

Winter 2008

## STRESS

### How to make it work for you

We've all seen the often scary television programs and newspaper articles on how stress contributes to headaches, fatigue, anxiety, insomnia, high blood pressure, heart attacks, cancer and other afflictions.

#### **A better way to manage stress**

You already know that a sensible, balanced diet, fresh air, sufficient exercise, and plenty of sleep keep you healthy and resilient to stress.

#### **A natural, drug-free approach**

You may want to start with one hour of Chinese Massotherapy. You may then choose to move on to learn the basics of Tai Chi and Chi Kung.



**Customized Stress Programs, Chinese Massotherapy, Tai Chi and Chi Kung are available at our studio or in your home or office.**

**Gift certificates and insurance receipts available**



Stress activates your adrenal glands. The adrenal glands pump adrenaline and cortisol into your bloodstream and give your body energy. This energy enables you to take on challenges, avoid dangers, and deal with all the normal pressures of life.

Chronic stress, however, weakens your immune system, wears out your heart and blood vessels, exhausts your body and makes you more susceptible to illness.



Pressure and conflict in life are inevitable. It is how we deal with pressure and conflict that matters.

For thousands of years, Chinese medical tradition has cultivated a mastery of health and life's stresses. Rising Tao Integrative Health offers you modern programs and sessions in three major Chinese healing arts: Chinese Massotherapy, Tai Chi, and Chi Kung.

Tested by more than 15 years of practice and teaching, these programs and sessions help you achieve optimal health and well-being. They also offer you a better way to manage stress.

Chinese Massotherapy uses the same diagnostic methods, meridians (energy channels), and pressure points as acupuncture—but without the needles. It helps relieve pain and stress and is a very relaxing experience.

Tai Chi and Chi Kung are gentle, meditative forms of mental and physical exercise. They calm and strengthen the mind while both relaxing and invigorating the body.

Chinese Massotherapy, Tai Chi and Chi Kung help bring your body back to a natural, drug-free and energetic balance.

#### **Enhance your energy and stamina**

Our fees are very reasonable. Visit our website to find out how Chinese healing arts work to relax your body and relieve stress, enhance your energy, and increase your stamina and focus.

[www.risingtao.ca](http://www.risingtao.ca)

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*"Thank you Craig for saving my life."*  
Louise Renaud, Lawyer,  
Professor of Law  
Université de Montréal

*"After our session I was able to function again and following your recommendations, each day got better."*  
Anne Howard, Writer and  
Publicist

*"Your course was enjoyable, informative and well thought out."*  
Marc Elman, CA CBV,  
Ptack Schnarch Basevitz  
Chartered Accountants