THE STRESS MANAGEMENT PROGRAMME

“This programme aims to restore both the body and the mind to optimum health,” says Vita Health Medical Director, Dr. Eccles. “The benefits are numerous and many of the built-up symptoms of stress, anxiety, depression and insomnia, are released.”

Stress is an unavoidable consequence of life today and chronic stress can affect both mental and physical wellbeing. There is no magic wand to eliminate it from our lives. However, the Vita Health Stress Management Programme has been carefully and expertly designed to help you understand and manage your stress levels so they don’t manage you.

We can change how we deal with stress. Says Dr. Eccles: “we can work to provide our body with tools to compensate for the disruption in many of our body’s important systems. These include regular exercise (when endorphins, the feel-good chemicals, are released in the brain), proper sleep, meditation and a diet rich in key nutrients (to encourage repair and reduce inflammation).

At Vita Health, we believe that the more you can do to stay genuinely positive, with a healthy lifestyle and good nutrition, the better your health outcome will be, and you’re much more likely to have a greater resilience to the negative effects of stress. Correcting silent hormone and nutritional imbalances that are silently adding to your stress also places your system in a better position to handle stress more effectively.

Are you fatigued and stressed?
Dozens of times a day our body and brain come under attack from its own reactions, due to minor annoyances and irritations. Though this stress is psychological, it elicits from our body an unnecessary physiological stress reaction:

- Our heart rate and blood pressure soar
- Our blood sugar rises
- The large muscles of our arms and legs receive more blood to provide more strength

Conventional medicine is finally beginning to understand how profoundly negative stress can harm our physical health, making us vulnerable to all kinds of diseases. High blood pressure and cardiovascular disease can develop, as well as weight gain due to a spike in blood sugar and cortisol release.
Dermatological problems such as eczema can appear, as well as mouth ulcers, irritable bowel syndrome, hair loss and a deterioration of the immune system. Bad lifestyle habits, such as smoking, excessive alcohol and overeating - often used as coping mechanisms – are also key stress contributors.

While some stress is unavoidable, it becomes a problem when our response to it is negative and lasts an excessively long time. Or when we feel continuously overwhelmed, overpowered or overworked and our feelings and emotions are inappropriate for the circumstances.

**The Vita Health Stress Level Tests**

State-of-the-art tests are carried out that show your body’s stress reserves and how well your system is currently coping with stress. Your pre-arrival tests show our doctors the regulation of the adrenal glands. “These are most important,” says Dr. Eccles, “because these glands produce and release hormones and mediate stress responses.” Chronic stress impairs not only part of the nervous system but can also impair the adrenal hormone stress-coping mechanisms, a sort of adrenal fatigue.

Anyone can experience adrenal fatigue at some time in his or her life. An illness, a life crisis or a continuing difficult situation can drain the adrenal resources of even the healthiest person. This fatigue can also arise during or after acute chronic infections. “You may look and act relatively normal with adrenal fatigue and may not have any obvious signs of physical illness, yet you live with a general sense of unwellness, tiredness or “grey” feelings,” explains Dr. Eccles.

Inflammation levels that can cause degeneration to the body and increase stress on the system are also measured. “The good news is that all these can be regulated, reducing wear-and-tear effects on the system,” adds Dr. Eccles.

The Vita Health test panels are designed to identify nutritional and hormone imbalances that might be compromising your stress reserves. By correcting any detected imbalances, we aim to bolster your resilience to stress.

**How do you know if you may have adrenal fatigue?**

- Tired for no reason?
- Having trouble getting up in the morning?
- Need coffee, fizzy drinks, salty or sweet snacks to keep going?
- Feeling run down and stressed?
- Crave salty or sweet snacks?
- Struggling to keep up with life’s daily demands?
- You feel more awake, alert and energetic after 6pm than you do all day?
- Can’t bounce back from stress or illness?
- Not having fun anymore?
- Decreased sex drive?
Sex hormone imbalances are often related to stress response. Hormone imbalances are usually not an isolated problem. Most of the time, they are related to stress response. The more stress you are under, the more it unbalances the cortisol levels. When cortisol levels become unbalanced due to chronic stress, this in turn deregulates your sex hormones. Measuring adrenal stress is therefore an important part of any hormonal imbalance assessment and is part of the Vita Health test panels.

**Post-programme stress management**
If we identify any nutritional deficiencies that are likely to be increasing physiological stress, correcting these on an ongoing basis with the continued use of the advanced nutritional supplements from your program are likely to help you maintain better stress resilience.

The advanced nutritional supplements designed by Dr. Eccles specifically for the program are based on years of stress research. The benefits of these supplements are more likely to be felt and measured in long-term use, and you will have the option to continue with any of our supplements once you are back at home.

After you leave Vita Health, a follow-up consultation can be carried out on the telephone or via Skype, to monitor stress, weight loss and your general wellbeing. An e-mail advice line is available so you can keep in touch with our medical team and stay on top of any worries.

**Additional at-home tests**
Vita Health guests can also join our Continuing Health Empowerment Programme, where follow-up test kits are sent to you at home 3 months after your stay, so your key hormone and nutrient levels can be checked.

**For further information please call the Vita Health team on +39 0925 998 060, or e-mail vitahealth@roccofortehotels.com**
The Stress Management Programme Outline

What is included during your stay?

- Advanced Diagnostic Tests on arrival
- Consultation and treatment planning with the doctor on arrival
- Far Infrared Sauna Therapy, daily
- Individualised Energetic Polarity Massage, for body re-balancing and stress reduction, 50-minutes daily
- Facial Rejuvenation by non-needle Mesotherapy
- A daily recommended exercise programme chosen from a wide variety of classes on offer at Verdura
- Bio Mud Therapy Wrap to encourage the eliminating of toxins and stimulate the lymphatic circulation
- Revitalising Sea Salt Scrub to help eliminate impurities while stimulating blood circulation
- Advanced nutritional de-stress supplements as prescribed by the doctor
- Electromagnetic therapy, daily.
- Daily menus and juices
- Full access to all Verdura Spa facilities, including thalassotherapy pools
- Access to Educational Programmes, including presentations and cookery demonstrations
- Consultation and future health planning with the doctor on departure

Optional additional treatments are available
See Therapy Details Overview for more information

The Vita Health Stress Management Programme
€2,400 per person per week.
Pre-arrival diagnostic tests €500 per person.
Accommodation from €1,855 per week, inclusive of VAT.