



**Welcome to
All**

STRESS MANAGEMENT & HEALTH CARE

Presented by:

DR. V. DURAISAMI

Through Natural medicine

Emotional disturbances

Excess of fear



Excess of anger



Excess of depression



Disturbed Sleep



Sense of Insecurity



Stress



EFFECTS OF STRESS

STRESS



Increase the level of cortisone



Formation of Neuropeptides
in the periphery



Brings nervous breakdown



Behavioral Symptoms &
Physical Illness

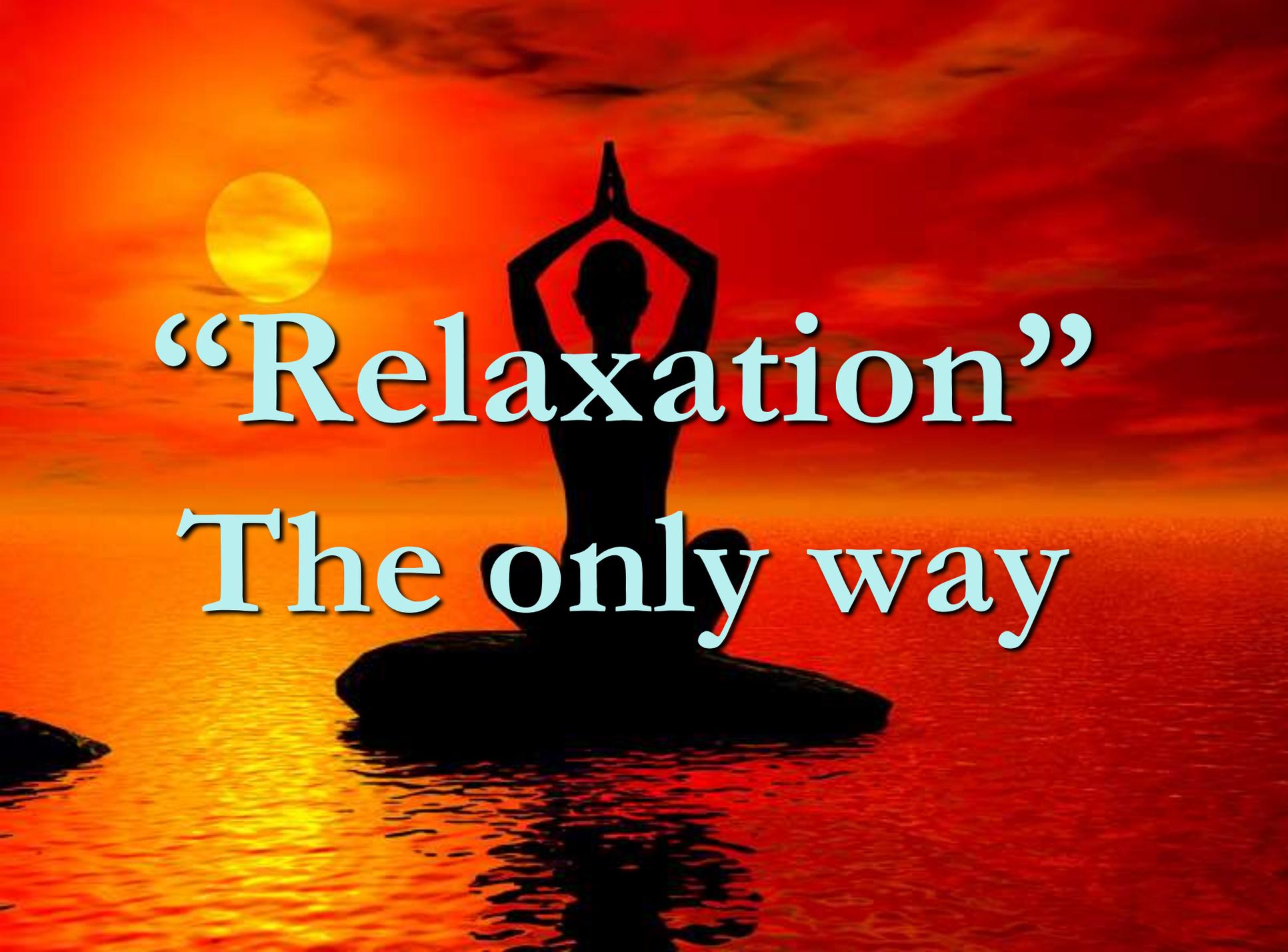


Behavioral Symptoms

- Eating more or less
- Sleeping too much or too little
- Isolating yourself from others
- Procrastination, neglecting responsibilities
- Using alcohol, cigarettes, or drugs to relax
- Nervous habits (e.g. nail biting, pacing)
- Teeth grinding or jaw clenching
- Overdoing activities (e.g. exercising, shopping)
- Overreacting to unexpected problems
- Picking fights with others

Physical Illness

- Headaches or backaches
- Muscle tension and stiffness
- Diarrhea or constipation
- Nausea, dizziness
- Insomnia
- Chest pain, rapid heartbeat
- Weight gain or loss
- Skin breakouts (hives, eczema)
- Loss of sex drive
- Frequent colds

A silhouette of a person in a yoga pose (Padmasana) on a rock in the water at sunset. The sun is low on the horizon, creating a warm orange and red glow. The person's hands are in a prayer position (Anjali Mudra) above their head. The text "Relaxation" is overlaid in a large, white, serif font with a drop shadow.

“Relaxation”

The only way

The Relaxation response

- Your heart rate decreases
 - Breathing becomes slower and deeper
 - Blood pressure drops or stabilizes
 - Your muscles relax
- 

Cause of Disease

"Accumulation of toxic matter in the system is the cause of Disease", so avoid toxic accumulation.

Excretory channels

Cleansing procedures

Man is made up of what & how he eats.

Let “Food thy be your medicine”

- Try To Be A Vegetarian. Avoid Eating Flesh.
- Consume Only Good Things In The Morning.
- Masticate Well.
- Drink Good Quantity Of Water Everyday.
- Avoid Drinking Water With Food.
- Do Not Overcook Your Food.
- Avoid eating refined Sugar, Chocolates
- Eat Organically Grown Foods