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**THE STRESS OF BEING HUMAN:FOUR MOUNTAINS, INC. UNVEILS ANTI-STRESS PROGRAM ADDRESSING THE ROOT CAUSE OF MOST DISEASE**

**By Stacey Kumagai**

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Contact: Stacey Kumagai at 818.506.8675  
FOR IMMEDIATE RELEASE

THE STRESS OF BEING HUMAN:  
FOUR MOUNTAINS, INC. UNVEILS ANTI-STRESS PROGRAM  
ADDRESSING THE ROOT CAUSE OF MOST DISEASE

Calabasas, CA --- Life. From womb to tomb, we spend most of our lives as humans doing, rather than humans being. Humans put endless stresses on their bodies and minds by simply living their lives. For the past decade, Four Mountains, Inc., a privately held Clinical & Research Laboratory specializing in the fields of stress, aging and optimal human health has been investigating what they call "the stress of being human." After extensive cross-disciplinary research, a wide range of laboratory testing, and clinical trials with thousands of clients, they announce an "evolutionary health breakthrough" identifying "the syndrome of the century – the foundation of most all disease." Four Mountains insists that all humans need an Anti-Stress Wellness Program to be properly equipped for a healthy life.

"Our Anti-Stress Program has been developed to help people deal with this very fundamental fact of life. The more "adaptive" we are – the less we are hurt or broken down by stress. Our Anti-Stress Program helps people transition to a more evolved or adaptive state where they are better equipped and more optimized for dealing with the stress of being human and shows people how to put the brakes on their run-away lives, helping them to bring order into their mind, body and lifestyle, and supplies a spectrum of advanced clinical nutrition for optimizing key body systems," states Dr. Ward Coleman, N.D. and President of Four Mountains, Inc. "And because all of us ARE human we obviously all have the same basic anatomy and physiology. We all have to walk upright in gravity, breathe, eat, digest, eliminate, speak, sleep, think... and we have to deal with wars, "terrorism", and stressful

political, social, and economic issues... Of course we all have the same basic body systems: a nervous system, respiratory, muscular, cardiovascular, immune system and so forth. What's unique about what we've done at Four Mountains is to focus on exactly how the accumulated stresses of life adversely affect body-mind systems in both young and old, and we've uncovered many new connections," Coleman explains.

For media requests, contact Stacey Kumagai at 818/506-8675 or [mediamonster@yahoo.com](mailto:mediamonster@yahoo.com). To place an order for the Anti-Stress Wellness Program call Four Mountains, Inc., Toll-Free at 800/736-0904 or email [fourmountains@earthlink.net](mailto:fourmountains@earthlink.net)

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Stacey Kumagai is CEO of Media Monster Communications, Inc. – a full-service public relations, marketing & media firm.

## **IS STRESS MAKING YOU FAT? FOUR MOUNTAINS, INC. REVEALS HOW STRESS COULD RUIN**

### **MORE THAN YOUR SUMMER BEACH LOOK!**

**By Stacey Kumagai**

Contact: Stacey Kumagai at  
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### **IS STRESS MAKING YOU FAT?**

## **FOUR MOUNTAINS, INC. REVEALS HOW STRESS COULD RUIN MORE THAN YOUR SUMMER BEACH LOOK!**

Calabasas, CA - Juggling a 'Type-A Personality,' family/friends/life demands, career-on-the-run with regular exercise and diet (even soy lattes) should be enough to keep anyone fit. Add in the unstable stock market, taxes, freeway sig-alerts, battling office chaos, recovering from the flu, all while we were at War with Iraq... it's no surprise those 'few extra pounds' have not melted away in time for Summer. Four Mountains, Inc.,

is a privately held Clinical & Research Laboratory dedicated to synthesizing all available data in the fields of alternative medicine, disease prevention, wholistic mind/body health and anti-aging technology. They have found that the human body storing energy as fat is one of the many reflex, involuntary, biological responses to chronic stress.

"Stress makes our body store fat, which is stored energy, especially around the waist. This is a stress survival strategy. When the brain perceives stress, it makes the body do all kinds of things you would never want it to, unless of course you really were in a survival situation. If you were lost in the deep

desert you would want your body to store energy as fat as this would help you make the long perilous journey back to civilization. The problem is that ALL stress triggers our fat storing mechanisms, even if we're just sitting in traffic and running late. Under stress, the body just does what it does, and storing fat is one of those things," explains

Dr. Ward Coleman, N.D. and President of Four Mountains, Inc.

Four Mountains, Inc. committed toward optimizing health and well-being, has developed an Anti-Stress Program to help manage, reduce and neutralize chronic stress in a complete, easy-to-follow daily two month program. Providing a fundamental anti-stress strategy that will last a lifetime, the educational mind/body/lifestyle Wellness Tools not only tackle the very stress which makes you fat, but combats the other signs and symptoms affiliated with stress – back pain, interrupted sleep, indigestion, constipation, heart problems, tight shoulders and shallow breathing. Ignored, chronic stress can lead to more than just an unfit day at the beach!

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