



FREE REPORT

3 SIMPLE WAYS TO

**PROTECT** YOUR  
**HEART** FROM  
**STRESS**

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Dear Friend,

Hi! I'm Dr. Neil Neimark, M.D. Board Certified Family Physician and Fellow of the American Institute of Stress ... and if you're here reading this report ... I'm fairly certain you already know how dramatically stress can negatively impact the quality of your life and your overall heart health ... and I'm sure you are more than ready to get your stress level back under control!

Though there is great controversy surrounding the proper diet and the best medications to help reduce the risk of heart disease, one thing is exceedingly clear ... nothing is controversial about the importance of managing stress in reducing your risk of heart disease. In fact, nearly every expert agrees that stress is one of the key modifiable risk factors for cardiovascular disease ... that when properly managed ... can dramatically reduce your risk for heart disease.

Stress works in many ways to increase your risk of illness and disease. First and foremost, stress triggers the release of adrenaline, which causes the blood pressure to rise and the heart to beat rapidly and vigorously ... putting an increased strain on the heart muscle and delicate blood vessel linings. And, when the stress is chronic ... overtime, that increases your risk of heart disease, stroke, irregular heart rhythms and high blood pressure.

Secondly, stress is known to directly cause inflammation in the body ... most importantly by increasing the production of inflammatory cytokines. Exactly how this happens is complicated, but the important thing to realize is that your thoughts and feelings are chemical ... and when you have frequent angry or inflammatory thoughts, those very thoughts can cause inflammatory chemicals to be produced in the body.

In fact, when inflammation damages the delicate inner lining (endothelium) of the arteries in the heart or brain, it leads to the formation of plaque, which overtime, can obstruct the flow of blood to vital heart and brain tissue. Even more importantly, inflammation can also cause existing plaque to become more unstable ... meaning that existing plaque can essentially "leak" into the lumen of the arteries and rapidly create a new clot that can abruptly block the flow of blood to critical heart muscle or brain tissue, thereby causing an acute heart attack (myocardial infarction) or acute stroke.

This is important, because nearly every clinician and researcher now understands the vital role that inflammation plays in initiating the plaque building process. When inflammation damages the delicate inner lining (endothelium) of the artery, it leads to the formation of plaque, which overtime, can obstruct the flow of blood to vital heart tissue. Even more importantly, inflammation can also cause existing plaque to become more unstable ... meaning that existing plaque can essentially "leak" into the lumen of the coronary artery and rapidly create a new clot that can abruptly block the flow of blood to critical heart muscle, thereby causing an acute heart attack (myocardial infarction).

Lastly, new theories are showing that chronic stress alters the balance of the autonomic nervous system in a way that the stimulating effects of the fight-or-flight response (driven by the sympathetic nervous system) begin to overpower the calming and relaxing “rest-and-digest response (driven by the parasympathetic nervous system). When this happens, a condition called “sympathetic dominance” occurs, creating damaging metabolic changes in vital organs like the heart muscle itself where lactic acid begins to build up in the heart muscle cells, leading to heart muscle damage, even in the face of good blood flow from the coronary arteries.

If you think of the sympathetic nervous system as the accelerator in a car and the parasympathetic nervous system as the brakes, then this is analogous to driving a racecar at high speeds around dangerous curves with malfunctioning brakes! Not a good situation.

For all these reasons, I feel very passionate about helping you to better manage the stress in your life ... so that you can personally and effectively reduce your risk of developing heart disease ... or worsening any existing heart disease you may already have.

If this is the first time you’ve heard of me, I understand why you may be asking yourself, “Why should I listen to this guy?” It’s true ... you don’t really know me ... but it’s my hope that this report will ... in part ... help change that situation, so that you can begin to see my expertise in the field of mind/body medicine and stress management. With that in mind, let me just tell you briefly about my qualifications to write this special report for you.

In addition to being a Board Certified Family Practitioner, a cum laude graduate of The Ohio State University College of Medicine, a Fellow of The American Institute of Stress and a practicing physician with a vibrant practice for nearly thirty years, I am also the author of books (my latest is called “[The Science of Positive Thinking](#)” – check it out on Amazon), seminars and audio programs where I have helped thousands of patients in their quest for greater physical health, emotional well-being and spiritual peace of mind.

