



*for healing the body naturally!*

Stress Freeze™ patch is a product that was developed as a complementary therapy program that is accepted by Doctors and Practitioners as an aid to support the body's coping mechanism when under severe stress.

*Made in the U.S.A.*



Stress may be considered as any physical, chemical, or emotional factor that causes bodily or mental unrest. Physical and chemical factors that can cause stress include trauma, infections, toxins, illnesses, and injuries of any sort. Emotional causes of stress and tension are numerous and varied. While many people associate the term "stress" with psychological stress, scientists and physicians use this term to denote any force that impairs the stability and balance of bodily functions. Use the Stress Freeze patch when experiencing: **Stress, Anxiety, Sleep Disturbances, Relationship Difficulties, Muscle Tension, Loss of Enthusiasm, Anger and Frustration from a chronic situation.**

### **Proper Placement**

Place Stress Freeze on the left side of the body, the left side accepts energy far better than the right side. Please follow directions that are stated below for best results.

**Stress Freeze** has been designed to support the way the brain and body cope with chronic, long term (adrenal) stress and anxiety such as PTSD. Stress Freeze allows a rapid decrease in the challenging physical response that contributes to your internal turmoil, but also contains an uplifting and motivational frequency to allow the individual to move beyond the original trauma or "baggage". Your body is hard-wired to react to stress in ways meant to protect you against threats from predators and other aggressors. Such threats are rare today, but that doesn't mean that life is free of stress.

On the contrary, you undoubtedly face multiple demands each day, such as shouldering a huge workload, making ends meet and taking care of your family. Your body treats these so-called minor hassles as threats. As a result you may feel as if you're constantly under assault. But you can fight back. You don't have to let stress control your life.

When you encounter a perceived threat — a large dog barks at you during your morning walk, for instance — your hypothalamus, a tiny region at the base of your brain, sets off an alarm system in your body. Through a combination of nerve and hormonal signals, this system prompts your adrenal glands, located atop your kidneys, to release a surge of hormones, including adrenaline and cortisol.

Adrenaline increases your heart rate, elevates your blood pressure and boosts energy supplies. Cortisol, the primary stress hormone, increases sugars (glucose) in the bloodstream, enhances your brain's use of glucose and increases the availability of substances that repair tissues.

### **Stress Freeze™**

**Instructions:** Stress Freeze is to be applied to your body, (left shoulder) to support the relief of stress, anxiety, anger and depression.

Made to last for 3 days, then discard. Apply another app and wear it for additional 3 days to reduce stress, anxiety and depression. Repeat this procedure for 30 days or until your internal turmoil has decreased.