

Change Your State – Change Your Health is based on the following premises:

- Stress is inseparable from life and we are inseparable from life
- Starting in the womb our bodies are designed to adapt for survival
- Stressors can be physical, chemical, biological and psychological
- Prolonged exposure to stressors and the resulting physiologic response leads to maladaptations
- Unsustainable adaptations result in a loss of Self, exhaustion, illness, and disease
- Knowledge and understanding of stress's pathway to illness and disease creates internal shifts of awareness leading to conscious choices
- Integration of actions (or positive exposures) to reduce the bodies stress response—one enters the path of healthy adaptation, promoting a high level of well-being
- Re-integrating lost aspects of Self results in restored meaning and purpose in life, higher levels of joyfulness, and sense of wholeness.