be hearing and reading wrong information about what stress "really" is and how to manage or reduce it. That being said, I have created this report for 4 reasons:

1. To give you some unusual ways to crush stress that you may not have heard of before.
2. To educate and inform you about the misinformation you may have received in the past about stress. There is plenty of wrong information about stress.
3. To set the record straight about what stress "really" is, so you finally have the information you need to have a better life.
4. To provide you with some expert information that will help you to have a longer, healthier and happier life.

Before I give you the *7 Unusual and Effective Ways to Crush Stress*, it is very important to address the reasons why I created this report. This is priceless information that I felt I needed to share with you, instead of just giving you a quick fix with a list of some unusual ideas for stress relief.

****I know that a huge percent of the population skims through information. Please try hard to refrain from skimming through this document, because you will miss very important life changing information that you should not miss.*

The often misleading claims made by websites and practitioners regarding stress and the truth that you need to know:

I have been researching stress, alternative medicine, healing, wellness, vitamins, supplements and more for 28 years. Here is what I have found out about stress, the medical industry and the folks on the internet who say they help you with stress:

- In my opinion there are many practitioners on the internet who say that they are stress experts or coaches, but they are either peddling supplements or they are using one modality to help you manage stress. Some have a few modalities. Over 50% of physicians are burned out and quit each year and 90% of them are stressed out according to recent studies by the National Institute for Stress, The American Psychological Association and the American Medical Association. Many of these are mental health practitioners; the same mental health practitioners who say they will help you with your stress.

- Employee Assistance Programs in the workplace do not help with stress. They only work for drug, alcohol and other addictions, referrals to mental health practitioners, suicide, weight loss, exercise programs and a few other things not related to overall stress management. The worst part of this is that the Nurses, physicians and mental health practitioners in the EAP programs are my clients, because they don't learn the tools I am teaching when they are in medical school.
- Over 98% of all illness is caused by stress you create and the other 2% of illness is inherited stress through Epigenetics (Biology of Belief and American Medical Association)
- Taking a supplement will not make all of your stress go away. Also, using only one or two modalities like EFT, E.M.D.R., or cognitive behavioral therapy is usually not enough to eliminate all types of stress. These things may help a little but they are not the complete answer to your health and life problems.
- In my years of experience I have never found any supplement or modality that fixes all of your problems. What you really need, is to learn many different skills, tools, modalities, lifestyle changes, do many different things and take and eat many different things to manage stress effectively. It's not an easy process. It takes time, learning, practice, life style change, accountability and follow-through for you to be 100% successful at managing stress. If you are searching for an easy fix, stop wasting your time, because it is not possible.

The biggest piece of this stress puzzle is "you". You are a unique thumbprint of God and what works for others may not work for you. Many people are selling supplements, services or programs to you and they are using a "one size fits all" approach. They are telling you that if you only use this one supplement, your entire life will be perfect. Some individuals and companies make unsubstantiated claims that their supplement will work for everyone and that it's 100% safe and natural. Since the supplement market is unregulated and there are 100's of dangerous supplements being sold to the public, my advice to you is 'Buyer Beware'.

There are some people with modalities like E.F.T., E.M.D.R., Hypnotherapy and other modalities, who will tell that their modality will help you to effectively manage all of your stress. In my opinion, if a person says, "My modality is the best", or "This is the solution to your troubles", remember the old saying, "If it sounds too good to be true, it probably is." Instead, arm yourself with knowledge and truth. I personally have used modalities like hypnotherapy, cognitive behavioral therapy, healing codes and many other modalities over the years.

Some of the things I have used have been helpful and some of them did not work for me at all. But, I had to use many different things at the same time to have 100% healing and success.

Some of the practitioners I have worked with were humble enough to get out of their ego and admit that their modality was not the answer to every problem and were willing to send me to other practitioners for help. This is why we now have "integrative medicine". I really recommend that you use "integrative medical practitioners" and "functional medicine" to help you, because they are humble enough to know that their treatment is not the end all and be all and that you will need to work with other practitioners to have 100% success. I am an integrative practitioner and refer my clients out for all of the services I do not provide so they will be able to crush their stress.

