

How

STRESS

affects tissue health

4x

Adults with higher depression and anxiety scores were four times more likely to be categorized as slow healers.

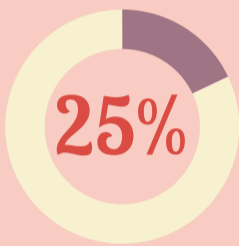
Studies show...



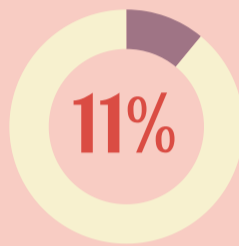
Couples with highly conflictive arguments healed at 60% the rate as couples that were non-conflictive.



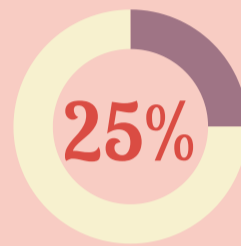
Students given a 3.5 mm punch biopsy wound before examinations took 40% longer to heal mucosal wounds during the test period.



Workers whose jobs give them chronic stress heal 25% slower than age matched controls.



Individuals that wrote about their thoughts and feelings had wounds that were 11% smaller than those that wrote about time management.



A four-week exercise regimen led to 25% faster healing of punch biopsy wounds.

THINGS TO AVOID AFTER AN INJURY OR SURGERY to promote quicker recovery



Unhealthy eating habits



Toxic relationships



Inadequate sleep



Smoking



Alcohol abuse



Caffeine

THINGS TO SEEK AFTER AN INJURY OR SURGERY to promote quicker recovery



Fresh foods



Regular exercise



Relaxation time



Additional salt intake



Good hygiene



Additional vitamins and nutrients

References:

Engeland, C.G., Graham, J.E. Psychoneuroimmunological aspects of wound healing and the role of pain. Wounds UK Ltd. 2011: 87-114.

Gouin JP, Kiecolt-Glaser JK. The impact of psychological stress on wound healing: methods and mechanisms. Immunol Allergy Clin North Am. 2011;31(1):81-93.

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