

From: juve <info@juveaz.com>
Subject:News from juve facial rejuvenation salon
Reply: info@juveaz.com

[\[View HTML Version\]](#) [\[View Text Version\]](#)

 [View Printable Version](#)

Exploring the mind-body connection Juve facial salon newsletter February 2007	
<h2 style="margin: 0;">When the mind is under stress the body and skin suffer too</h2> <ul style="list-style-type: none"> :: Effect of stress on the heart :: Stress and the skin :: Learn to manage stress :: De-Stress with good habits 	
Greetings!	
<p>Psychological and medical research have proven that there is a strong correlation between good mental health and good physical health. How we choose to deal with and cope with events in our daily lives can have great influence on our overall well being. Chronic stress is perhaps the most common and familiar emotional contribution to health and skin problems.</p>	
<p>Effect of stress on the heart</p> <p>Chronic stress has been proven to significantly increases the risk of heart disease. When our body recognizes unpleasant experiences we automatically respond with the classic "fight-or-flight syndrome". This is when the heart shifts into high gear, blood pressure rises and the body speeds delivery of oxygen and glucose to the muscles. It is our natural, evolutionary defense mechanism that allows us to get through a negative or chaotic event. However, when the body is constantly shifting in and out of the "fight or flight" mode our brain's distress signals will eventually stay activated, never self neutralizing to a balanced state, thus conditioning the body to be in a perpetual state of stress. The cardiovascular system suffers from this intensely exhausting response causing damage to blood vessels, arteries and veins, all of which can ultimately lead to heart disease.</p>	<p>Stress and the skin</p> <p>Studies show that stress can aggravate several reactions in the body that can influence the quality and appearance of the skin. As discussed in last months issue, hormones play a significant role in the condition of the skin. Adrenaline is the number one stress hormone and when overly activated it redirects blood away from the skin sending it to the muscles causing them to tense up, thus preventing flow of blood, nutrients and oxygen to the skin. Excessive release of adrenaline increases oil production. This explains why we often experience breakouts when we are most overwhelmed. Chronic stress also increases cortisone secretion which suppresses the body's natural immunity. The skin becomes defenseless and more susceptible to external irritants (chemicals, pollutants). On going day to day stress adversely effects digestion as well. The body does not absorb enough nutrients therefor "starving" the skin. Weak digestion also prevents swift removal of waste. Undigested impurities accumulate in the body increasing the number of free radicals which can cause skin breakouts and sensitivity. When the body is under stress, blood vessels become more reactive. Constricted blood vessels make the skin appear pale and dull, while open blood vessels create flushed red skin. Stress also impairs the skin's ability to heal itself. In a</p>
<p>Learn to manage stress</p> <p>In our modern world rife with chaos, competition, over-loaded schedules and multi-tasking, stress on some levels, is unavoidable. However, it does not have to dominate our lives and overall well being. In order to maintain optimal health, beauty and a long</p>	

and happy life, it is essential to find positive methods for relieving chronic stress. Two of the simplest, yet most effective techniques for managing stress are meditation/deep breathing and laughter.

Through meditation and deep breathing the body and mind experience a state of "relaxation response", a deep sense of calm that can help counter the effects of chronic stress. Meditation provides us with the opportunity to escape our fast paced lives by focussing within for stillness and peace. When relaxed the body produces more nitric oxide which is a molecule that acts as an antidote to stress hormones. Trained breathing quiets down the nervous system, lowers blood pressure, regulates and improves heart beat, circulation and digestive and immune function.

Laughter has similar health benefits. Laughing actually changes our biochemical state; when we laugh epinephrine (stress hormone) levels are suppressed and endorphin (body's natural pain reliever) levels increase, which not only brings an immediate sense of joy but will ease muscle tension and psychological stress on a long term basis. Laughter also stimulates both sides of the brain which allows people to retain more information, be more alert, improves positive coping strategies and encourages chemical balance. Another incentive to laugh regularly is that it burns calories and is a great work-out for the diaphragm, abdominal, respiratory, facial, leg and back muscles.

study conducted at Weil Medical School, volunteers applied tape to their skin then pulled it off leaving a small wound on the face. The subjects were then exposed to a stressful situation. As it turned out, adding the element of stress caused the skin to take considerably longer to heal.

De-Stress with good habits

By allowing yourself to relax and maintaining some good habits you can help keep damage from stress to a minimum. Your coping ability will be strengthened as will your energy, cognitive clarity and emotional stability. Your body can perform at its best and your skin should respond beautifully.

Deep breathing and meditation: Make this a part of your daily routine. Start with at least 5 minutes in the morning and evening, increasing the amount of time as you become more familiar with the process.

Change your scenery: Take a vacation if you can. It doesn't have to be an exotic cruise -- even a simple day drive or hike to the mountains will help clear your head.

Stay social: Make new friends and spend time with those you love. Being connected to people you care about encourages self confidence, self worth, empathy and laughter.

Have a well balanced diet: Eating fruits and vegetables high in antioxidants help counter-balance inflammatory proteins produced by stress.

Keep a consistent sleep schedule: Irregular sleep habits can increase the effects of stress on the body.

Have a positive attitude: Optimism mitigates the impact of regular stressors. Research supports the idea that having a positive outlook improves overall health.

Maintain a sense of humor: We know the power of laughter -- try to use it to counteract and avoid stress.

Come and Relax with us at juve

juve's breakthrough anti-aging treatment, Energy Light Rejuvenation, is known to stimulate deep relaxation in both the body and mind.

We have now added waxing to our services. Call to scheduled your appointment today.

juve facial rejuvenation salon
email: info@juveaz.com
phone: 480-596-9600
web: <http://www.juveaz.com>

 **SafeUnsubscribe®**

This email was sent to info@juveaz.com, by info@juveaz.com
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



j_uve facial rejuvenation salon | 10613 N. Hayden Rd, Suite J-103 | Scottsdale | AZ | 85260