Over the last 30 years, I have studied and learned from some of the greatest minds in the field of mind/body medicine and spirituality, utilizing these concepts to help bridge the gap between traditional and alternative medicine.

Bringing together the ideas of science and spirituality, I have been able to help people understand and use their physical symptoms and illness as a tool for greater mental, emotional and spiritual growth, leading patients to powerful levels of stress reduction ... and a deeper level of health, happiness and fulfillment.

You can learn more about me and my writings by visiting me at [www.NeilMD.com](http://www.NeilMD.com) but for now, I feel truly privileged to be here with you today to share ... three really important ... and little known ... principles of stress mastery that can truly help you manage your stress more effectively ... and begin to

reclaim your heart health, happiness and peace of mind ... even if you are currently struggling with extraordinary levels of stress.

I hope you enjoy this special report and I welcome and look forward to any comments or questions you may have.

Sincerely,

A handwritten signature in black ink that reads "Neil F. Neimark, M.D." with a stylized flourish at the end.

Neil F. Neimark, M.D.

*Board Certified Family Physician*

*Fellow of The American Institute of Stress*

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## Strategy #1



The **first principle of stress mastery** that can help you manage your stress more effectively is this ... always remember that:

**“Stress is not your enemy, it is your teacher.”**

Why do I say that? Because the human stress response ... our inborn fight or flight response ... is only triggered when some part of you perceives a threat to your well-being.

And whether that threat is physical, psychological, emotional or spiritual ... when you learn how to see

stress as a teacher, then you can find out what that threat is and do something about it. But we don't do that in life do we?

We just moan about things and complain about them and get frustrated ... instead of taking the time to think ***“What do I need to learn from this situation that can help me prevent the kind of automatic negative reaction that always just escalates the difficulties in my life and gets me in trouble?”***

That's why **it takes wisdom to manage stress in our lives** ... we can't just rely on some simple breathing exercise or meditative technique. By definition, **wisdom is the ability to judge or discern what is right, true and lasting in life.**

In other words, without wisdom it becomes nearly impossible to clearly understand what is helpful and what is harmful to us ... yet alone to muster up the courage and strength needed to take the necessary steps to actually change our behavior and do what is helpful and avoid that which is harmful.

So in order to let the stress response truly protect you and instruct you in how to live a better life, **you must have the wisdom to be willing to learn how to make stress your teacher not your enemy!**



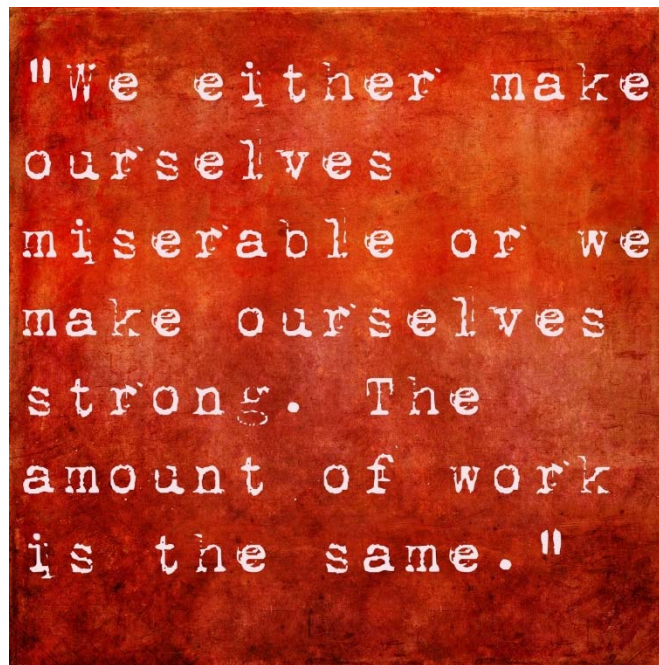
And so, the next time you feel stressed out or frustrated ... instead of letting the stress get to you and instead of reacting with anger or hurt or disappointment ... that only puts a strain on your heart ... take a moment and ask yourself, ***“What can I learn from this situation so that I don't keep experiencing the same stress over and over again?”***

”

In other words, “What do I need to know, to see, to learn, to change or to improve in myself so that I no longer feel threatened, stressed or attacked?”

