

Carrico Muscle Therapy Center



- *Accurate Assessments*
- *Efficient Treatments*
- *Positive Results*

How are you managing your stress?



610 East North Street, Bradley Illinois

(815) 936-0050

www.carricotherapy.com

Chronic Stress

Many reputable organizations such as **Harvard University** and the **National Center for Complementary and Alternative Medicine** have recognized the effects of stress on people's health and wellbeing.

Our bodies are equipped with natural responses to **acute** or short term stress that allows us to act whenever we need to engage into immediate demands of life such as going to work, taking care of our families, and much more.

The response to short term stress generally affects the body by increasing blood pressure, respiration, muscle strength, and heart rate, but decreases digestion. On the other hand, the short term levels of stress should be eliminated after causes of stress are diminished. However, if the body is unable to naturally return the system to normal, the over accumulation of stress called **chronic stress** can cause serious health disturbances by prolonging all the physiological changes listed next. Therefore, it is very beneficial to our health and wellbeing to learn simple techniques on how to manage stress levels by returning the body to normal whenever we find that stress still affecting our health.

How can we Manage Chronic Stress?

There are several natural techniques used today that are excellent tools to combat the effects of chronic stress. Among these techniques are meditation, music therapy, behavior therapy, and etc.

Possible effects of Long Term or Chronic Stress:

- Suppression of the immune system
- Decrease of short term and long term memory
- Increase the risk of coronary artery disease
- Increase the risk of diabetes
- Disrupted sleep
- Increase chances for chronic anxiety and panic attacks
- Increase muscle tension
- Decrease of digestion and absorption of nutrients
- And much more...

The **Carrico Muscle Therapy and Naturopathic Center (CMTC)** is working together with our community by providing applicable educational sessions on stress management and reduction or SMR.

The SMR sessions are available as an individual or group format. The individual/private session is performed by a professionally trained practitioner where the client lies on the therapeutic table while the practitioner guides the client through three powerful stress reduction approaches. The stress reduction approaches used during the session include proper physiological breathing, Progressive Muscular Relaxation (PMR), and guided positive visualization.

At the end of a session, the client should experience a sense of balance and relaxation. The number of sessions will depend of the client's ability to memorize the approaches.

Group sessions are available based on a pre-arranged schedule and the minimum of three participants are needed in order to establish a session. All group sessions are held at our clinic's wellness room. For more information or to setup an SMR session, visit us at <http://www.carricotherapy.com/session/request.htm> or call us at **(815) 936-0050**

Also, read about our other natural health sessions on **Smart Eating Choices (SEC)** and **Balance and Flexibility (BNF)** at www.carricotherapy.com/services.htm

Who is conducting the SMR sessions?



Antonio Carrico L.M.T., N.D.

Antonio Carrico has been practicing traditional naturopathy since 1999. Always determined to enhance his natural health background, he completed natural health and stress management courses with the following institutes:

- ❖ National Center for Complementary and Alternative Medicine
- ❖ Governors State University- Psychology Department
- ❖ Harvard Medical School-Department of Continuing Education

Get to Know Our Practitioners



Antonio Carrico L.M.T., N.D.

Antonio Carrico, the director of natural therapeutics for the Carrico Muscle Therapy Center practices and supports natural approaches to health as a traditional naturopath and licensed massage therapist.



Melissa Carrico L.M.T., COTA/L

Melissa Carrico, a licensed massage therapist and occupational therapist assistant has helped many clients and patients that choose our natural health treatments.



Maickon G. Carrico, L.M.T.

Maickon Carrico is an Illinois licensed massage therapist with more than four years of