

The Newsletter of THE AMERICAN INSTITUTE OF STRESS

Number 4

1991

4th International Montreux Congress on Stress February 16-20, 1992

These are the dates for next year's meeting, and we are in the process of planning the program and selecting appropriate authorities to serve on the Faculty. Sessions will again be devoted to Stress and Cardiovascular Disease, (Stress and Sudden Death), Psychosocial Stress, (Effects of Rapid Socio-cultural Change), Stress and Immune System, Biobehavioral Effects of Low Emission and Subtle Energies, etc. Particular emphasis in the latter and other sessions will be devoted to reviewing Eastern approaches, in an attempt to scientifically explore and validate how meditation, acupuncture and other non-traditional therapies achieve their benefits. Non-invited presentations will be considered based on the appropriateness of the subject matter and its contribution to a specific session or workshop.

Dr. Yujiro Ikemi has been selected as the recipient of next year's Hans Selye Award. A distinguished researcher in various aspects of psychosomatic medicine for several decades, including the role of a strong faith in spontaneous remission from cancer. He is being honored for his contributions to integrating Oriental and Western approaches into the biopsychosocial model. Further details about the program and Faculty will follow in future issues of the Newsletter.

A Magical Mind Machine To Reduce Stress

The "Whole Brain Wave Synchro Energizer" is a mind machine which uses electronic sound impulses and flashing lights "to coax your brain waves into a more relaxed pattern." Said to be a "brain pacemaker," its inventor maintains that it balances the right and left hemispheres of the brain, "producing a "hyperrelaxed state." Other advertised benefits are enhanced creativity and improved memory. Similar contraptions also promise greater sexual powers. This particular device features goggles "that light up like the Studio 54 dance floor" and can be

yours for only \$60,000. If that's too steep, for only \$600, you can purchase the Relaxman, a portable version of the Synchro Energizer that comes with preprogrammed tapes. If you are concerned about whether you are using it correctly, for an additional fee, you can telephone in and get hooked up to a voice stress analyzer. This will presumably provide an accurate measurement of your present stress level, and instruct you about how to set the dials of the machine for best results.

However, if your budget is really low, you can visit one of the dozen or so "brain spas" that have been set up around the country. For between \$10 to \$30 per hour, you can "leave your worries behind," along with as many as 32 other stressed-out clients. The proprietor will position you on a recliner, apply the goggles and headphones, and by manipulating the controls of his computerized console, will deliver a variety of "soothing sounds and carefully timed flashes of light" to (continued on page 2)

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For further information on the original source of abstracts and other reprints available on similar subjects, please send a self-addressed stamped envelope to: Reprint Division, American Institute of Stress, 124 Park Avenue, Yonkers, NY 10703.

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The Newsletter of
**THE AMERICAN INSTITUTE OF
 STRESS**

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A Magical Mind Machine To Reduce Stress

(continued from page 1)

destress you. A variety of celebrities have jumped on this bandwagon, including Tina Turner and the Van Halen brothers.

The Washingtonian, February, 1989

"An education's purpose is to replace an empty mind with an open one."

Malcolm S. Forbes

A Transcendental Tape for Stress, Sports, Sex, Etc.

The Mind Research Laboratory offers the "Brain Supercharger," a tape which will transport you "into another time and place" and also make you an instant "mental millionaire." In addition to "zapping stress and boosting brainpower . . . it can also be used to reprogram negative behavior and self-defeating beliefs." Or, you can lose weight by "rescripting" your eating habits and fight disease by focusing your natural mind powers on well-being." However, its major purpose is to "synchronize your brainwaves into improvements in I.Q., memory, creativity, mental clarity and perceptual ability."

