

# About Stress

Alphabiotics was established as a new profession by Dr Virgil Chrane, Jr., in 1971. Dr Chrane was one of the first to recognise the devastating effects long term low level (complex) stress was having on people. Since that time the negative effects of stress have increased tremendously. Alphabiotics was founded to meet this real challenge and to support people in moving towards their natural potential at every level of their being.

Dr Chrane has spent years researching stress and its consequences, both with his father Dr Virgil Chrane Sr., and his son Dr Michael Chrane. The three of them had proven that they had in Alphabiotics, possibly the most effective method of truly helping the whole person ever discovered

## **SIMPLE AND COMPLEX STRESS:**

From an Alphabiotic point of view there are basically two types of stress simple and complex and although we are subject to both one is a normal healthy condition and the other is not.

Simple stress, the normal one, is the type we encounter when crossing a busy road and we see some idiot hurtling towards us in a fast moving vehicle. A rapid reaction occurs in the brain called the 'fight or flight' response causing our muscles to instantly tense and we instinctively leap out of harms' way. The effect of this type of stress lasts for only a few seconds and it is something our bodies are well equipped to deal with. Instinctively we have been leaping out of the way of danger for hundreds of thousands of years.

Complex stress is very different. this is the type of stress we deal with on a daily basis. Alphabiotically we call this persistent low level (complex) stress. It is all the everyday worldly time and space concerns that cause tension in our everyday lives like money, relationships, traffic, overcrowding, job, family, health, security, deadlines, and so forth. The unusual thing about this type of stress is that it can build up in our bodies, unfortunately this type of stress is relatively new to our society and humankind has not yet adapted to dealing with its effects sadly it is getting worse.

Alphabiotically we can demonstrate how this type of stress upsets the natural balance of the body and many times we can detect and help reverse the negative effects long before any ill feelings of unbalance are noticed. *A building up of stress drains your life energy* Participation in ***Alphabiotics helps reverse the build up of persistent low level stress*** and allows our brain and body to handle daily concerns more appropriately

## **PERSISTENT, CHRONIC LOW LEVEL (COMPLEX) STRESS**

In the highly referenced book *The Stress of Life* by **Dr Hans Selye** he states “degeneration of the body, as we grow old, is a sign of sustained over-stress”

Modern stress Researcher **Dr Kenneth Pellitier**: “Stress appears to be the greatest factor in the development of most physical disorders. When we expend resources to fight off the ‘threats’ of modern life, fewer reserves remain to resist infection, replenish cells and maintain health.”

Prominent Psychologist **Dr Geneva Rowe** reported in *Newsweek* that “25 years ago we had intermittent stress and a chance to bounce back before another crises. Today we have chronic unremitting stress with little or no chance to recover.” ***At this time in history 20 year olds have more stress to deal with in one year than their grandparents had in a lifetime***

*Nobel Prize Laureate Dr Roger Sperry* renowned for his brain hemisphere research had demonstrated “that 90% of the brains’ motor-energy output is used to balance the body in its gravitational field, with only 10% used for thinking, metabolism and healing.”

**Obviously** if a person is out of balance with gravity, less energy is available for thinking, healing and metabolism. **The number one priority for the body is** to constantly maintain us in a state of positive homeostasis - - spiritually, psychologically, structurally, and metabolically.

*Unfortunately the abnormal is so common today that it is difficult to determine what is normal in adults today. Almost every adult human is demonstrably not in an ideal state of homeostasis even when they are without symptoms and think they are in perfect health*

***There are many beneficial modalities designed to lower stress, however the MISSING FACTOR is the stress response itself.***

***ALPHABIOTICS deals with this missing factor***

## **THE ALPHA BRAIN-WAVE STATE**

Inappropriate stress levels result in defensive outer-reactive *beta brain wave state behaviour*. Alphabiotics enable us to enter into highly receptive states and create new options in our lives. When we maintain a predominantly alpha state we have increased levels of norepinephrine in the brain and a greater ability to deal with stress. In this state of awareness there is a significant reduction in a persons needs for stimulants such as alcohol and drugs.

Receiving regular Alphabiotic Integrations enhances better connections between the two hemispheres of the brain which increases your potential for improved mental

development, analytical ability, creativity, performance, feeling lighter and clearer about life.

Cerebral imbalance is measured by testing the obvious such as selective weakness, excessive tension, and hip imbalances in the body. By bringing the recipient out of the beta state and into the alpha state these areas are tested again with significant improvements. In addition when this person goes to sleep they will go through a natural cycle of slowing from the alpha states into deeper relaxation by entering a delta and then theta state, this is the natural cycle that has one waking up refreshed.

When we are locked into beta it is not so easy to pass through these cycles and frequently insomnia or restlessness is experienced. If a person uses sleeping pills they are basically dropping from beta into theta and waking up feeling tired. This is because it is like changing the gears in a car straight from top to first without the sensible slowing down through the other gears. It is not difficult to figure out how this damages the vehicle, the body-mind continuum experiences an equally destructive change. A damaged car can be replaced.....

**Alphabiotics** offers an intelligent and effective approach to maintaining balance in all areas of our life and if we choose it also empowers us to be more alive, awake and aware; more conscious of our true self.

**Alphabioticists** facilitate is the allowing of your own natural doctor within to self heal, self correct and self repair.

**Alphabiotics** has side benefits reported by participants, these include feeling calm, peaceful, long standing health challenges clearing up, positive self talk, less muscular tension, structural balance, ability to deal with challenges, smiling more, improved circulation, better memory, less afraid.

**Alphabiotics** enhances natural helping modalities such as shiatsu massage, yoga, self development programmes. Regular sessions will facilitate the natural processes of healing, thinking and metabolism.