

SOLTEC SMS for Stress Reduction

Everyone experiences stress. It is an everyday part of life. Our most basic physiologic functions are stressed regularly. From a physical standpoint, feeling hungry or tired is the equivalent of a stressful event. In these instances, we experience a lack of adequate nutrition or lack of recuperation and healing. However, when most people think about stress, they view it mainly through a psychological lens, despite the fact that it invariably weighs poorly upon our physiological status. This results in negative health effects, namely, stress-related illnesses.

Superficially, stress is generally perceived as feeling badly, experiencing one of many negative emotional states. However, upon deeper inspection, these states are associated with negative thoughts that generally arise from our faulty self-beliefs. Our negative beliefs are triggered by events that occur, causing these unwanted thoughts and feelings. When this occurs we often resort to our coping strategies, subconscious patterns of thoughts and behaviors, in an effort to avoid addressing our negative self-beliefs. Unfortunately, these patterns are typically life-long, because we don't deal with them. Why not? Because stress gets the better of us and we retreat.

How does the SOLTEC SMS, designed to improve sleep, reduce stress? As it turns out, the pacemaker of sleep (the parasympathetic division of the Autonomic Nervous System – ANS), is the exact same neural apparatus that relieves stress. The other main division of the ANS is the sympathetic division, known for the fight or flight response, which is associated with stress. These two divisions of the ANS provide countervailing influences, fight or flight to deal with stressful situations or relax and rejuvenate to heal or restore oneself.

Of note, there is a lesser known, third division of the ANS, known as the enteric (gut) division that operates mostly independent of the other two divisions, although it is influenced by the others to a small degree, more from the parasympathetic than sympathetic division. This plays a significant role in terms of the hormones Leptin and Ghrelin that regulate diet. Ghrelin is produced by the cells lining the stomach, which secrete it to stimulate appetite when it is time to eat. Leptin is produced by the fat cells in the abdomen and reduces the urge to eat when intracellular glucose levels climb sufficiently. The parasympathetic division of the ANS, inhibits Ghrelin and stimulates Leptin, thereby helping us avoid excessive weight gain and why a stressful lifestyle, with greater sympathetic activity is often accompanied by weight gain.

Turning on the Z•GEN™ Magnetic Conditioner, by your feet, enhances the function of the parasympathetic division of the ANS, thereby stimulating the relax and rejuvenate functionality of the ANS. It is that easy. You do not have to move into a meditative posture or devote your attention to any specific relaxation exercise. Simply turn it on and experience the effects.

However, if you wish to further enhance the experience, take some time, and appreciate the increased feelings of relaxation. In this way, you can intensify them. More importantly, if you choose to better understand the negative self-beliefs you hold, typically subconsciously, experience this level of relaxation after being emotionally triggered and ask yourself why you feel as you do. Allow the answers to appear in your mind. You have it in your ability to unwind your coping strategies and change your negative self-beliefs. It is up to you to decide how deeply you wish to utilize this powerful tool. You can deal with the superficial feelings associated with stress, or you can dive deeper into your thoughts and beliefs that generate your feelings.

The SOLTEC SMS is a wonderful technology to Sleep Right, but it provides the added bonus of assisting you in better understanding yourself and making some very positive changes in your life. Please take advantage of this capability.