This self-described "quantum leap in mind development technology" resulted from a serendipitous accident. Allegedly, some of the guys at the Mind Research Lab in Issaquah, Washington, were "fooling around with sound phasing certain frequencies when they stumbled on to this powerful combination. It altered the brainwave patterns of the listener and stimulated the pleasure centers within the brain." This subsonic stimulus cannot be

heard, but is rather felt. Just so you won't get bored listening to nothing, it is layered over with special sound effects including Tibetan Bells, underground streams, and angelic voices to enhance its effects. Since it allegedly does not significantly alter your state of consciousness, you can use it while working, relaxing, watching T.V., as well as sleeping.

The manufacturer points out that EEG studies on firewalking Yogis and Zen monks, show that when they reach their optimal "mind over body state," EEG's reveal strong theta wave activity. He claims that subsonic sounds on this tape do the same thing in a few minutes that it takes these gurus a lifetime to learn. In fact, their advertisement begins with large bold type that promises **"In 28 Minutes You'll be Meditating Like a Zen Monk!"** To top things off, in addition to achieving this "mind over body" theta state, your brain will release endorphins. "A hundred times more powerful than morphine, it makes you feel like you're soaring with eagles." You can get all of this for only \$53.95 along with two special bonus tapes entitled "The Secrets of Ultra Meditation," and "Enhancing Your Psychic Powers." There are also some 16 other programs at the same price, designed specifically to help you lose weight, master stress, attain superimmunity, accelerate learning, stop pain or smoking, improve lovemaking, golf, salesmanship, etc. We tried to obtain some additional information about any research confirming increased endorphin secretion or changes in brainwave patterns with any of these tapes, but were not successful.

The FDA has been cracking down on many of the above unproven stress-reduction devices. However, they are powerless to prevent their proliferation abroad. One of the major problems is that such approaches may have merit, and even those which are really worthless may produce transient benefits because of a placebo effect. As Seneca noted more than two thousand years ago, "Part of the cure is the wish to be cured." Such machines and tapes which do not have documented scientific support should be avoided. They may not only be worthless, but could be potentially hazardous for certain individuals with a predisposition to various seizure problems or even migraine. In addition, there are no human or animal studies that have confirmed the safety of long-term or unanticipated excessive use. However, authentic approaches which report benefits based on solid scientific research and do provide this type of information and reassurance, should be encouraged. Eventually, they promise to offer effective treatments for a variety of stress-related problems, including insomnia, anxiety, depression, and addictive disorders, without the dependency problems associated with drug therapy. We have consistently emphasized this at our annual International Montreux Congress on Stress, as noted on page three.

Electrotherapy for Insomnia, Stress, and Addiction?

Unsupported anecdotal claims about brain stimulation, such as those reported on elsewhere in this issue, are apt to turn the scientific community off about the potential for the clinical efficacy of stress reduction approaches utilizing subtle energies. Very legitimate and authentic research is being carried out in this area by respected scientists. However, it is likely to be drowned out by the plethora of devices, tapes, etc., being offered by entrepreneurs and charlatans. To avoid being painted with the same brush, it is essential to provide a scientific platform, where such claims can be scrutinized, and legitimate researchers can discuss matters of mutual interest, to further our understanding of the mechanisms of actions involved. We have increasingly achieved this at our annual meetings, as illustrated by brief summaries of three such presentations made at our 1991 Congress. More detailed coverage will follow in subsequent Newsletters.

Dr. Boris Pasche provided an update on the Swiss Symtonic device which creates a weak electromagnetic field in the region of the hypothalamus. This is achieved by means of an electrode placed on the roof of the mouth, which is attached to the antenna of a weak but very precise power source. Double blind polysomnography studies in chronic insomnia patients have now been completed at two major U.S. sleepcenters. They were treated for 20 minutes, three times a week, for four weeks. As reported in *The New England Journal of Medicine*, sleep efficiency and total sleep time was significantly increased when compared to placebo. Sophisticated computerized EEG analysis shows a pattern of brain wave activity and localization identical to that seen with benzodiazepines. Unlike such drug therapy, however, there is no dependency, adverse side effects, and benefits are sustained for several weeks after the cessation of treatment.