Why some of the things you have read or heard about stress are totally wrong and the truth about what stress "really" is:

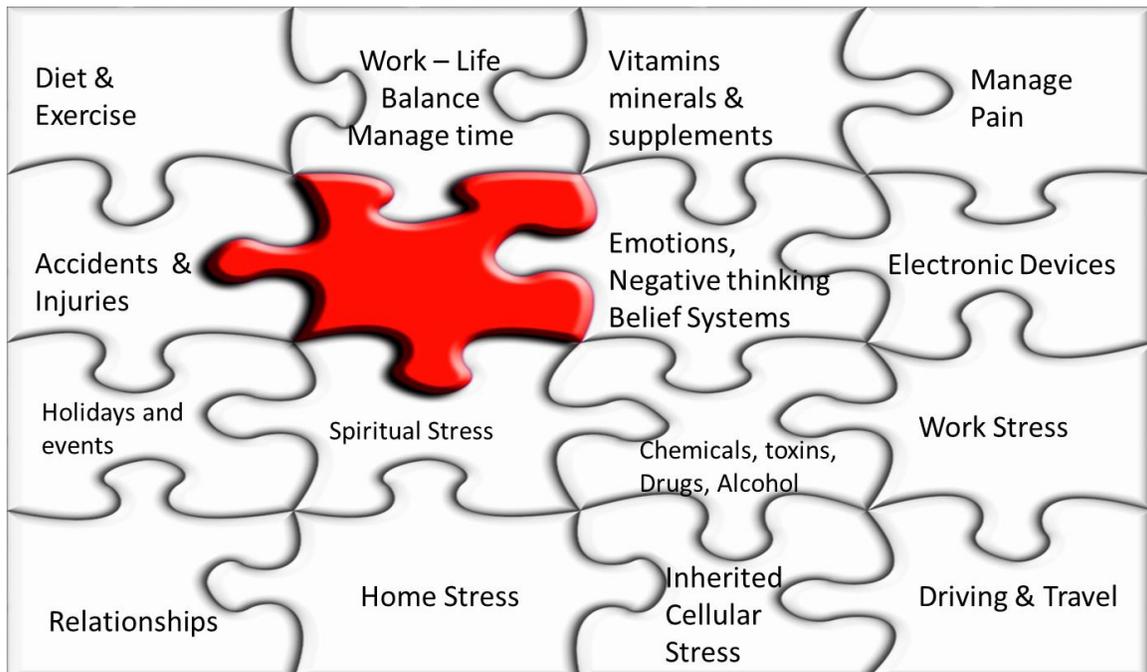
One of the sad things I found out when researching stress, is that many people have been misinformed about what stress is. Such as:

- Only some people have stress. There are some people who never have stress.
- Not all stress is bad. There is good stress that helps you. (I cringe every time I read this one.)
- All stress is mental or emotional and can be controlled by your mind.
- Stress is only a perception.
- You can get rid of all your stress by choosing to be happy every day.
- Stress is a choice.
- If you take special supplements you won't have stress.
- If you go to a mental health counselor, all your stress will go away.
- If you use a certain modality, secret or "hack" that someone is advertising, you can manage all your stress. (I have seen several websites that state, "Use this one secret to make all your stress go away".)
- You have complete control over "all" of your stress.
- Quitting your job is the answer to all your stress problems.
- Plus many more lies on the internet about stress

Here is the truth:

- Everyone on the planet has stress. Anyone who tells you otherwise is lying. The reason for this is because stress is like a 2,000 piece puzzle. There are many different types of stress, including physical stress from accidents and injuries, poor diet, vitamin or mineral deficiencies, pain, lack of exercise, and much more. There is mental stress, emotional stress, time stress, chemical and toxin stress, cell phone stress, computer stress, E.M.F. stress, radiation

stress, bad weather stress, work stress, home stress, relationship stress, travel stress, driving stress and many other types of stress.



- There is no such thing as stress that is “good for you”. I hear this over and over again from so called stress experts, who say that some stress is good. The “real” definition of stress is: *Anything that harms or impacts your body, mind or spirit in a negative way is stress.* That being said, anytime you are stressed, it is bad. I hear people say there is “good stress” that makes your mind sharper and helps you to be successful, but that is a wrong belief. There will always be things like time pressure or competition that make you perform better and think sharper, but that does not mean that it’s good for you. Every time you are stressed your body releases stress hormones called cortisol and creates a “fight or flight” response. When you do this daily or long term this breaks down your adrenals and causes all sorts of illness in the body and brain.
- Stress is not just emotional and mental. Based on what we said above about the 2,000 piece puzzle, there are many different types of stress and only one of them is mental/emotional. It’s just part of the big picture.
- How you perceive stress has an impact on how it affects you, but that is only the emotional stress. Changing your perception will not help crush stress.
- Happiness is important for managing emotional stress but won’t keep your body from being stressed by other things. You can be happy and still be stressed out.

