

STRESS-BUSTING GIZMOS

David Gregg, of BehindTheBuy.com, was on the *Early Show* plaza with the latest gadgets designed to release stress in these tough times! All have been introduced in past year.

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.

David wants everyone to know that **none of these devices are a substitute for the guidance of a health care professional if your stress is extremely serious.**

PRODUCTS: (descriptions prepared with info provided by the manufacturers)

1-MusicalRelaxation.com

Think back to the last time you visited a health spa, received a facial or indulged yourself in a therapeutic massage. What ambience enhancement did they all have in common?...Answer: The stress melting music that was played to set the mood to receive your special treat. MusicalRelaxation.com is offering MP3 downloads of music that was composed and produced with one goal in mind... to relax and scientifically de-stress you. The big deal about this ethereal ear candy is that it is totally FREE! For more information on how to download these free stress busting tunes go to www.MusicalRelaxation.com

2-Nukkes 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 Nukkes 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

3-Pangao 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

This product is so unique from the others out there bc it uses air compressing, kneading, rolling, vibration, and heat.....most just vibrate.

4-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

-strap around tummy, put headset on, tight on the screen - It will tell you what intervals you should breathe...(possibly mic)...practice breathe in breathe out -

-uses audio tones and coached breathing....

-full results in 3 months

5-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 forearm. 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

-jet fighter pilots?

-full results in 3 months

6-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

*This video game is designed for stress reduction - no other one out there that is this interactive...

7-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 users body, identifies all pressure points and delivers a human like/therapeutic massage focusing on those pressure points. The reason these chairs are so unique is because they does not look like an ugly massage chair. They are high end furniture. It uses a technology to scan your length - and determines pressure points - nothing else like it! Prices Starting at: \$2299 www.humantouch.com