

The effects of Stress:

The continued stress that our daily life provides can cause our body to secrete too much cortisol (stress hormones). The symptoms are irritability, fatigue, and even food cravings.

Using the Life System Quantum Biofeedback, we can scan the body and detect where the imbalances are and help your body distress.

There are also great herbs that can help decrease your reaction to stress, and improve your overall feeling of well-being.