

**Dr David A. Bohn**  
359 National Hwy, 2<sup>nd</sup> Floor  
LaVale MD 21502  
301-777-3710

## **DE-STRESSING DE-BUNKED!**

### **Dear Friend:**

The secrets to de-stressing your life are finally available in this free report!

If you asked for this report for your own use then perhaps I have already mentioned or suggested some of the information contained inside or maybe you got this report because someone really cares about you and is concerned about your health and well-being.

It really doesn't matter whether you have been suffering for months or for years if you have been missing out on living or doing the things you enjoy because of pain then I want you to know that there is at least some hope with chiropractic care.

I truly enjoy helping others improve their quality of life and perhaps I can do the same for you, congratulations for taking this first bold step so just keep reading...

## ARE YOU STRESSED OUT?

Most people take vacations to "de-stress". I find this interesting. Most people have to travel far from their stress to feel de-stressed. So I thought it might be appropriate (and very helpful to you) if I revealed some secret ways to feel LESS STRESS THROUGHOUT THE ENTIRE YEAR - - not just when you're laying on the beach in Hawaii.

Now you might be saying, "But I don't feel stress." Oh yeah? The only people who don't feel stress, are buried six feet underground in a cemetery. Otherwise, everyone feels stress at one time or another. It's just that certain people feel different gradients of stress.

How valuable would it be if you learned how to dramatically lower or even completely eliminate the feelings of stress from your life? How much better would you get along with your spouse...your kids...how many more goals would you accomplish in your life if you could sail through life without feeling angry all the time? What would that be worth to you?

Wouldn't you agree it'd be worth tens of thousands of dollars to you to know for certain that you could handle most any situation that came up, because you felt empowered, de-stressed, calm, and clear-headed in every situation?

Well, I've got excellent news for you. Right here in this better-than-good information packed article, I'm going to share the best secrets I know about reducing stress. You'd find these same secrets in high-priced "stress" seminars that people routinely pay \$300 or \$400 for. I'll be telling you all these tricks for free!

However, I have just one favor to ask: that after implementing the methods I'm going to reveal to you, that you'll share these secrets with at least one other person. Teach it to someone you care about. Or just tell a friend. A family member. A co-worker. Even a stressed-out boss. (Hey, some of them are nice people, too!)

Then, if you or your friend have any question on how to use these in everyday life, just call my office and ask to speak to me. My goal is to be much more than a "chiropractor". Instead I view my role as a total health advisor and consultant. Someone who has studied many of the fields of science and can give valuable and life-changing advice and guidance. Someone who can give you help on a variety of life topics that relate to health, body, and well-being throughout your life.

By the way, you might be thinking, "why is a chiropractor talking about lowering the levels of stress in my life?" That's an excellent question! I think you'll find the answer is equally intriguing. It's this...

**The Reason You Get "Sick" Is Probably Because You First Get "Stress!"**

Did you know that 87% of all disease/colds/flu, are linked NOT to some evil "virus" you catch from the outside world...but actually stems out of a reaction to the stress you create in your own body!

I found this hard to believe until I witnessed poor health conditions in my patients who always had the most stress! Recently, there has been a constant stream of evidence that has poured out that substantiates this, too! Basically, here's what I am saying:

Would You Like To Get Sick Less?.... Feel healthier And More Vibrant (And Alive) In Your Life?...Then Reduce Or Eliminate The Stress In Your Life!

What if I told you that you could even live extra 5.2 years longer if you were able to manage your stress levels better! (This is what one study showed.) So, what I'm about to teach you can dramatically change and enhance your life. (Gee, and you get all this great information for FREE)

Let's paint the picture of a typical day in the life of a stressed out person:

It's Sunday night. You'd love to settle back and take your shoes off and enjoy the latest "Funniest Home Videos" ...but you just can't. No matter how hard you would like to take in the pleasure of the television show, your mind keeps going back to the giant pile of paperwork you'll have to deal with on Monday.

Does this sound intimately familiar to you?

How can we counteract this bad stress, this stress that won't even allow us to relax...watch T.V....or maybe even be with our spouse giving them our full attention?

Well, you need some help. And I can provide it for you!

Specifically, we need a few stress-reduction strategies that are:

- #1: Realistic, for the day to day world.
- #2: very practical and ease to use; and...
- #3: FREE!

Here's are the best strategies I've discovered:

**Stress Buster #1:** Pinpoint your pressure points. There is something in your life that is triggering these feelings of stress. What are they? When do you feel maximum stress?

List EVERY stressor you encounter on a day to day basis on a sheet of paper. For example, you might write: "My weekly Monday morning meeting demands to much of my time." At this point I don't want you prioritizing these yet...just write them down.

The next step I want you to do is rate each one as a "Short-Term Worry" (like weather or not you'll get that raise next week) or a CHRONIC Stress (like constant worry about getting laid off over the next 2, 3 years, or beyond.)

After you've finished that, now I want you to rate each stressor on a 1 to 10 scale, 1 being the least stressful, 10 being maximum stress you feel!

You've already accomplished a lot! You've actually taken steps to overcoming these stressors that 99% of the population doesn't slow down long enough to even think about.

You now have a powerful starting point. Here's what I now want you to do. Address your top three greatest chronic stressors, and resolve to ELIMINATE THEM. Focus on solving each of these top three.

