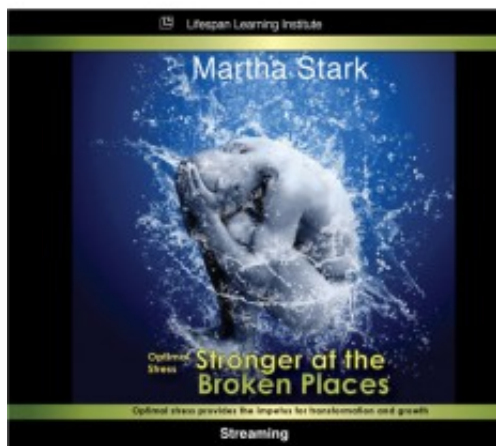


# Optimal Stress: Stronger at the Broken Places - Video



**Price: \$39.00**

## Description

" Too much stress, traumatic stress, will be too overwhelming for the system to process and integrate, prompting instead defense, disorder, and disease. Too little stress will provide no impetus whatsoever for transformation and growth, serving instead simply to reinforce the status quo of the system. But just the right amount of stress, optimal stress, will provide the challenge needed to prompt adaptive reconstitution of the system at ever higher levels of order, complexity, and integration..This presentation focuses on the system's capacity to cope with stress is ultimately a story about the system's ability to process and integrate the impact of environmental challenge."

## Objectives

After completion of this program listeners will be able to:

1. Explain the importance of the system's ability to process and integrate the impact of environmental challenge.
2. Describe the role played by the living matrix in the high-speed body-wide propagation of information and energy throughout the body.
3. Distinguish that dis-order and dis-ease are occasioned by the cumulative impact of both absence of good (deficiency) and presence of bad (toxicity)

4. Identify treatments that either supplement (in order to replenish the reserves) or detoxify (in order to lighten the load), all with an eye to reinforcing the system's resilience and capacity to tolerate the stress of life

### **Specification**

Conference Recordings	
format	mp4 video
Presenter(s)	Martha Stark
Time	1 hour 16 minutes
Year	2009