



Yielding to stress could be the answer **By Dr. Henriette Alban**

What if we didn't fight stress? What if we didn't let it crush us? Easier said than done!

What if you could take a page from Aikido, the Japanese martial art form that yields to attacks and therefore avoids them. In this example, you move right behind it, and therefore it is no longer opposing you.

It's an active decision to allow stress to be a part of your life, to feel it, which means not resisting it and not running from it. Instead, you allow it to be there, observing it and breathing through it. This is done by taking the emotional story out of the situation. Could you imagine doing that? Could you change how you handle stress? Could you choose not to be overwhelmed by it, letting it take up all the space and energy you have?



Stress release from another viewpoint

Most of us see stress as something awful, something to get rid of. It feels like a state of discomfort with symptoms ranging from fast heart beats and breathlessness to neuralgic disturbances, digestive disorders, or nervous tics and sudden onsets of pain in different parts of your body. We could instead choose to see stress as something that coexists and doesn't need to be the main event in our lives. Think about it. You could leave the feelings of awful by the door, choose to set the emotional issue to the side for a moment, then evaluate what is there while being as clear-headed as possible.

Most everyone who knows intense stress also knows how much relief there is when we relax, breathe deeply and 'take 5' once an hour. Just to know that we have this option makes a difference. So use it to your advantage.

Sometimes, when you suddenly have a few minutes to sit down and relax, have you felt how your body gets so tired it can hardly move? This is when the adrenaline or cortisol that has become built-up in the blood stream due to sudden or long-term hectic events or stressful situations, is being processed out. This leaves us tired and sometimes exhausted as it runs through the blood once more on its way out. This is what's meant to happen when we sleep. Chances are with long-term stress, your sleep patterns are disturbed as well.

MetaboWize™ PM

Metabowize PM to the rescue and eating lightly (while not starving) at night is a secret weapon to better sleep. Also, a nice Tropical Vanilla MetaboWize shake – avoid chocolate since it

contains caffeine – mixed with a blend of greens and a few berries can give you all that you need for evening nourishment. Of course, you have to test drive these suggestions to find out what works best for your body. Just make sure it's your body that makes the decision, not the mind that thinks it needs this or that, meaning sugar, carbs, coffee, soda, etc. Be mindful.



We know that stress is far from silent and its effects are far from hidden. In fact, we even point to it when we meet someone who is nervous and hyper, or a fast talker with erratic movements. It's kind of embarrassing to be so 'out of control'. Sometimes we might see it in ourselves. We don't like it when others allow their stress to make them unpredictable. We can fear it in our children, accept it as part of their course, and wish that we could somehow help them; help them with relaxing, help them by breathing with them. By learning to take a different approach with stress, you can teach them what you know, stay calm and be empathetic, and show them how they can release it.

The relationship between breast cancer and stress deserves specific consideration

A cohort study by the Finnish Cancer Organization and several Universities in Finland, studied over 10,808 women who experienced traumatic life events (the loss of a loved one/husband, personal illness, divorce, or loss of a job). These findings suggest that life events and the accompanying psychological reactions could increase breast cancer risk. Cancer diagnosis occurred within five to seven years of the traumatic life event.

<https://thetruthaboutcancer.com/the-link-between-stress-and-cancer-how-fat-can-reverse-its-deadly-effects/>

This surely proves the point that unalleviated stress can have serious health consequences, even if they don't result in such a drastic or dramatic event or diagnosis. Just dealing with the increased wear and tear can age us faster and make us mentally foggier. How many times have we read that no one looking back over their life thought they should have worked longer hours and chased fame, money, productivity even more than they already did? ZERO, none!

On the contrary, the desire was for more family and love time, more travel, creating things, more alone time, and more time in nature with others. It is more of all the things that build off stress, more of what keeps us healthy and happy - more living.

So how would a different viewpoint make a difference? Great question.

Great support with Xooma's products

Vitamin C, B, and minerals: **LifeSource™** to the rescue. These nutrients are what the body needs and moreso during stressful times. Being fortified with an ounce of prevention can help us prevent unintended health consequences.

X20™ infused water is something you can double your usual intake to keep yourself strengthened. Stress is a major acid creator. X20 offers the hydration and minerals that allow acidity to be released easier.



Another key Xooma supplement is **KardiaXyme™**. KardiaXyme offers energy and Vitamin D. It can be helpful with stress and also builds strength.

Assimilator™ is good with meals and also in-between meals. Be mindful that if you eat while you're stressed out, you want to eat slowly and gently. And remember, little meals are better.

Resistance to 'What Is'

It occurred to me in writing this article that stress is just one more important aspect of our lives that we are pushing against. The others may be any unfairness or injustice we come across, or being blamed for something we didn't do. Feeling like victims of circumstance is also a really bad idea, if you are consciously choosing to move forward and be happy. We all know at least one person who never takes responsibility for their actions, their stressed-out behaviors, who also blames everyone else for their problems.

One of the universal laws is that when we push hard against anything we don't want, we get more of it. 'To resist is to persist' goes the famous saying. So when something comes up in your life, it bears taking in and actually evaluating it.