Dr. C. Norman Shealy presented a workshop and updated his prior report demonstrating the efficacy of cranioelectrical stimulation in the diagnosis and treatment of chronic pain and depression. He has demonstrated that this stimulation significantly increases beta-endorphin and serotonin secretion, and normalizes melatonin levels, based on blood and cerebrospinal fluid studies. 92% of depressed patients had at least one, and sometimes as many as seven neurochemical abnormalities which were corrected by two weeks of cranioelectric stimulation, which also resulted in complete relief or significant improvement in symptoms.

The workshop featured a demonstration and explanation of Dr. Shealy's RelaxMate, *not to be con-*

fused with the Relaxman described above. This is based on 16 years of research on optic photostimulation as an adjunct to stress management. Consistent refinements have now led to an almost 90% success rate in achieving a state of deep relaxation within ten to thirty minutes of using the Relaxmate. These effects are achieved by using simultaneous bilateral flashing lights, whose frequency and intensity can be controlled in these goggles. The device has been used in over 5,000 patients with chronic stress or pain problems with significant improvement and no complications. Research studies have shown significant increases in beta-endorphins and decreases in melatonin following treatment. In addition, measurements of white blood cell magnesium reveal that 75% of patients with stress-related complaints have significant deficiencies, with another 9% being borderline. Magnesium replacement may strikingly improve such individuals, especially those who are agitated. Dr. Shealy also reported on the use of music and other sensory stimuli to enhance the stress-reduction effects of cranioelectric therapy.

Dr. Margaret Patterson presented her very successful Neuroelectric Therapy (NET) 10-day treatment for all types of drug addiction, including alcohol (4 days for cigarettes). This is accomplished by means of a transistorized, preprogrammed electrical stimulator, which rapidly reduces withdrawal symptoms in all cases of substance abuse, without side effects or the need for drugs. Dr. Patterson began this research almost twenty years ago. In this latest follow-up of NET treated patients, 98% were successfully detoxified, and 1 to 8 years later, 78% remained free of their substance abuse. She has also developed an animal model which demonstrates that NET significantly alters cortisol, serotonin and hepatic enzyme activity, and this has now been confirmed by other scientists. It is hypothesized that NET acts by specific electrical frequency to stimulate endorphin production, which becomes decreased with chronic substance abuse. There may also be a cascade of effects on other neurotransmitters. Dr. Patterson has found that for optimal results, the frequency and shape of the wave form being delivered must be tailored to each specific substance.

Third International Montreux Congress on Stress, 2-91



Measuring Productivity

Productivity is easy to measure if you're doing assembly line work, monitoring keystrokes per minute for data entry clerks, the speed with which cashiers at a checkout counter sweep purchases over an optical scanner, or the speed with which telephone directory assistants operators respond to calls. The problem is that such monitoring activities can measure quantity of work, but not necessarily its quality. In some instances, fast workers may make more mistakes or provide poorer service.

When it comes to measuring productivity in more complex work activities, the problems are even greater. This was illustrated by a recent analysis of productivity in the food service industry. A wide variety of measures have been utilized, such as labor minutes per meal equivalent. However, it was pointed out that approaches which consider only one or a few of the resources used to provide goods and services, can result in significantly inaccurate productivity measurements. In order to obtain meaningful results, a "total-factor productivity model" that relates organizational output to all the important resources is required. Such a model has been used in several business firms, and has been helpful in enabling business managers to identify the relative trade offs that would be made in terms of time and resources for all the items that enter into the equation. In the food service industry, this type of information is essential to making correct decisions about efficiently and effectively meeting consumer demands.

Journal of The American Dietetic Association, 7-90

A recent Roper poll and Whittle Communications' survey reveals that 53% of mothers who work outside the home report experiencing hostility from non-working females. On the other hand, 44% of house moms report hostility from working mothers. As the pollsters concluded, "Mothers are damned if they do, and damned if they don't."

