

## **Incorporating Natural Energy Medicine into your Practice. Traumatic Stress**

(Part 16)

How many of your patients suffer from stress? If you guess any percent less than 100% then you are probably wrong. Regardless of age, sex, or occupation we all are under more stress today than we were designed to manage. One thing about stress is that the body can manage significant amounts of stress for short periods of time with no adverse side effects to your health, we were actually made for that. This process is known as the flight or fight reaction. However when you are under even small amounts of stress 24 hours a day everyday it can significantly damage our immune system, emotional health, energy levels and general health. Our bodies were not designed to live with stress on a continual basis because the body never gets a chance to recover.

The Mk III program #666 Emotional Stress and the Mk 7 program #689 Stress Relief will usually help patients manage this low level daily stress quite well. However, when that stress is significant enough to start affecting your health or compromise the activities of our daily life then it is considered a traumatic event or Traumatic Stress. How many of your patients suffer from chronic or traumatic stress? Many more than you might think. The news programs today can cause Traumatic stress in many of your sensitive patients. Following hurricane Katrina I had a number of elderly women that came in for treatment for the stress of watching bodies float down the street on the news. Why do they feel the need to broadcast this much less every 30 minutes? Unfortunately I did not have these tools to correct those patients at that time so I had to do it by hand which is much more difficult and not as effective.

How many of your patients have served in the military, male and female? There is all time record female emotional trauma victims returning from combat duty and not all of that stress is from the enemy. How many have suffered vehicle crashes? Almost all crash victims suffer from some level of traumatic stress. How many of your female patients or even male patients have been in an abusive relationship in marriage or as a child? Many more than you think. Any chronic physical, emotional or anger issue, may be caused by traumatic stress.

If you think about it you can probably pick out any number of your existing patients that would benefit from a quality therapy to help them recover from these emotional and physical traumas.

The Traumatic Stress protocol in either of our therapy systems will provide significant relief for all traumatized patients.

Again this is not a common condition that alternative health care providers usually address. Orthodox medical providers usually refer these patients to either psychologist which is quite expensive and long term or they just prescribe mind altering drugs that many times have significant symptomatic benefits but still carry significant side effects.

These patients are wonderful patients to work with after you get a handle on their trauma. Even though they may not fully understand how much better they can function, their spouses and children will sincerely thank you.

If you will not care for these patients in your community then who will? Few providers want them making these patients very easy to get and to keep.