- You are unique and need to find out what works for your body and mind. You cannot take every supplement that people are peddling because you could have a dangerous, negative or even deadly reaction. The best ways to find out what you should be doing or taking are:
 1. Get in tune with your mind-body connection and learn to listen to your body and what it is telling you. This is one of the many things I do with my coaching clients when I teach them Mindfulness and other tools.
 2. If you are not able to get in tune with your own body to know what you are sensitive to (this took me many years to accomplish), you should go to a Naturopathic Doctor or Chiropractor (Kinesiology specialist) who can test you to find out what supplements and modalities will work.
 3. Learn how to do muscle testing on yourself to find out what your body wants.
 4. Have genetic testing to find out what your genetics says about what you should be taking or doing. Our genetics and DNA tells us everything from what type of exercise and diet is best for our bodies and what vitamins and minerals we can or cannot take. There are some people who have gene mutations like the MTHFR gene mutation, which keeps your body from processing and absorbing vitamins, minerals and nutrients from foods or supplements. If you have this type of gene, doctors can help you so that you can absorb better, but unless you know about it, you cannot get the help.

- You need to learn many different modalities, tools and skills to manage stress. One pill or modality will NOT make all your problems go away. How could a pill help you deal with the stress at work, or a relationship issue? It can't. You have to learn skills to deal with these things.

- If anyone tells you that you have complete control over stress, it is a half-truth. There are several categories of stress:
 - Stress you cannot get rid of, but you can manage (example: job stress)
 - Stress you can prevent completely (example: healthy diet)
 - Stress you can delete (examples: toxic friendships or watching news)
 - Stress that you have no control over, you cannot manage it or delete it but you can manage the physical or mental results of the stress (examples: death of a loved one, car accident, divorce)

- You cannot just stop doing things because they stress you out. You have to plan accordingly and get support from someone (For example: If you quit your job because it stresses you out, you will open a whole new can of stress worms. You have to plan and strategize for that ahead of time.)

After many years researching stress, I created my proprietary program, the P.E.A.C.E. Stress Management System®, which I introduce in my Amazon bestselling book, *"Conquering Stress: The REAL Fountain of Youth"*. This book is a comprehensive guide that explains what all of the different types of stress are, how they affect your body, mind, spirit, life, career, relationships and more and what you can do to conquer all of the types of stress in your life. I give practical tools and advice that you can use right now and for the rest of your life to improve your life, happiness and health. If you haven't already purchased a print or E-Book copy of *Conquering Stress*, it is available on Amazon worldwide and also from thousands of other on-line booksellers and bookstores worldwide. Here is a link to the U.S. Amazon, but you can get this anywhere in the world.

<http://amzn.to/1Sav0sk>

Now that I have shared this important information with you, here is what you have been waiting for:

7 Unusual and Effective Ways to Crush Stress

- 1. Take a 1 to 5 minute mental vacation to an exotic place:** Take at least one or more breaks (1 to 5 minutes long) during your work day. Make sure you are sitting down on a chair or bench. Close your eyes, take one to 3 very long and slow deep breaths in through your nose and out through your mouth. Then on your mind screen, imagine yourself in a relaxing, peaceful and exotic place like Hawaii or Fiji. Imagine all the sights, sounds and smells like you are really there and play that movie in the mind-screen of your head. You can imagine the water, waves, salt air smell, wind flowing through the palm trees, exotic flowers and jungle behind the beach, white soft powdery sand in your toes, and the warmth of the sun on your face. You can get as elaborate with this movie as possible. I like to imagine seeing sail boats in the distance and writing the word PEACE in the sand with a stick. Make sure when you are finished with this focused visualization (meditation) that you get up very slowly and don't do this while driving a car or operating machinery. You will get a little light headed as a result of your blood pressure dropping. The results of this can be improved focus and productivity, decreased stress, peace and calm, improved sleep, improved energy at the end of your work day, mental and physical healing, decreased anxiety and depression and much more.
- 2. Deep belly laughing:** Every day you need to laugh a real hearty deep belly laugh at least once a day. The best ways to do this are to watch funny videos on YouTube, watch a comedy on T.V., watch a comedy movie, attend a stand-up comedy show, laugh with your friends, tell silly jokes, act silly with your kids, or just laugh for the heck of it. Studies show that laughing

gives you many positive hormones to your brain that decrease depression and anxiety and also relieve stress and create healing in the body. "Laughter is the best medicine"

