STRESS-BUSTERS

Summer break is over and it's back to our busy lives and chaotic schedules.

To prevent our stress meter from overloading, *The Early Show* brought in David Gregg, senior editor of BehindTheBuy.com, with a collection of stress-busting devices designed to take the edge off.

According to the American Institute of Stress:
--Extended or repeated activation of the stress response takes a heavy toll on the body.
--Prolonged exposure to stress increases your risk of everything from heart disease, obesity, and infection to anxiety, depression, and memory problems.
--Because of the widespread damage it can cause, it's essential to learn how to deal with stress in a more positive way and reduce its impact on your daily life.

Gregg stresses (no pun intended!) that none of the devices below is a substitute for the guidance of a health care professional if your stress is extremely serious.

**Nukkles Vibrating Head Massager**
Imagine 10 long fingernails gently melting away your stress. Now add batteries for a stress relieving and rejuvenating, head massage. Now you can massage other parts of the body as well with the unique two-part massager design.
This new handheld head (and body) massager gently stimulates millions of nerve endings on the scalp as well as accupressure points that bring goose bumps from head to toe. The Nukkles Vibrating Scalp Massager is a motorized massager with stainless steel fingers. You can turn the motor on for a thrilling sensation or use without the motor for a more gentle massage. $18.49
www.unwind.com

**Deluxe Heated Eye & Sinus Massager**
In as little as ten minutes feel the stress and pressure of eye strain and sinus pain dissipate! The mask uses a combination of powerful air compression, kneading, rolling vibration, and heat to provide unparalleled relief from many eye, head and sinus related ailments. Perfect for those who work at computers, read or study for long hours, or overuse and strain their eyes. As an added bonus, the vibrating/massaging action combined with heat therapy actually increases blood flow to the region. This improves cell health and regeneration, reduces puffiness and dark circles and promotes a more youthful and rested appearance! The relaxing pressure of the air compression is perfect for the relief of sinus pain and allergy symptoms. Customize your perfect facial massage with the blue back-light remote control. Choose from 7 programs, 3 adjustable intensity levels and 5, 10, or 15 minute massage sessions. Use AC plug or 4 AA batteries (included). $90
www.massager-machines-and-more.com

**Stresseraser**
The small biofeedback device, the Stresseraser, shows your progress as you breathe in and out. It corrects you when needed and keeps track of how well your relaxation sessions go. Think of it as a relaxation coach or electronic meditation guru! The stresseraser can be used by itself or with any formal relaxation method like meditation or yoga breathing. In fact the stresseraser often has a synergetic effect on these other forms, making them even more powerful. How exactly does it work?: When you put an index finger into the top sensor of the stresseraser it monitors biofeedback information critical to deep relaxation. Relaxation that actually reverses the body's reaction to stress. Like a video game, a small line on the screen shows you how your breathing rhythm is affecting your body. The Stresseraser shows you when you're on track and will tell you to make any changes to your breathing if you're not in the relaxation zone. $300
www.stresseraser.com

**Zona Plus**
Research has identified three ways that Zona PLUSTM Exercise reduces blood pressure:
-- Cardiovascular Exercise-restricts blood flow to the heart by constricting blood vessels in your
toarm. This in turn causes your heart to work harder, just as in other forms of exercise.
-- Nitric Oxide production-increases the production of nitric oxide (a vasodilator), which the body
uses to relax the blood vessels, thus increasing the amount those arteries and veins can stretch.
This aids in lowering blood pressure.
-- Antioxidant Production-promotes production of antioxidants, which combat and lower the
damage done by oxygen-free radicals. Once again, helping to lower blood pressure.
The exercise is simple and easy to use. Simply press the "On" button, and the Zona PLUSTM
Handgrip display guides you through the 12-minute exercise session. All of this is done naturally
and without drugs. $380  www.zona.com

RESPeRATE, by InterCure
RESPeRATE is a breakthrough therapeutic breathing device cleared by the FDA to lower blood
pressure. RESPeRATE is: Clinically proven to reduce high blood pressure within 30 days. Not a
drug and has no side effects; Pleasant and easy to use; Guaranteed to lower your blood pressure
or your money back. Using RESPeRATE's interactive breathing exercise for just 15 minutes, 3-4
times per week, delivers a significant all-day blood pressure reduction. Proven to Work:
RESPeRATE has been written about in many leading medical journals, magazines, and books,
including the American Heart Association's, "Hypertension Primer" and the Mayo Clinic's, "On
High Blood Pressure". RESPeRATE's therapeutic benefit was validated in six separate clinical
studies, delivering an average reduction of 14/9. RESPeRATE utilizes a patented technology to
pace your breathing from the normal range of 14 to 19 breaths per minute to the "therapeutic
zone" of under 10 breaths per minute. Within a few minutes into the exercise the muscles
surrounding the small blood vessels dilate, thereby allowing blood to flow more freely, resulting
in lower blood pressure. Your breathing returns to normal after each session but the beneficial
impact on your blood pressure accumulates.
$270  www.resperate.com

Nintendo Wii Fit
Wii Fit is a video game developed by Nintendo for the Wii console. It is an exercise game
consisting of activities utilizing the Wii Balance Board peripheral. The balance board measures a
user's weight and center of gravity. The software can then calculate the user's body mass index
when told of his or her height. The game has roughly 40 different activities, including yoga poses,
push ups, and other exercises. Furthermore, Wii Fit allows its players to compare their fitness by
using Wii Fit's own channel on the Wii Menu. The game tracks a user's "Wii Fitness Age" through
a body test basing the result on the user's current age, weight, and balance. Like the rest of the
Wii Series, Wii Fit integrates Miis into its presentation and game play. The Yoga moves include:
Deep Breathing, Half-Moon, Warrior, Tree, Sun Salutation, Standing Knee, Palm Tree, Chair,
Triangle, Downward-Facing Dog, Dance, Cobra, Bridge, Spinal Twist, Shoulder Stand.
Wii Fit w/Balance Board: $90 (Wii Console Not Included: $250) www.nintendo.com

Human Touch Massage Chair
The Human Touch Massage chair offers a combination of patented Human Touch robotic
massage technology with a zero-gravity engineering design and a classy, refined look, including a
choice of black or dark chocolate top-grain leather. This massage chair's Acupoint Detection
System scans the user's body, identifies all pressure points and delivers a human-like/therapeutic massage focusing on those pressure points.
Prices Starting at: $2299  www.humantouch.com