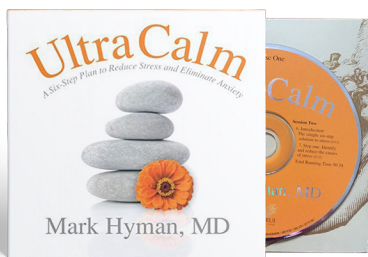


THE ULTRAWELLNESS CENTER

STRESS REDUCTION RESOURCES

“When it comes to your health, there is one factor that is more important than perhaps any other. If it is missing from your life, it causes or worsens 95% of all illness...It is the health of your mind and spirit.”



The above quotation is from Dr. Hyman's *The Blood Sugar Solution 10-Day Detox*. In his books, you can find tools and other nourishing ideas for reversing patterns of chronic stress. There are a variety of methods to try including: meditation, deep relaxation, mindful walks, UltraBaths, deep-belly breathing, and so much more.

Many great CDs, books, websites, and apps are designed to melt away stress and support your understanding of relaxation and its benefits. **Here are some of our favorites:**

GUIDED RELAXATION CDS

- *UltraCalm* by Mark Hyman, MD
- *Universe: Guided Meditation and Deep Relaxation with Heidi E. Spear* www.iTunes.com
- Any CDs by Jon Kabat-Zinn www.mindfulnesscds.com
- *Time Outside of Time* by Eileen Lawlor www.EileenatStillpointStudio.com
- *Guided Relaxation* with Jennifer Reis www.JenniferReisYoga.com
- The Resperate - interactive breathing device/biofeedback www.resperate.com

WEBSITES TO BROWSE FOR PRODUCTS

- www.heartmath.com
- www.wilddivine.com (great for younger girls and teens, there are add-ons for boys)
- www.Healthjourneys.com
- www.SoundsTrue.com
- www.JonathanFoust.com (has options for conscious movement, for those who prefer not to sit still in meditation)
- www.TaraBrach.com
- www.shinzen.org

BOOKS

- *When Things Fall Apart: Heart Advice for Difficult Times* by Pema Chödrön
- *Wherever You Go, There You Are* by Jon Kabat-Zinn
- *Unstuck: Your Guide to the Seven-Stage Journey Out of Depression* by James S. Gordon, MD
- *How to Eat; How to Love; and How to Sit* by Thich Nhat Hanh

APPS

- GPS for the Soul
- HeadSpace Meditation
- Insight Timer
- Yoga Nidra Lite

SPECIFICALLY FOR CHILDREN AND FAMILIES

- *Ladybird's Remarkable Relaxation* by Michael Chissick
- Healing Buddies Comfort Kit (iPhone app)
- *I am A Lovable Me* – Award-Winning Self-Esteem Books and Audio Products for Children
www.iamalovableme.com
- *A Handful of Quiet: Happiness in Four Pebbles* by Thich Naht Hanh and Wietske Vriezen
- *Mindful Movements: Ten Exercises for Well-Being* by Thich Naht Hanh and Wietske Vriezen

NEUROFEEDBACK

- <http://www.zengar.com/the-brain-neurooptimal>
- www.dnrsystem.com -Dynamic Neural Retraining system