- 3. Get in touch with your inner child:** Spend some time each week or each day if possible acting like you did when you were 3 years old, before you became aware of the stress filled world. Go to the local park and ride on a swing or merry go round. Go fly a kite. Play a board game with your kids. Build a sand castle. Race some RC cars. Dress up in a goofy costume and have a tea party with your niece. Whatever you do, make it super fun, super silly and relax and have a good time. You can also sit down and close your eyes and remember a happy memory of a fun time you had as a kid. That alone will get your happiness on.
- 4. Spend some time 'Earthing':** This is a concept that has been practiced for thousands of years but recently has gotten a lot of promotion from Dr. Oz and other renowned physicians. Earthing is when you walk barefoot on the grass or barefoot on the beach or earth. You can also do it by putting your back up against a large tree and feeling the energy. When you are doing this, you are connecting with the positive energies of the planet and nature. Studies have shown that 15 minutes of this activity helps you lower your blood pressure, improve your immune system and improve your emotional outlook. It can create mental and physical healing and other benefits. To find out more about how to do this, google the word "earthing" on the internet.
- 5. Sex:** You may be blushing right now or thinking that your eyes are playing tricks on you. Sorry if I am shocking you, but this is the honest truth. There are tons of medical studies on the effects of sex on your happiness, stress levels, hormone levels, health and other positive areas. Sex is good for your heart, if your heart is healthy enough for that type of exercise. There are chemicals released into your brain that make you feel real good. There are certain positive hormones released just from the act of sex alone and then more positive hormones released when you have an orgasm. My favorite part of sex is that it's great for people who are going through mid-life crisis because of the positive balancing effect that sex and orgasm has on your hormones. When you have sex you release a hormone called DHEA which regulates your other hormones. DHEA is an important hormone that depletes with age and especially after 40. You also release serotonin, oxytocin and other good hormones. Make sure you are over 18, use precautions and in a loving relationship with someone who cares about you. Sex is never good in abusive situations or situations where your partner does not care about meeting your needs.
- 6. Learn how to manage your time:** One of the biggest causes of stress is "not having enough time". Every stress study ever done lists "Time pressure" in the top 5 causes of stress. If you learn the concepts of time

management and become a master of your time, you will alleviate tons of stress and get much more done. In my "Quantum Time Management" program, I teach my clients about the 4 major parts of managing time: Your spiritual and mental relationship with time, Organization and structuring of your time, Support for your time and Avoiding overwhelm and plate overload. If time is a problem for you and you feel like you never have enough time, please contact me for help with that.

- 7. Change or eliminate your expectations:** Having high expectations will cause you to always be let down and stressed. Learn the art of "allowing". Just allow people, places and events to unfold without having any pre-determined expectations and watch how your stress just melts away. It's good to have some expectations in certain circumstances, but always having high expectations is a recipe for epic stress. This is where you have to step out of your ego, be honest with yourself and just "Let go and let God". Here is an example. You go on a vacation and expect everything to be perfect, but instead you get upset stomach or sick with something and the place you go is not what you expected. You become totally let down and when you go home you complain about your vacation to everyone. First of all when you are complaining about being let down, you are releasing tons of stress hormones into your body and making yourself sick and second, you have no control over what is going to happen when you are on vacation, so you need to release all expectations and attachments to the outcome. The only thing you should expect on a vacation is that you are going to show up and do your best to have a relaxing and fun time. You don't have control over the many things that can happen so just that the minimal, which is "I am going away somewhere and getting out of the office for a break". If your vacation turns out well, you will be super happy and have much less stress. Stop setting yourself up for epic failure and sadness with high expectations.

Thanks for reading my report. I hope you will use some of these tips to have a better life. If you have found this report of value and you want to learn more about conquering your stress and if you are ready to improve your life, health, career/business and relationships, please contact me today for a complimentary 15 minute consultation. This consult is for the purpose of finding out about you, what you and your wants, needs and goals and struggles and see how I may assist you. If you decide to work with me, I offer 100% money back guarantee.

You can schedule your consult by contacting me at (360) 207-0472 or through my website <http://www.kimpalm.com>

If you would like to find out more about me, how I became a healer and stress management coach, or you want to find out about speaking, private coaching or products and services I offer, please visit my website <http://kimpalm.com>