

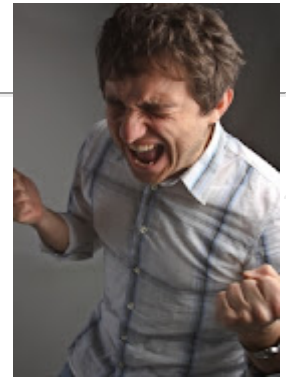
# 25 Causes of Stress

Quantum biofeedback is approved for stress management by assessing, measuring and balancing your reactivity to over 12,000 different stressors.

When asking people what stress is, I get the answer of emotional, professional or relationship stress. There are many other factors that can cause you stress. Stress may result from a number of issues including but not limited to:



**1. Allergens** including aromatic oils, automobile exhaust, caffeine, coffee, dander, latex, nicotine, pollen, pollution, smoke, specific foods, tobacco smoke, toxic chemical residues, food coloring, preservatives, and many others that you may be specifically allergic to, these stressors can cause reduction in bodily functions and mental ability/energy, causing lethargy and combating the immune system, thereby causing stress.



**2. Bacteria and Virus infections** reduce the effectiveness of your immune system, they slow down your bodily functions, eat up your supply of nutrients and reduce your bodies energy and mental ability/energy thus causing you stress.



**3. Chemicals** not only harm your environment the reduce your bodies ability to absorb nutrients, they attack your immune system, impair your breathing and oxygen intake, and raise the acidity of your bodies cells, thus causing you stress. Some of these chemical found around yourhouse are daily cleaning products, herbicides, insecticides, paints, fungicides, growth hormones, some supplements, and most man-made chemicals, etc.



**4. Dehydration** can be caused by a lack of water intake, excessive, swearing, diarrhea, excessive urination, drinking too much coffee, drinking carbonated soft drinks and eating too much junk food all impair the ability of your body to absorb nutrients and oxygen on a cellular level, thus causing you stress.

**5. Emotional issues** if you have resolved them, if you are resolving them or if they are totally unresolved have all been shown to be a major cause of stress to most people.

**6. Employment,** if you are working at a job you do not love or with people who are difficult for you to deal with this can be a major cause or stress.

**7. Exercise** and exertion of any kind has been shown to cause stress.

**8. Fast Foods** including partially hydrogenated fats, Trans fats, artificial coloring, artificial taste enhancers, artificial appetite appeasers, artificial aromatic agents, artificial sweetening agents and artificial preservatives are all toxic to you, thereby causing stress.



**9. Financial Problems** have been shown to be a major cause of stress.

**10. Fungi and Fungal infections** whether ingested, inhaled, externally or internally attacking your body are harmful to all life and the by products of fungal infections are toxic to you as a living organism, thus causing stress and myriad psychological and medical conditions.

**11. Genetically Altered Foods** are known to cause asthma, attention problems, balance problems, behavioral problems, concentration problems, digestive problems, libido issues, memory problems, metabolic problems, perceptual problems, sexual dysfunctions and other disorders, thus causing you stress.



**12. Headaches and Migraines** are usually caused by stress though in some cases there is a biological agent or toxins of cause, but, even then, stress may be the cause underlying the biological dysfunction, and either way, headaches and migraines are a major cause of stress.

**13. Heavy Metals** including especially, arsenic, mercury and lead are implicated in adrenal, bone, bone marrow, brain, circulatory system, ear, eye gall bladder, heart, intestinal, kidney, liver, lung, lymphatic system, pancreas, pituitary, skin, spleen, throat, thyroid, thymus and other problems, thus stress.

**14. Irradiation** of foods has been shown to reduce the life force and greatly diminish the nutritional value of food, but by law all foodstuffs entering the USA and most of the civilized world must be irradiated for the public good, stress.

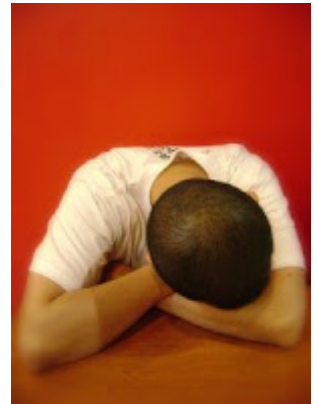
**15. Lack of Sleep** and sleep problems, whether caused by emotional, psychological or medical issues is a major cause of personal stress

**16. Low Self concept** whether caused by bacterial, fungal or viral infections, poor nutrition, toxic chemicals, hormonal imbalances or other means is known to cause personal stress.

**17. Medical Conditions, Disease or Disorders** whether diagnoses or not, whether you being treated or not, whether improving or not, are all know to cause a person stress.

**18. Microwave Radiation** from cell phones, microwave ovens, portable radios and telephones, television sets and other sources are known stressors with varying affects upon people for reason currently under investigation.

**19. Nutritional Deficiencies** whether caused by disease, disorders, poor nutrition or poor absorption of nutrients leaves your body lacking therefore causing stress.



**20. Overworking** causes a person major stress.

**21. Pain of any kind**, including physical injury, mental trauma, emotional trauma or psychological issues, is a major cause of personal stress.

**22. Parasites** including thousands of medically undetectable parasites know to infest the human body sap the body's nutrition and energy, and the leave toxins thus causing stress.

**23. Prescription Drugs** and other synthetic and toxic chemicals are implicated in every physical and mental disease, disorder or conditions know to science, thus causing stress.

**24. Psychological Conditions, Diseases or Disorders** whether diagnosed or not, whether being treated or not, whether improving or not all know to cause major stressors.



**25. Relationship Problems** of any kind have been shown to be a major cause of stress. .

*This is information obtained from the Intermediate and advanced training manual from the Quantum Center of Excellence written by Alyce Harms, Dave Cowan, and Nirvana Zarabi-Smith.*

Posted by **Michelle Smith**

Labels: allergies, dehydration, disease, employment, exercise, fast food, headaches, heavy metals, insomnia, migraines, nutrition, parasites, prescriptions, reduce stress, relationships