



## **Stress & Non-Prescription Treatments**

**by award-winning author / stress-relief expert Susie Mantell**

### **Medicine: "That which helps or heals"**

Even the most staunch of holistic health care proponents would probably agree that if one were pried from the wreckage of a collapsed building-- they ought to get to an ER. Without question, in instances of trauma or life-threatening infection, few would argue that the place to be is in a state-of-the-art hospital, in the hands of skilled physicians and nurses who may employ surgical procedures, powerful medications and techniques that save lives, limbs, and psyches. However when the ailment is day-to-day stress or mild situational blues, if it's fatigue, muscle aches, irritability or sleeplessness, then there are many roads to Rome. There is a whole world out there of health care practices and healing arts referred to by some as "complementary" or "alternative" to conventional allopathic (western) medicine. I like the term "integrative medicine," employing the best of whatever works to help or heal.

### **Soothing Stress Along the "Many Roads to Rome "**

Here are some integrative healing arts and practices that many have found helpful, in no particular order: supplementation with vitamins, minerals, herbs or enzymes -- acupuncture -- Tai Chi, Chi Kung and other breath-work and martial arts -- Swedish massage as well as reiki, shiatsu, reflexology, cranio-sacral work and myofascial release -- mindfulness meditation -- visualization & multi-sensory imagery -- talk therapy -- yoga -- energy medicine -- drumming -- chanting -- shamanic healing -- virtual reality -- aromatherapy -- aerobic activity -- prayer -- placebo effect -- regression -- dream-work -- psychodrama -- Pilates -- Feldenkreis -- neuromuscular therapy -- magnets -- moxa -- spinal manipulation -- kinesiology -- art, music, dance and sound therapies -- rolfing -- Bach flower and subtle energy remedies -- hydrotherapy -- crystals -- iridology -- naturopathy -- teas and tinctures -- homeopathy -- shamanic healing -- stool and hair analysis. Other better-known "healing practices" may include a great night's sleep, a belly laugh or a good cry, a warm hug, a round of golf or playing with a baby or a cherished pet. The list of "*that which helps or heals*" is just endless.

### **Hippocrates: "First, Do No Harm." (ed. note: I know. He was in Greece, not Rome.)**

The world of non-prescription therapies is a realm of healing potential in which many find help for stress, tension and depression-related symptoms. Cultures the world over have used botanical medicine, indigenous healers, dream interpretation and spiritual practices for centuries with remarkable (*even if not scientifically explicable*) success. There is exciting research underway to explore how the body-mind-spirit heals..

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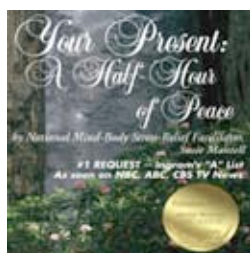


## Stress & Depression: Some Thoughts on Non-Prescription Care by award-winning author / stress-relief expert Susie Mantell

If chemical support is indicated, there are several supplements and herbal preparations recommended for stress or depression by well-informed health care professionals. As with prescription medications, what is an excellent therapy for one person, may seriously harm another. We've all read about a few lately including, but not limited to, Kava-Kava, Sam-e, St. John's Wort, Valerian, Chamomile and Lavender. You'll be best-served by a skilled professional, who can work with you over time and make recommendations based upon your body-chemistry, history, age, weight, lifestyle, what other you may be taking, and even belief systems. It is essential that we recognize non-prescription preparations as active chemical compounds that may indeed produce powerful positive outcomes, but may also carry side-effects, interact with foods, alcohol or other medications or be contraindicated for you for some reason, based upon body chemistry, age, sensitivities, etc.

Much remains to be understood about some of the effects of the over-the-counter (OTC) preparations people are using to self-medicate haphazardly, without professional supervision. It's not my intention to discourage the informed, supervised use of OTC supplements, but rather to remind you to always make decisions that could in any way affect your health or well-being with professional guidance, and ongoing re-assessment of how they affect you over time.

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