



slim for good

the hormone balancing diet

EMOTIONAL STRESS RELEASE (E.S.R)

This is one of the simplest of kinesiology techniques but can help relieve stress and the need to emotional eating. Emotional Stress Release really can work wonders.

Keeping calm and centred at times of emotional upset is not easy. It does not seem to matter how serious the stress or problem appears at the time, using E.S.R. will help you deal with it. A few minutes of this hands-on method will create an entirely new perspective. The amazing thing is that the relief gained seems to be permanent.

When everything gets all too much we can feel overwhelmed by the sheer number of things we must deal with but this can be greatly relieved with the E.S.R. technique.

When stressed the blood supply to the left and right hemispheres of the brain can become unbalanced and the thinking part of the brain is "paralysed". This can lead to the 'automatic pilot feed me now mode' when emotional eating feels like the only solution.

So, do ESR because most people can gain almost immediate relief.

E.S.R. was discovered by a research Kinesiologist used to working with emotional distressed people when he noticed there is a common physical reaction to being emotionally distressed. We put our hands to our foreheads automatically when faced with a situation that is hard to deal with emotionally. Both hands in this position, fingertips rested naturally on the two mounds on the forehead in a vertical line above the centre of the iris of the eye. These two mounds are called the 'frontal eminences'. It is felt that this reflects our tendency to run away from problems rather than face them. When confronted with life's upsetting issues we may try to think of something else or avoid them and hope they will go away.



If we do set out to think the problem through whilst upset, it just seems to get worse and worse as we go around in circles. The secret of using E.S.R. effectively is to force ourselves, to concentrate on the main core of the problem for as long as possible. The miracle is that the harder we try to focus on the problem, the harder it gets to do so. Yes, it may seem too good to be true but it works. Most people gain almost immediate relief because it is virtually impossible to remain emotionally upset when this is being done.



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HOW TO DO IT

- Get into a comfortable position to maintain for a few minutes
- Place your finger tips on the two mounds immediately above the iris, about halfway between the eyebrows and your hairline.
- Place the tips of your fingers with the lightest possible pressure
- When you have made contact stretch the skin a millimetre or two upwards towards the hairline.
- Maintain a steady light pressure until you feel relief
- Concentrate hard on the core of the problem no matter how painful or upsetting this may be. So long as you keep your fingertips on the forehead, the pain, distress and hurt will just melt away in a matter of minutes
- Focus on the image of a single aspect of the problem and not several. So, focus on the core of the problem. What's the priority?