



GENETICS OR STRESS? The Healing Codes may provide the answer

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We've been told, and we believe, that the medical history of our family directly affects our health. Their cancers will be our cancers. Their weaknesses become our burdens. We believe we are helpless against inherited genetic issues or the stress of our everyday life. <http://www.the-healingcodes.com> may provide the answers and solutions for the future of mankind

PR9.NET December 17, 2005 - What makes the difference? Almost every expert says it is either genetic tendency, or stress. Research from the Institute of Heart Math and Stanford University shows that stress produces genetic change. Yet two people exposed to the same stressful situation are affected differently. So what is it - genetics or stress? What is the truth? <http://www.the-healingcodes.com> may provide the answers and solutions for the future of mankind

Recent research shows that ALL PROBLEMS ARE CAUSED BY THE SAME SOURCE. Multiple studies reveal that 75-90% of all patients visit their doctor for illnesses and diseases that stem from a single origin. In 1998, Dr. Bruce Lipton, a cellular biologist at Stanford University Medical School, clinically proved that 95% of all problems arise from one thing.

We are misinformed about how stress affects us. Stress affects us internally, which can manifest itself externally. What may be stressful to one individual may not stimulate stress at all in another. Why is stress such a culprit of peace for some, while not a concern for others? The perceived problem is never the problem. The mysterious killer is stress. BUT, WE HAVE BEEN LIED TO ABOUT WHAT STRESS IS. Its not external; what affects one person has no effect on another. Its internal-but its not genetic. We have 100 million receptors directed to sensing our external environment, but we have 10 thousand billion brain receptors assessing our internal state. These receptors power the television screen of the heart that our autonomic nervous system constantly monitors. <http://www.the-healingcodes.com> potentially releases the cellular memories of the original causes of stress.

The autonomic nervous system is the body's control center for stress. When the HPA-axis (Hypothalamus Pituitary Adrenal) is stimulated, the autonomic nervous system activates the "fight or flight" mechanism and shifts cells from growth mode to self-protection. The response is immediate, mobilizing the body's resources for immediate physical activity. The alarm/stress reaction brings huge amounts of glucose, oxygen, and blood to the areas most active in warding off danger. This results in increased energy to large muscles, and a decrease in non-emergency activities. During the alarm/stress reaction, immune, digestive, cardiovascular, neurological, reproductive and other non-essential activities are inhibited. When the threat is over, the body should automatically shift your cells back into balance, or growth mode.

We become sick when the body doesn't return to a state of rest after an emergency, or when the body's emergency response system is activated because the phone rings, or we look at our check book, or we have to wait in traffic. This creates the stress that kills!

Though experts say exercise, good nutrition and relaxation techniques can help relieve stress, some workers deal with it simply by scheduling days off, taking breaks to talk with colleagues or working even harder. A simple technique that <http://www.the-healingcodes.com> now teaches across the world may radically change current medical protocol for the betterment of humanity.

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