Palm Beach Post 3-24-91

Periodic Abstinence?

A variety of cultures and religions, and even the Old Testament, prohibit sexual relations during menses. A recent research study appears to confirm the wisdom of this advice. Orgasm during menstruation may increase the likelihood of endometriosis, a major cause of infertility. Researchers interviewed almost 500 women who were being treated for infertility. Half of them said they had engaged in sex during menstruation. They had an 18% incidence of endometriosis, compared to only 11% of women who had

abstained. It is believed that in some women, endometrial tissue gets into the abdominal cavity by traveling backwards up the fallopian tubes to the abdomen during menstruation, leaving implants along the way which give rise to problems such as infertility and pain. Orgasm, which causes uterine contractions, would favor this process, and lead to growths on the ovaries and blockage of the fallopian tubes.

American Health 4-91

"To err is human — and to blame it on a computer is even more so."

Orben's Current Comedy

Milk, Butter and Heart Attacks

According to a recent study from the Medical Research Council's Epidemiology Unit in Cardiff, Wales, there is no difference in risk for coronary heart disease in men who use butter as opposed to polyunsaturated margarine. The five-year prospective study of 25,000 middle-aged men investigated the consumption of 19 food items which were thought to possibly have a link with coronary heart disease. In addition to milk and butter, fish, baked beans (a rich source of fiber), antioxidants and vitamins, (tocopherols, ascorbic acid, and carotene), tea, coffee, and garlic were among those included. Baked beans, which were eaten frequently in one of the areas, seemed to have some protective effect. The widely heralded benefits of garlic were not apparent, and even seemed to be associated with an increased risk of heart disease. However, these Britons were apparently not very fond of garlic, and the numbers were too small to have any statistical significance, so the jury is still out on this.

One of the interesting findings was that nearly 10% of the men who drank no milk, had ischemic heart disease events. This was significantly higher than the 6.3% of those who drank half a pint or less a day. Even more startling was the observation that in those who drank more than a pint of milk a day, coronary heart disease events were only 1.2%! This is in sharp contrast to other reports incriminating saturated fats as a significant risk factor for heart attacks. This research report is now being reevaluated by outside experts in an attempt to explain this or discover possible methodologic flaws. It was, however, picked up by the lay press, resulting in headlines such as "milk helps avert heart disease," and "butter eaters have fewer heart attacks."

The Lancet, 3-9-91

Brain Surgery For Hypertension?

Hypertension can be caused by physical problems such as coarctation of the aorta, constriction of the blood supply to the kidney, or adrenal tumors which secrete large amounts of hormones that elevate blood pressure. For the vast majority of hypertensive patients, there is no single cause, although we have previously discussed the possible role of stress as a contributing factor. At our recent International Congress on Stress, a variety of neurogenic mechanisms that might be involved in essential hypertension were reviewed. Obviously, the central nervous system would have to be intimately involved in stress-related hypertension. In humans, this would quite likely include cortical as well as lower brain stem activities such as the medulla. Under normal circumstances, blood pressure levels are modulated in response to messages from nerve cells in the walls of large vessels, which signal that the stretching of these structures has occurred in response to increased pressure. In patients with essential hypertension, this delicate feedback mechanism appears to go awry, although the reasons for this are still a mystery.

A neurosurgeon operating on patients for relief from the excruciating pain of trigeminal neuralgia may have some answers. In such patients, the problem often stems from the increased pressure caused by small arteries lying against the affected nerve, compressing it with each heart beat. The operation involves relieving this by a decompression procedure in which the artery is teased away from the nerve and cushioned to prevent a recurrence. Subsequently this procedure was also found to be effective in patients with refractory dizziness and muscle twitching. However, in addition to relieving pain and these other complaints, he noted that in those individuals who also had hypertension, blood pressures returned to normal or were remarkably improved. In all of these, he had found an artery beating against the left side of the medulla oblongata. This had hammered a groove into the brain tissue, quite likely disrupting normal homeostatic circulatory mechanisms.