It's amazing to me that people think there is some psychological monster that holds them back from solving these and eliminating them from their lives!

For example, I know a patient who had chronic health problems. It seems as though they "caught" something new every month. The person looked like an emotional wreck, hadn't taken care of themselves very well, and always felt massive stress.

One day their doctor asked, "Well, what are you doing to SOLVE your stress problems?" This question practically knocked this person off the waiting room table, with it's simple profoundness. "Uh, well, now that you mention it...I'm not doing a darned thing."

A month later this patient came in looking incredibly happy, much healthier, and said that most every health problem had disappeared."

When inquiring as to what happened, this patient said, "You know it was weird. I always felt stressed out of my mind. Every day I would focus on how horrible my job was, how my boss put so much anger and stress on my shoulders. Around the same time, I started experiencing all sorts of health problems. Then, last time I came in to see you, you asked me what was I doing to SOLVE this problem. And I realized that I had never thought I could solve it, so I experienced even more stress. But I realized that it was all an excuse. Something I had created in my head. I realized that day that I was in complete control of my life, and that I had NOT done anything to solve the problems. So I told my boss I was quitting...I went job hunting the next day...and landed my "dream job." Thank you for all your help!"

Isn't that a great true story? Too many people perceive their stress as "permanent". To many people see themselves in unchangeable situations. That is a lie and an excuse. EVERYTHING is changeable. You don't live a communist country.

If you can't get a job because there aren't any in town, then move! If you hate your friends, then get new friends! If you're unhappy, then determine to get happy and study happiness! EVERYTHING is solvable.

The idea of the above exercise is to regain control and minimize the stress in your life.

Here are more tips:

Stress Buster Tip #2: Don't try to be everything to all people. I have found that too many people are afraid to say "no." Trim your to-do list. Pare your list, and focus only on the biggest, top priority items each day.

I knew one salesperson who felt he had to say "yes" to every charity organization who would approach him. He'd spend half his time and life volunteering on various committees. In the meantime he was completely ignoring his wife. Even though he was violating that which was most important to him, he continued to take on more than his schedule could possibly permit, in the line of trying to please everybody.

It wasn't until his wife threatened to leave him, that he got the courage to start saying "no" to people. In the pursuit of trying to be everything to all people, he ended up being NOTHING to the people who loved him the most. (Isn't it crazy how we do that?)

Learn how to delegate. Most people haven't got the slightest idea how to delegate work.

Stress Buster Tip#3: Manage Your Emotions! Do you feel stress coming on? Dr. Wallace, a Vancouver-based doctor, says all you have to do is:

#1: Analyze the emotion. Uncover the direct source of stress. How can you deal with something you don't know about?

#2: Stay out of negative confrontations. Life is too short. What role do you normally play in your office? Do people come to you and complain? Do you usually leap to a solution? OR do you complain and seethe? Complainers and seethers, take note: your behavior is a MAJOR source of stress, not only to you but to others as well.

Stress Buster Tip #4: Visit a Network Chiropractor, to get regular adjustments. I have people come into my office stressed out of their brains...and leave feeling like a new man or woman again. I am always amazed at how the human body responds to a Network Chiropractic adjustment. Once the spine is corrected, the entire body melts away stress like margarine in a frying pan. If you haven't had Network Chiropractic adjustments, call our office now and get adjusted. It doesn't take long to feel the benefits of Network Chiropractic.

Lastly, and maybe the greatest secret of reducing stress, is to: **DECIDE TO HAVE FUN NO MATTER WHAT HAPPENS!** What a unique concept, eh? People take things in life way too seriously. Step back from every "serious" situation and ask, "In ten years will this even matter?" I think you'll discover it probably won't!

Here's a neat little trick that changed my life when I read it: Ask yourself this question, "How can I get this job/task completed, and enjoy the process?" This question will eliminate 90% of the stress in your life. Let's say you're taking some night classes. You have a huge project due. Rather than feel stress, simply ask yourself, "How can I get this project done, and enjoy the process?" You figure out you could get most all the work done while laying on the beach! See the radical difference it can make in your stress levels? How can you use this right now?

I sincerely hope this information will help you and your family and friends.

**Dr. David Bohn**, Director  
Accent on Health Chiropractic Center  
Route 28, Ridgeley, WV

**[www.accentonhealth.org](http://www.accentonhealth.org)**

My practice is "different" it focuses on patients who feel they have no hope. People like you, suffering with numerous symptoms and pains and wondering what else can be done. I want you to know that I promise to help you with the most advanced natural methods available and it will always be a team effort, you and I.

Here's What Some of My Patient's Have Said About My Practice...

"Dr. Bohn is very competent and is thoroughly knowledgeable regarding his profession, I have benefited greatly from his teaching" Dr. Michael Pollard

"Dr. Bohn always hears his patients...he always has time to listen" Terri Lowery

"The service and people are excellent...they make the patient feel really comfortable"  
John Myers

Well, that's about it. I hope you have learned something from this report. I also hope that I have enabled you to make good, educated decisions about your health.

I appreciate the time you have spent reading this report and wish you only the best in health and wellness!

Sincerely,

Dr. David A. Bohn

*Thank You*