



# MAJELLA FARRELL

Majella is an award winning therapist at Live Well Clinic.

## STRESS AND AGEING WELL

This month, Majella Farrell from Live Well Clinic discusses how stress can have a detrimental effect on the aging process.

### THERAPIES INCLUDE:

- Nutritional Advice
- Reflexology
- Aromatherapy
- Body Massage
- Massage For Pain Relief
- Skin Rejuvenating Therpaies
- Hopi Ear Candling
- Modern Homeopathy
- Detoxification
- Food Sensitivity Testing
- Mesotherapy
- Weight Loss Advice

### THERAPIES CAN AID WITH:

- Digestive Disorders
- Arthritis
- Fibromyalgia
- Stress & Insomnia
- Allergies & Hay Fever
- Colds & Flu Prevention
- Sports Injuries
- Hormonal Disorders
- Weight Loss
- Pain
- Maintaining Health
- Recovering from illness

Lily Tomlin got it right when she was talking about the effects of stress, "For fast-acting relief, try slowing down." Stress is no friend when it comes to warding off the signs of aging.

Excessive or long term stress has a detrimental effect on the hormones we need to keep us young. A huge variety of stressors affect us daily; noise and pollution, work, driving, lack of sun exposure, loneliness, and much more. When these stressors accumulate, they disrupt the delicate hormone balance that affects everything from how slowly we lose weight to how fast our skin wrinkles.

The effects of stress are often visibly obvious. Stress can transform an

energetic person with a glowing complexion into someone with dull skin, eye bags, weight gain, and mood swings.

Stress can keep you fat! When we stress the body produces more of the hormone cortisol which adrenal glands produce as a reaction to stress. Normally, this is fine, if you have a good balance of work and rest in life. If, however, you have no rest time, levels of cortisol remain high, and that can affect your weight but also the quality of sleep.

Because of the demands of our modern lifestyle we can constantly be in a stress response state and unlike our predecessors we cannot run from our threats or fight them as in the case of rushing against the clock to get to work

then to be home at a certain time and all the demands in between. If there is no balance in your life you do not work off the stress hormones and they just keep on being produced, never released so the extra energy is deposited as fat around our middle and you wonder why you go to sleep tired and waken up tired! In addition, cortisol in the blood increases your appetite, particularly for carbohydrates, fat and sugar, which makes you gain even more fat.

### Change is needed

Alkalinizing you body will help to balance the stress hormones. I recommend a wonderful preparation called Guna Basic.

Planning rest time - book a therapy. Aromatherapy is a wonderful therapy to use. Nature's oils and aromas.

Detoxifying - getting help to plan your diet, work /life balance, to rebalance hormones and get rid of toxicity. Physiological Regulating Medicine is a method that works through detoxification, drainage and stimulation of the body's repair mechanisms. It is a revolutionary system using registered medical devices developed and used with great success worldwide. Products are formulated using Ultra Low Dose technology in the same concentrations as produced by the body. This innovative approach helps modulate the healing and repair systems of the body, gentle, safe and well tolerated.

*Award winning therapist Majella Farrell at Live Well Clinic offers all of this expertise and more.*



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