To test this hypothesis, an animal baboon model was devised. The animals were fitted with a balloon catheter device which would inflate with each heart beat, causing a similar pulsating pressure on the left side of the medulla. Sure enough, these otherwise healthy animals all developed significantly increased blood pressures, which remained elevated as long as the device was inflated. However, they invariably returned to pretreatment values when the balloons were deflated, even after periods as long as two months. Subsequently, when the hearts of the hypertensive baboons were examined, there was evidence of thickening of the left wall of the ventricle, similar to that seen in human hypertensives, confirming the strain on the heart.

This type of surgery has now been performed on 42 patients with neurologic problems who were undergoing decompression surgery and who also had hypertension. They had been asked if the previously described pressure on the left side of the medulla was also found, whether an attempt should be made to relieve it, provided it could be done easily. The operation was deemed to be technically successful in 36. Half of these were able to completely discontinue their hypertensive medications. In the six patients in which it was felt that an effective relief of pressure could not be guaranteed, only one showed improvement.

It should be emphasized that this finding of medullary indentation due to intermittent arterial physical force is not seen in individuals with normal blood pressure. As a consequence, four patients without neurological problems but with severe intractable hypertension have now been operated on with promising results. This is particularly significant in view of the fact that patients are selected only when they have failed to respond to all other measures and have hypertension related problems. Sustained hypertension due to any process is apt to persist even after the problem has been relieved if it has been unusually high for long periods of time. It is unlikely that this procedure will be effective in all cases of hypertension, given the wide array of possible etiologic factors. However, it is conceivable that the physical effects of this increased pressure on the medulla might have the same effect that results from stress-induced signals from the cerebral cortex to the brain stem that result in blood pressure elevation and contribute to hypertension.

Discover, 1990

"86 percent of Americans had bought over-the-counter medications in the preceding six months, according to a recent nationwide poll. Relief of pain from stress-related headaches topped the list at 61.3%, well ahead of the second contender at 19%.

International Society for the Study of Subtle Energies and Energy Medicine

The newly formed International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM) is concerned with the study of informational systems and energies that interact with the human psyche and physiology, either enhancing or perturbing healthy homeostasis.

The Society was organized by clinical psychologist Carol Schneider, biomedical engineer T.M. Srinivasan, anthropologist Stephan Schwartz, and psychophysiology researcher Elmer Green. It publishes a quarterly newsletter and a journal and over 1500 individuals have joined since its formation in December of 1989. An annual meeting will be held in Colorado from June 21-23 with workshops on June 24 and 25.

Further information concerning ISSSEEM's goals and objectives is available by writing to: C. Penny Hiernu, Executive Director, ISSSEEM, 356 Coldco Circle, CO 80401 or you may call (303) 278-2228.

Efficacy of Yoga in Bronchial Asthma

Practicing yoga exercises is an effective means of stress reduction for many individuals. Yoga has also been reported to be useful in reducing asthmatic complaints in several Japanese and Indian studies. To determine whether or not this might be a socio-cultural phenomenon, seven volunteer American suburbanites with perennial asthma were studied. All required a daily average theophylline dose of 500 mg. per day.

After 20 weeks of practicing yoga, the average dose of medication dropped to less than 180 mg. per day, and three patients were able to discontinue drugs completely. Pulmonary function studies also improved, and breakthrough asthma attacks throughout the study period fell to an average of 0.28, compared to 3.14 for a similar time period prior to starting yoga. The yoga regimen consisted of three weeks of group training, followed by 40 minutes of daily practice at home as well as a weekly group session. The specific exercises utilized were pranayama (breathing exercises), meditation, and assorted yoga postures.