Do I need to set better boundaries, strengthen my own spiritual connection, learn to be less sensitive to how others feel about me ... or perhaps just remove myself from a toxic work setting or a toxic relationship?

Whatever stress is trying to teach you ... **take the time to learn the lesson** so you don't have to keep insanely repeating the same automatic negative reactions over and over again! Your heart health will improve and so will your happiness.



**Carlos Castaneda (December 25, 1925 – April 27, 1998)**

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## Strategy #2



Now here's **the second principle of stress mastery** that can help you manage your stress better and improve your health ... and it has to do with identifying the true cause of stress in your life. And for most people, I think this is going to be bad news.

Why? Because we all want to blame our stress on external circumstances and toxic people in our lives ... you know bad drivers, rude people, too many bills to pay and the like. But the truth is this, when it comes to experiencing something stressful in life ...

**“Who you think done it – didn't do it without you.”**

In other words, whether it's difficult work situations, toxic relationships, money problems, nasty traffic jams or health issues themselves ... none of these things can cause you lasting stress unless you allow them to.

Why? Because **it is your response to what happens that shapes the outcome of every difficulty in your life.**

When you learn how to **moderate your response** in a way that is empowering and elevating rather than reactive and depressing, then you're on your way to better heart health, less stress and greater happiness.

Author and personal growth expert, Jack Canfield says it this way:

$$E + R = O$$

which means that An **Event** (E) + **Your Response** (R) = **The Outcome** (O)





So the next time you feel stressed out and pushed to the edge, don't let yourself get worked up into a frenzy thinking you have no control over the situation. Instead, take a moment and ask yourself *"How can I respond to this situation in a way that elevates the outcome, honors my own dignity and self-worth and respects the dignity of others involved?"*

Your body, mind and spirit will thank you for **responding with wisdom rather than reacting with fear** ... and **the outcomes in your life** ... including **better heart health** ...will start to **rapidly improve**.

"Wisdom is  
knowing what  
to do next;  
virtue is  
doing it."

David Star Jordan (January 19, 1851 – September 19, 1931)



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## Strategy #3



Now let's move on to **the third and last fundamental of stress mastery** that I'm going to discuss today ... and that has to do with whether you believe that your overall health is most adversely affected by mental and emotional stresses or by physical stresses like poor diet, lack of exercise or physical illness.

To help answer this question, I turn to **the wisdom of the great Yogi Berra** ... former New York Yankees catcher who used to jokingly say **that the game of baseball is "90% mental and the other half is physical!"**

After 30 years of practicing medicine, I have to say that ...

**I believe the same thing about good heart health that Yogi Berra believed about baseball ... that it is "90% mental and the other half is physical!"**

In other words, **in order to maintain excellent heart health, you need to focus as much ... or more ... on a healthy mental diet as you do on your physical diet.**

Yes ... you need to make sure you're getting the right amount of nutrient-dense fruits and veggies and that you minimize your exposure to high sugar foods, fatty foods, trans-fats, and fried foods.

**But you need to focus even more on a healthy mental diet.**

Why? Because the field of mind-body medicine teaches us that **mind and body are inseparable** ... and if you're allowing mental stresses to get to you and allowing unrealistic expectations to throw you off emotionally or allowing toxic relationships to destroy your sense of mental well-being, then it's going to aggravate and inflame your health in a really bad way.

In fact, **research clearly shows that mental stress creates inflammation in the body, which is one of the leading causes of heart disease and plaque formation.**

In other words ...

***recurring negative thoughts, excessive worry and unrealistic expectations are every bit as toxic to your heart health as are the wrong foods.***

In fact, scientific advances now reveal that **your physical body is nourished not only by the foods you eat, but also by the thoughts you think.**

When you fully realize that **what you feed your mind is as important to living a heart healthy life as what you feed your body ... it changes everything ...** and you begin to realize **how important it is to have a stress management plan in place that systematically helps you attack the negativity that threatens your very well-being.**

Bestselling author and neuroscientist Rick Hanson, Ph.D. teaches that **the mind is like Velcro for the negative and Teflon for the positive.**

In other words, don't beat yourself up, because the default position in life is to focus on the negative, bringing with it all the physical symptoms that can throw your health into disarray.

***In order to effectively overcome the negative in your life, you need solid stress management techniques,*** inspiration, motivation, education and wisdom to help you seek out the positive and deflect, address and defeat the negative in your life.

