

Shocking Statistics You Need To Know:

- 77% of people regularly experience physical symptoms caused by stress.
- 73% of people regularly experience psychological symptoms caused by stress.
- \$300 billion in annual costs to employers in stress related health care.
- America makes up 5% of the world's population and yet consumes 65% of all psychotropic drugs, tranquilizers and mood enhancers.
- Americans consume 80% of the world's supply in painkillers, more than 110 tons of pure, addictive opiates every year.
- Stress is accumulative, it builds on itself and the brain cannot differentiate the stressors: physical, chemical, physiological, psychological or social. It is all the same to the brain.

- *David Bleiler, D.C., Instructor, Author, Professor at NAU October 2014*