The mechanisms whereby these beneficial effects in asthma are achieved are not clear. Adrenaline is often used to abort severe, acute asthma attacks. Drugs like theophylline, which are used prophylactically as well as therapeutically, tend to simulate adrenalin activities. In general, stress reduction techniques utilizing meditative approaches are thought to dampen adrenaline responses. Thus, this effect would not seem to be helpful for asthmatics, and theoretically might even aggravate the condition. It has been suggested that perhaps yoga might reduce the activity of the parasympathetic nervous system, thus allowing sympathetic influences to supervene.

Internal Medicine News Vol. 24, No. 2, 1-15-31, 91

"We may not imagine how our lives could be more frustrating and complex — but Congress can." Cullen Hightower

More About Cholesterol Craze

Recent comments in *The New England Journal of Medicine* have again raised serious questions about the current low cholesterol craze. A large study of middle-aged men in Scotland showed no relationship between total cholesterol and death from all causes over a twelve-year period. Overall mortality rates actually tended to be higher when cholesterol levels were lower. A thirty-year follow-up of the Framingham Study, which started all of this, showed no relationship between high cholesterol and all cause mortality for individuals over 50. In another

study of 361,662 middle-aged American males, death rates were highest in those with cholesterol below the 10th percentile. While much has been said about the importance of distinguishing between good cholesterol (HDL) and low cholesterol (LDL), middle-aged Russian men with HDL levels above the 80th percentile also showed increased mortality rates.

As one of the commentators noted, "many healthy, hungry men are worried, frustrated, and unhappy eating oat bran and rice bran, following diets without eggs, milk, butter, or red meats and gouging on fish or the latest cholesterol lowering fad food, because they, their families, or even their physicians are convinced that mortality is insured by unrealistically low serum cholesterol levels." The current recommendation for low cholesterol diets to insure longevity pick an arbitrary value of 200 as the upper limit of normal. However, in most studies, there is no significant difference between 200 and 240 for males, and there appears to be little relationship between cholesterol levels and heart attacks in individuals over 55, or women at almost any age.

The New England Journal of Medicine, 1-3-91

"English law prohibits a man from marrying his mother-in-law, this is our idea of useless legislation." Anonymous

Job Satisfaction, Stress And Productivity

Being satisfied with your job has a lot to do with both performance and health, at least for some workers. 41 subjects with high scores on job satisfaction were compared with an equal number at the bottom of the scale. The educational levels of both groups were at a primary level or below, and their activities involved self-paced repetitive work. The mean age of both groups was about 35, and their work experience averaged 14 years. As might be expected, the low satisfied workers experienced more stress and described their jobs more unfavorably than the other group. Highly satisfied workers were also more productive and had fewer physical and mental health complaints.

Int. Arch. Occup. Environ. Health-59:115-21 1987

Mark October 10-12, 1991 On Your Calendar NOW

The Delta Society Tenth Annual Conference will be held at the Red Lion Hotel, Jantzen Beach in Portland, Oregon, October 10-12, 1991. The Red Lion Hotel is located on the banks of the scenic Columbia River on the northern outskirts of Portland. The hotel is conveniently located adjacent to Interstate 5, is just 10 minutes from downtown Portland and 15 minutes from Portland International Airport.

The Room rate will be \$96 double, \$86 single. You may make reservations by calling 1-800-547-8010 or (503) 283-4466 and ask for the Delta Society block of rooms.