In fact, if you don't know how to deal with negativity and the mental and emotional stresses that can derail your heart health ... then no matter how well you eat and exercise, no matter how many "bad foods" you give up ... you are not going to experience the level of physical health and emotional well-being you truly desire in life.

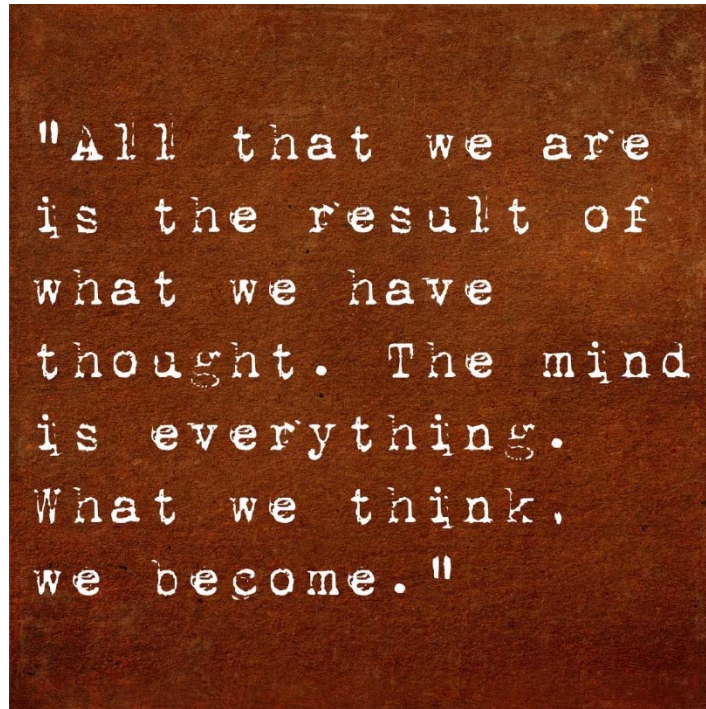


And so, the next time you feel stressed out to the max and start feeling negative, remember that **what you feed your mind is every bit as toxic to your heart as what you feed your body.** You wouldn't go out and eat bad, toxic or contaminated food just because you felt stressed, would you? No, of course not! So why do you let yourself engage in bad, toxic or contaminated thinking? It poisons your heart, destroys your health and sense of well-being and keeps you

from truly growing in life. Instead, take a deep breath, take a walk, just "let go" of whatever frustration, anger or negativity you are holding on to ... and remember that thoughts and feelings are chemical ... and unless you want to poison yourself with toxic thinking, it's more important to learn how to cope than to mope. Your mind and your body will thank you with a better heart and a happier life. This is the process of personal growth ... and always remember that ...

**... the ultimate purpose of all stress mastery is not to retreat from problems in life nor to make them magically**

disappear, but rather in the process of overcoming them, **to grow in wisdom, character, contribution and goodness.**



**The Buddha: Hindu Prince Gautama Siddharta, the founder of Buddhism (563 B.C. – 483 B.C.)**

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## *In Conclusion ...*



I hope these **three principles of stress mastery** have helped you to better understand how **you can achieve a healthier heart, greater happiness and more peace of mind in your life.**

If you'd like to really take back control of your life and stop putting your heart at risk from too much stress, then please visit my website at:

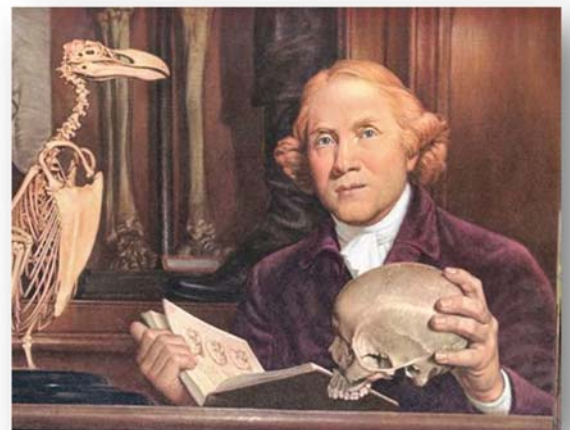
[www.NeilMD.com/less-stress-now](http://www.NeilMD.com/less-stress-now)

to learn more about **the most powerful mind/body/spirit approach to stress management ever developed ... The Perfect S.T.A.R.T. (Stress, Tension & Anxiety Relief Training)**

**online stress management course** that can help you protect your heart from the damaging effects of stress.

Before I end this special report, I'd like to share with you a famous story I first heard from Paul J. Rosch, MD, Chairman of the Board of Directors of the American Institute of Stress and Clinical Professor of Medicine and Psychiatry at New York Medical College. The story he told was of the Scottish anatomist, surgeon and pathologist, John Hunter (1728 to 1793), a brilliant anatomist and scientist, who helped elevate the field of surgery to a specialty discipline.