Rather than blindly following the stress patterns, another option is to 'stop the story' that arises when you're stressed. Look for what's there without emotions. In fact, once the emotions are not clouding your mind, you can see clearly what you are dealing with. It may not make the actual problem or challenge go away, but it allows you to see that you can or cannot do something about it, right now. And by 'taking 5' and breathing, all manner of solutions can arise, that a moment ago were not available to you. The pressure and tension will leave when

you know there is nothing to be done, or conversely, focus and alertness increases when you feel there is in fact something that you can do about it. Then without resistance, go do it, and you can do it with a clear head.

'Out of left field'

Stress and discomfort have a funny way of showing up in our lives and we think that this just came 'out of left field'. It helps to practice the suggestions above when you're in a good place, rather than learn them when you need them the most.

Is stress really 'out of left field'? What are the patterns here? Is there a situation in your life experience where you have held strong views and comments of 'not that, definitely not that, and it just can't be that' and then 'that' happened?

The spiritual laws state that events that happen in our lives are called to us by how we feel, how we 'vibrate', by our thinking and our words. There is great power in knowing this. Often we're just not ready to take charge. We flow along in the stream of stress and it doesn't easily occur

to us that we can make change. Change is also a stressor, so why go there? Instead, sometimes we claim helplessness and feel incapable of making a shift.

Usually, when we have really had enough, we know we have to de-stress for health and relationship reasons. We would make change. So while a different viewpoint on stress is accessible to anyone who wishes to follow this idea, usually only those who are so fed up, done with feeling badly and having all these emotional markers day and night, will actually make the shift for good.

It's the nature of most humans to wait until the last possible moment to yield to change. There is even more stress in not taking care of ourselves. This can make us victims of circumstance and rob us of the power that a more proactive approach offers.

So what is that different approach? Glad you asked, now that we have a more level playing field and are on the same page!

A different approach to stress

When you yield to anything, when you learn to accept what is, what shows up, its 'noise' becomes softer. When you yield to stress, when you are not fighting it, it becomes a state of being that is acceptable. "Oh, there is that problem? Okay let's see how that goes." You may still feel really busy and the problem is still there. But when you stop resisting, things have a way of easing up. Remember that pushing against anything is extremely stressful. Pushing against or trying to get away from any problem is temporary, at best. It can continue to lurk in your mind, even as harsh as a slap across the face that was temporarily arrested.

Can you see areas of your life where you may be in resistance? If you were open to yielding and allowing solutions, might they actually better serve you? This is true for both emotional and physical issues.

Did you know, for example, that when your body is tired, it has worked through a load of resistance all through your day or night? You could have resisted any of the following: where you work, what you do, how others think of you, how you think of them, how things are done, or not.

Whether you're a sprinter who has only a tiny bit of time to win, who takes on the air current as he runs, the timing, the competition, the need to win for his team, his country – or someone with goals who takes more time, has more components, takes longer – the issue is the same. There is a lot riding on the 'win', on reaching the goal.

The psychology in sports or other high performance requirements is to go into the activity with focus, ease and a level of excitement that promotes a calm spirit, even while the goal is relentlessly pursued. Such an attitude keeps creating beneficial outcomes moment to moment, where universal orchestration



is allowed to play with what you are asking for and brings you more of what you want. Unexpected outcomes in team sports are legend. Does that team have something the others don't? Perhaps they do. They win for having had the attitude to hold their stress lightly and to not resist the natural flow of things. They have accepted that they may not make it or win it, but have allowed themselves to give their most without the intense emotional exhaustion that occurs when stress alone drives us. Stress alone can be akin to despair. It usually overcomes us and takes a huge toll on the physical body.

A 'win' is when you have won out over stress and the pain. They both may be there but they don't run you or own you.

The delight of such a win is sweet, indeed. It's more quiet, more reserved even, and so much fuller a sensory awareness of your own power and decision making.

Congratulations, that was great work!
Henriette Alban, ND



Born and raised in Switzerland by health conscious parents, Dr. Henriette Alban, ND grew up using natural ways to achieve and maintain well-being. Building on this foundation from her youth, Henriette moved to New York City where she studied and received certifications in Shiatsu and Swedish massage therapy, as well as digestive and colon health therapies. She also became a researcher in vitamins, nutrition and hormone health – all of which was very helpful after she gave birth to a beautiful son whose allergies led to life-threatening asthma. While watching the ineffectiveness of the medical system in healing her son, she intensified her studies of the holistic field to avert the awful effects of asthma. Founding a group for parents of asthmatic children in NYC, she brought in experts in the field and offered much needed nutritional advice to parents who were challenged by how to take care of their asthmatic children.

Combining her 20 years of studies, Henriette Alban pursued and was awarded a Diploma of Doctor of Naturopathy from the Trinity School of Natural Health in 1997. The same year she opened her private practice in Maryland, with the intent of helping people in the community to eat better and learn how to heal themselves and their families. Almost immediately she began holding classes, lectures, and workshops. Thus, she brought to reality her desire to be a beneficial presence in the world. Henriette, now in Reading, PA, opened her practice Living in Balance in 2004.

As part of Xooma's Advisory Board, Dr. Alban brings years of experience and a variety of modalities to support her work in helping others create positive changes in their health and their lives. This is coupled by a strong sense of quality and integrity in formulations and a desire to assist Xooma in making products as pure and effective as possible.

Note: The statements in this publication have not been evaluated by the Food and Drug Administration and are not intended to replace the services of a qualified health professional, nor are they intended to prevent, cure or treat any illness or disease.