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## Stress Beauty: The Physical Effects of Stress on Beauty and Attractiveness (Paperback)

By Renee Walker

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Large Print. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.DID YOU KNOW THAT: -Stress can affect your physical appearance and your level of attractiveness? -A recent study showed that men find women with higher stress hormone to be less attractive? -Stress causes weight gain and a general appearance of exhaustion? -Stress hormone could cause skin disorders like psoriasis, acne, eye bags and eczema. -Chronic rises in stress hormones have been shown to accelerate the growth of precancerous cells and tumors; they also lower the body's resistance to HIV and cancer-causing viruses like human papilloma virus (the precursor to cervical cancer in women). -people who experience high amounts of stress at work are more likely to develop Type 2 diabetes. -Forty-three percent of all adults suffer adverse health effects from stress. -Seventy-five percent to 90 of all doctor's office visits are for stress-related ailments and complaints. -Stress can play a part in problems such as headaches, chronic fatigue syndrome, hypertension or high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression, and anxiety. -Does exercise, help with stress level reduction? Are you ready to Attempt to control...



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