As it turns out, though John Hunter was a respected and distinguished scientist, he was often described by his colleagues as outwardly "rude and repelling" and quite argumentative. Furthermore, John's health was complicated by the fact that he suffered from angina (chest pain due to decreased blood flow to the heart muscle) and ... **his astute powers of scientific observation were not lost on his own condition** ... as he became quite aware that **many of his arguments often precipitated an attack of angina.** So much so, that he famously said these words (paraphrased),



**“My life is in the hands of any scoundrel  
who chooses to annoy me.”**

And, as fate would have it, quite tragically, it is reported that two weeks after making this comment, John suffered a fatal heart attack while having an argument with a colleague.

When I told this story to a patient of mine, Sherman Spitz, he said quite astutely, “So it is not always better to be the hunter than the hunted!” I thought that was a beautiful summary of the situation.

**John Hunter’s mistake was in allowing himself to be controlled by his stress rather than taking control of his stress.** On some level, we all choose what we allow to annoy us ... and even if it seems like our anger and annoyance happens automatically, we can always learn how to respond differently to what annoys us in life. **We are not helpless victims of circumstance unless we allow ourselves to be.**

Can we always choose not to be annoyed by things that people say or do to us? Probably not! But we can always choose how we will respond to that annoyance. Remember from Strategy #2, that  $E + R = O$ . (The Event + Our Response = The Outcome)

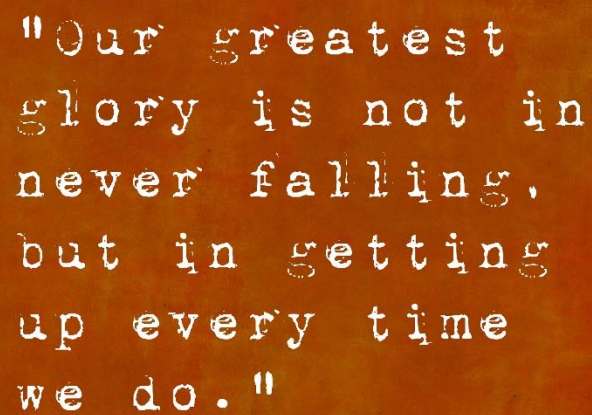
Having an argument with someone (E) does not mean that we are going to have angina or a heart attack (O), because it is our response (R) to the argument (E) that shapes and determines the final outcome.

Don’t be the hunter and don’t be the hunted. Instead, **be the master ... who learns through stress, difficulty and adversity ... how to grow in character and goodness.** John could have chosen many alternative responses (“walk away,” “give it to God,” “not take things so personally,” “recognize your personal power and choice,” “choose to let it go,” “imagine the annoying person is just mentally ill!” and all other sorts of reframing techniques) that would have helped him truly gain a sense of personal power over his own argumentative and reactive nature, and so can we all.

My dear friend and mentor, Rick Nyberg, M.Div., once told me that **there are two great teachers in life: wisdom and suffering.** It is my hope for you, that when life gives you a choice, you choose wisdom.

So do the wise thing ... protect your heart from the damaging effects of stress ... and visit my website at: [www.NeilMD.com/less-stress-now](http://www.NeilMD.com/less-stress-now) to learn more about **the most powerful mind/body/spirit approach to stress management ever developed ... The Perfect S.T.A.R.T. (Stress, Tension & Anxiety Relief Training) online stress management course that can help you protect your heart from the damaging effects of stress.**

To learn more about stress and your general health and well-being ... visit us at [www.NeilMD.com](http://www.NeilMD.com)



"Our greatest  
glory is not in  
never falling,  
but in getting  
up every time  
we do."

**Confucius (551 BC – 479 BC)**