

Professional Massage Therapist  
www.memorable-massage-therapy.com  
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# Colleen's E-Words



Monday, June 29, 2009



Welcoming Possibilities

*What if I told you*

*That*

*You could nurture*

*Yourself*

*For five months*

*With*

*Massage*

*For less than \$2.00*

*Per day*

*AND, you would not  
have to worry about  
bringing cash, check-  
book or credit cards*

*AND, you could come on  
a whim?*

**CHECK OUT THE  
COUPON ON MY WEB-  
SITE!**

## SUMMER SPECIAL

### IT TAKES TWO!

**\$10 off the first massage  
\$15 off the 2nd massage**

**OR**

**Share this coupon  
And each save**

**-\$12.50 off**

**ONE-HOUR  
MESSAGE ONLY**

**Expires 7/31/09  
In studio only**

## STRESS

As many of you know, I have dubbed myself as "an intuitive stress relief artist."

In past articles, I have been concerned with circumstantial stress — that is, circumstances that seem to push our buttons, to be beyond our control, and to justify reaction.

Did you know, however, that if you were the only person at a luxurious resort where your every wish was their command, you could still suffer from stress?

Tom Brokaw is quoted as saying, "Anxiety is the issue of our age."

Financial breakdown, relationship breakdown, deterioration of health [we've been warring cancer since 1971 and it is now the leading cause of death in the United States] all can be traced to our physiological stress. That is, the stress that we carry in our very cells and bring with us no matter where in the world we go or what we do. Furthermore, as old cells die and new

cells replace them, the same issues are "reborn" and "reinstalled" into our systems. Cells can only pass on to their offspring what they have. *And*, it has been found that physiological stress issues are passed generationally.

According to the Centers for Disease Control and Prevention in Atlanta [CDC], Stanford University Medical School, and numerous health experts, the number one killer on the planet is stress. Most physical and nonphysical health problems have long-term, physiological stress as their origin. The CDC estimates that 80% of all health care dollars spent on illnesses are related to stress. Research at Stanford University by cellular biologist Dr. Bruce Lipton found this figure to be low [see [www.bruce-lipton.com](http://www.bruce-lipton.com)]. His research indicated that *over 95% of all illness occurs because of stress in the body's autonomic nervous system*. According to Dr.

Lipton, physiological stress is caused by deeply held wrong beliefs about our circumstances and our selves. Beliefs such as, "Bad things always happen to me," or "I can never be safe," or "I am not good enough," or "I always fail," etc.

The dis-ease comes from the unhealthy activation of what is known as the "fight-or-flight" syndrome: [1] The autonomic nervous system triggers the pumping of adrenalin and related "survival" hormones and chemicals; [2] Blood flow, nutrients, waste removal, and oxygenation are shifted from internal organs, immune system and higher intellectual functions to the large muscle groups and brain stem where reactive thinking resides; [3] Individual cells receive an alarm message from the nerv-

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Stress is the #1  
killer on the planet!

## Stress

ous system to shift out of growth and into the self-protection mode, which puts them susceptible to illness and disease. Cells in growth mode are impervious to illness and disease.

Dr. Lipton explains that if the body is in this state long enough, illness and disease are likely to follow. This is the process that creates 95% of disease and illness.

We are going into this stress mode daily through circumstances – phones ringing, driving our cars, going to the mailbox, or looking at our checkbooks. Physiologically, because of our false and unhealed mental images and their associated wrong beliefs, we are continuously creating more and more negative thoughts, feelings, beliefs and behavior. *It is truly like a snake swallowing its tail.* We are rolling downhill very quickly.

What are some things you can do? Of course, I'm going to say massage. Massage temporarily relieves the body of the existence of the adrenalin and its related hormones and chemicals by activating antidotes: Nor-adrenalin, nor-epinephrine, etc. This provides the body with time and space to benefit from the increased oxygenation of relaxed breathing and the resultant oxygenation of the cells and organs, etc. Massage can also be used to *remove* the cellular memory.

There are cognitive behavioral techniques that you can learn, which help you deal with the circumstantial stress in your life.

The Research Institute of HeartMath [www.heartmath.com] offers techniques that engage the heart for stress relief. I am a licensed provider of those simple techniques. These can be learned, practiced and utilized effectively in 4 sessions, one per week. Call me for further details about this remarkable program. [317-865-8179]

I have recently learned of another way that you can There is a relatively new set of techniques called The Healing Codes™ that allow you to address issues known and unknown to you. These are the underlying issues that create disease. Please feel free to go to this link and listen to the audio information about this remarkable technique.

<http://www.thehealingcodes.com/cmd.php?af=1004568>



## RELIEF

Companies are finding ways to control stress

For profit companies, not-for-profit, as well as our Armed Services are turning to Life Coaches who are trained in certain techniques that use heart rate variability to manage stress, which in turn lowers blood pressure and cholesterol, as well as soothes the post-traumatic stress disorder arising from intense circumstantial stress.

I am licensed in these techniques and am offering to you the very same opportunity that many of these large corporations, including the Armed Services are offering to their people to reduce health care costs.

Please call me at 317-865-8179 to reserve a time and space for your free consulta-

tion.

There is no reason to delay a happier life!