The Stress Reduction Effects of Pet Therapy

A growing number of acute care facilities are allowing volunteers to bring dogs, cats, guinea pigs, turtles, and other creatures to visit patients. Proponents of the practice claim that such animal visits reduce stress, promote healing, and are associated with "fewer requests for pain medication, shorter recovery times, and lower heart rates." One boy reportedly emerged from a coma when a visiting puppy licked his hand. Some of the pioneer work in this area began at San Francisco's University of California Medical Center, when a nurse found herself in charge of a recovering surgery patient's Seeing Eye dog. "What could have been a nurse manager's nightmare turned into one of the most satisfying experiences of my nursing career. I had no idea that the nursing staff, patients, families, and physicians would react in such a positive way to a large dog living on the hospital unit." She began coordinating animal visits with the local Society for the Prevention of Cruelty to Animals. Volunteers have assisted with pet therapy for stroke, surgery, AIDS, pediatric and visually impaired patients. More than 450 patients in this facility have been visited by pets in the past three years, with no adverse effects or evidence of transmitted disease.

Others believe that staff members may benefit most from the visits, because of the relief provided from their "stressful, fast-paced, constantly fluctuating environment." In another report, it was found that owning a pet, particularly a dog, appears to reduce the demand for physicians' services among the elderly. A one-year study of nearly 1,000 Medicare enrollees in an HMO program revealed that patients who owned pets visited their physicians less frequently than those without pets.

Medical World News, January, 1991, AFP, March, 1991

"Love cures people — both the ones who give it and the ones who receive it."

Karl Menninger

Circadian Rhythms And Productivity

A variety of body activities including heart rate, blood pressure, concentration of hormones and chemicals in the blood rise and fall on a fairly consistent basis during the day. Such rhythms are often referred to as circadian, from the Latin *circa* (around) and *diēs* (day), or around the day. Recognition of the significance of circadian rhythms has important clinical implications. The increased incidences of heart attacks and strokes between six and eleven a.m. is thought to be due to an increase in stress-related hormones like adrenalin during

the morning hours which cause the heart rate and blood pressure to rise, along with an increase in platelet stickiness and other contributors to quicker clotting. A variety of stresses can upset normal circadian rhythms. 24-hour monitoring studies of musicians who work all day but have the stress of performing before an audience at night show that their heart rates and blood pressures peak at evening hours, rather than in the early morning. Circadian rhythms are also altered when crossing time zones or during shift work, and this can have important effects on productivity. Individuals on a three-shift work system work a night shift at the low phase of circadian rhythm, and on retiring to bed in the morning, they fall asleep rapidly, are prematurely awakened by their circadian activity and exhibit severe sleepiness and reduced performance capacity. Morning shift workers find it difficult to fall asleep as early as needed during the preceding night. Around four to five a.m. when these individuals need to get up, they have difficulties because of the sleep loss and the fact that they are at the lowest ebb of circadian rhythm. Consequently, day work is characterized by sleepiness and reduced performance. Some studies show that it does not seem possible to improve one's ability to adjust to this over time, even with permanent night work. Being older, and a "morningness" personality are related to higher than average work problems in adjusting.

Scandinavian Journal of Environmental Health, August 1990

"By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong."

Charles Wadsworth

Stress and Productivity

Most of us tend to view stress in negative terms because of its link with a variety of adverse physical and emotional problems. However, it's quite clear that up to a certain point, increased stress results in increased productivity. It is when our personal limit is exceeded that problems are apt to occur. We all require some stress in our lives for optimal performance and productivity. It's very much like the tension in a violin string, too little creates a dull, raspy sound, and too much produces a shrill, annoying noise, or causes the string to snap. However, just the right amount of stress can create very pleasing tones. We all have to find the right amount and kind of stress in our lives that allows us to make pleasing music.

Leaders, 1991

"Desire to have things done quickly prevents them from being done thoroughly."

