

Available for In-Studio Interview...

Is Emotional Stress Killing You... And What Can You Do About It?

The National Institutes of Health report that up to **90 percent of all visits to primary care doctor are for physical conditions related to emotional stress**—and that it is even a major factor in the **leading causes of death**. **Is emotional stress making you physically sick... and what can you do about it?** (b-roll: <http://youtu.be/lrrM3tkaUWc> @5:22)



Misa Hopkins, bestselling author of *The Root of All Healing*, knows first-hand just how far emotional trauma can go in affecting physical health. (prop: book)

Hopkins suffered with a rare chronic condition that went undiagnosed for 7 years as it was slowly killing her—all the while feeling helpless and depressed. As a 28-year old woman, she was finally diagnosed: **her body was producing as much testosterone as a teenage boy**. While medication eventually helped, the real breakthrough that empowered her full healing came when she explored the emotional roots of her illness. **“I uncovered childhood sexual abuse that caused my subconscious to think it was safer to be a man than a woman... and my body followed along.”**

More commonly, **emotional stress can lead to heart disease, obesity, autoimmune diseases, diabetes, high blood pressure, chronic pain**, and more. Common indicators include **moodiness, irritability, inability to relax or sleep, overwhelm, loneliness, emotional numbness, panic attacks, and general depression**. Though we can't eliminate stress completely, **reducing it boils down to taking charge of our thoughts, emotions, schedule and environment**.

3 Things You Can Do To De-stress for Better Health

Set reasonable standards for yourself (prop: clock)

Do something creative and fun everyday (prop: paint brush)

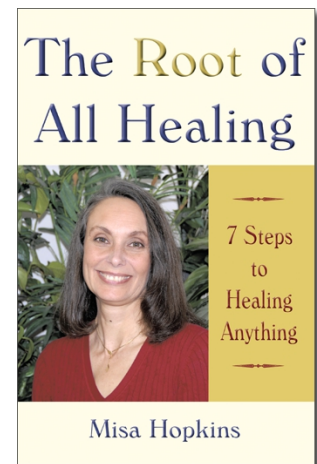
Share your feelings with a trusted friend or therapist (prop: cell phone)

FREE GIFT > *Beating the Odds: 10 Beliefs That Can Short Circuit Your Healing* Report



Misa Hopkins—“America’s Breakthrough Healing Coach”—is the bestselling author of *The Root of All Healing: 7 Steps to Healing Anything*. After taking personal responsibility and having her own healing breakthrough, she has subsequently empowered over 5000 clients to make the difference in their own healing. Misa is a graduate of Celebrity Launchpad.

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Media Kit (see clips)> <http://misahopkins.com/mediakit>