Charles Wadsworth

Book Reviews • Meetings and Items of Interest

"Autogenic Training: A Clinical Guide," Wolfgang Linden, The Guilford Press, New York, NY, 180 pps., \$30.00, \$14.95

Autogenic training is a form of structured self-hypnosis originally developed by Dr. Johannes Schulz, a German neurologist, about 60 years ago. It is probably the most widely used stress management methodology in the world, particularly in Germany, Japan and the Soviet Union. Unfortunately, most of the literature and research on autogenic training is in these languages, and has not been translated into English, except for Wolfgang Luthe's 1970 monumental six-volume treatise. Since then, there have been numerous publications on this subject explaining mechanisms of action and providing enhancements of the original method based on controlled investigations. This book provides a comprehensive review and analysis of the voluminous research on this subject and also provides a step-by-step manual that demonstrates how to effectively utilize autogenic training. Shultz had originally noted that his hypnotized patients regularly reported sensations of a strange sense of "heaviness" in the limbs, and an equally curious sensation of "warmth." He was convinced that this was an experience that the patient permitted to happen, rather than an effect achieved by the therapist, which allowed a "switch" or point of change that permitted the patient to enter a trance. By teaching patients to produce these sensations of "heaviness" and "warmth," he believed that they could also switch into a self-hypnotic trance which would provide a sense of deep relaxation and restoration of homeostasis that had been disrupted by stress. The six standard formulas are reviewed (muscular relaxation, warmth due to vasodilatation, regulation of heart rate, breathing, visceral organs, the head) as well as various improvements and modifications for special circumstances. Autogenic training has been shown to be an extremely effective technique for stress management training and also for the treatment of various psychosomatic disorders. This is the first English review of advances in this area and clearly outlines in detail the steps to be taken for the standard 8-week training program. Highly recommended for anyone interested in mind-body interactions and particularly stress reduction.

Meetings and Items of Interest

- May 11-12,** Alcoholism and Drug Addiction, American Academy of Psychiatry in Alcoholism and Addiction, New Orleans, LA (301) 220-0951.
- May 11-16,** American Psychiatric Association, New Orleans, LA, (202) 682-6100.
- May 19-22,** NECAD '91 Conference of Alcoholism and Drug Dependence Edgehill Newport, Newport, RI (401) 849-5700, Ext. 252.
- May 23-27,** Association for Behavior Analysis, Atlanta, GA (616) 387-4495.
- May 30-31,** Occupational and Environmental Medicine U. of California School of Medicine, Sacramento, CA (916) 734-5390.
- June 7-8,** Psychological Trauma, Harvard Medical School, Boston, MA (617) 432-1525.
- June 19-21,** 2nd International Workshop on New Trends in Cardiovascular Therapy and Technology: Risk Factors, U. of Genoa, Genoa, Italy Fax: (39 010) 818246 or phone (39 010) 873106.
- July 1-5,** Behavioral Medicine, Albert Einstein College of Medicine, Cape Cod, MA (212) 430-2307.
- July 8-12,** Psychotherapy and Spirituality, Albert Einstein College of Medicine, Cape Cod, MA (212) 430-2307.
- July 22-26,** Developmental Psychotherapy, Albert Einstein College of Medicine, Cape Cod, MA (212) 430-2307.
- July 25,** Panic Disorders Workshop, Univ. of Alabama School of Primary Medical Care, Huntsville, AL (205) 551-4482.
- July 27-Aug. 3,** Creativity and Madness: Psychological Studies of Art and Artists, Self Psychology and Psychotherapy, American Inst. of Medical Education, Santa Fe, NM (818) 789-1029.
- July 29-Aug 2,** Clinical Approaches to Intimacy in Couples Therapy, Psychological Trauma Research and Treatment through the Life Cycle, Massachusetts Mental Health Center, Harvard Medical School, North Falmouth, MA (617) 734-1300 ext. 469.
- Aug. 16-20,** American Psychological Association, San Francisco, CA (202) 955-7706.
- Oct. 24-26,** State of the Art in Addictive Medicine, American Society of Addiction Medicine, Orlando, FL (212) 206-6770.
- Nov. 8-10,** Psychiatric Update for Physicians: Depression, Anxiety Disorders, Psychomatics, Brief Counseling Techniques, University Hospital: Mood Disorders Program; Sehon Buchanon Medical Media, Vancouver, BC, Canada (614) 922-3570.

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