

# STRESS THERMOMETER™

Stress Test    Lie Detector    Therapy Tool  
Stress Management    Violence Prevention  
Anger Management    Health Fair Demonstration  
Massage Therapy    Physical Therapy  
Sports and Fitness    Headache Prevention  
Cardiac Recovery Programs    Stop Smoking  
ADD / ADHD and Educational Focus Training

## SHOCKING

The Stress Thermometer™ shows precisely how your thoughts and feeling affect your body by measuring skin surface temperature. Within seconds your hand temperature can rise or plummet reflecting your psychological changes. You can watch how anger, fear, worry, sadness, taxes, divorce, job loss, joy and .... affect your body. Stress test yourself and friends.

You can use the Stress Thermometer™ to learn to increase your hand temperature. As your temperature increases your thoughts and feelings shift to being calmer, more peaceful. Master your body and you will master your mind.

**TO START :** Peel off the 72.8° sticker on front. Remove the Battery Door. Install battery flat (+) side up. Replace door. If the unit does not display temperature correctly take battery out and reinstall.

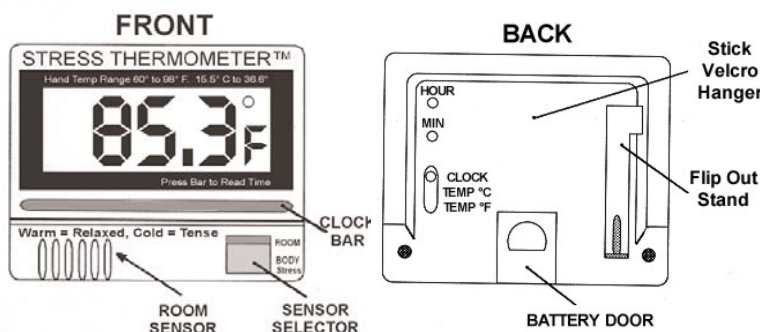
**TO SET CLOCK** (switches on back of case see diagram):

1. Set slide switch to CLOCK position.
2. Press the HR switch down to advance numbers rapidly. Press switch ONCE to advance number.
3. In similar fashion, set minutes by pressing MIN switch.
4. Move slide to TEMP position.

**TO READ TIME:** Press CLOCK bar on front panel to display time of day.

**TO READ ROOM TEMPERATURE:**

1. Set GREEN switch on front panel to ROOM to display room temperature.



## TO READ STRESS LEVEL:

1. Flip out stand on back of thermometer case. Make sure that the slide on the back of the thermometer is switched to TEMP position. Select either Fahrenheit or Celsius. Set GREEN switch on front panel to BODY/STRESS to display body temperature.

2. Carefully uncoil the thermometer wire. Use an 2 TO 3 inch piece of office tape to tape the temperature sensor on the end of the wire to your fingertip. Make a



small tab by taping the tape back on itself so you can easily remove tape. Tape the BLUE TIP of the wire to the fingerprint on the middle finger of your hand. Wait 20 seconds to 1 minute for the temperature to reach your hand temperature. Hand temperature ranges from 60° to 99° F or 15.5° to 37.2° C. Similarly, to measure foot temperature tape tip of wire to middle toeprint. You can measure temperature on any body surface area by using tape. Carefully remove tape when finished training - DO NOT PULL ON WIRE YOU WILL BREAK IT!!! If the display shows - - - 3 dashes it means the wire is broken and we do not repair the unit.

Under stress hands and feet cool. Basic Rule - Warm Hands are Relaxed while Cold Hands are Tense. To heat up hands, close your eyes, slowly relax your body part by part starting with your feet. Then imagine flooding warm sunshine into your hands and feet. Recall a happy experience or feeling. Check your temperature. 95°+ F is considered deep relaxation.

Check you stress level throughout the day. Keep written records so you can compare what you feel and think with your temperature. The Stress Thermometer™ can help eliminate headaches, lower blood pressure, relieve ulcers, enhance sleep and more. Also use in therapy, hypnosis, fitness, meditation, etc.

**WARRANTY:** 30 day parts and labor due to defective workmanship.

**SPECIFICATIONS :** Display : LCD, 3/4" high. Range: - 58° to 158° F Accuracy : + or - 1.8° F Battery: 1.5 V Eveready 357 or Maxell LR44 or equiv. 1 year life.

**1 - 800 - 5 - STRESS**

CONSCIOUS LIVING FOUNDATION

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Seek proper medical treatment from professionals. Training described herein should not be undertaken without advice from your health professional. Use of the Stress Computer™ and the training materials is the sole choice of the reader.

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Conscious Living Foundation

## **STRESS AND TEMPERATURE**

The Stress Thermometer™ will let you see to 1/10 of one degree the stress you experience in different situations. Changes in hand/foot temperature are a reflection of blood flow - a measure of the stress response. For example, while talking about an upsetting incident involving your parents, an employer/employee, or friend your temperature may drop 5° to 20°. In contrast, when recalling a minor misunderstanding your temperature may only drop one degree. And yet, when you recall the warm sun on a recent vacation, your temperature may increase a full 10°. What is most surprising is how quickly temperature changes occur. "I never had any idea that little finger could show so much!" The basic rule for interpreting temperature change is simple, "Warmer Hands/Feet Indicate Relaxation while Colder hands/feet reflect Activation or Tension". When the body's fight/ flight system is activated the muscles tense, heart rate and the vital organs speed up and as a result, blood flow is shunted from the extremities and directed to the vital organs to facilitate the increased level of arousal. As a result, changes of 5°, 10° or 15° can occur within minutes.

The amount of temperature change depends on the stressor or problem and how you react to stress. Relative change. You need to observe your temperature over a week in different settings to see what your temperature range is. 72° may be your wife's coldest temperature while 85° may your best.

## **LONG TERM GOALS**

1. To consistently raise your temperature to 95° F. and above; to hold that temperature throughout the length of your training session. 2. To develop sensitivity in order to recognize subtle changes in hand temperature throughout the day without the aid of the Stress Thermometer™. 3. To develop the skill to increase hand temperature in the midst of stressful situations.

## **WHERE SHOULD I PRACTICE?**

It would be best to train while sitting in a comfortable chair. Sit with your spine rather straight, with your hands in your lap, then cross your feet or place them flat on the floor. Remove contacts,

loosen clothing, turn off the phone or take care of anything that might disturb your rest and relaxed attention.

The following four suggestions can enhance your learning to relax: 1) Initially, practice in a quiet environment, wearing loose clothing. 2) Practice an hour after eating. 3) Try to practice at about the same time each day so your body will develop a rest habit. 4) After about the tenth session, try relaxing in a more realistic, active setting. Do this test after every 10 sessions to see how well you can rest in the midst of noise and disturbances.

## **UNDERSTANDING TEMPERATURE**

There is no "normal" temperature but a range over which temperature fluctuates and changes.

Below 79°	79-84°	84-90°	90-95°	Above 95° (F)
High Tension	Slight Tense	Mild Calm	Quietly Relaxed	Deeply Relaxed
Below 26°	26-29°	29-32°	32-35°	Above 35° (C)

## **TEMPERATURE VARIABLES**

The first and most obvious is to avoid touching the thermometer to the cold table top or laying it against a warm leg. Secondly, steroids, tranquilizers, alcohol, hypertensive medication and other drugs in the body will tend to elevate extremity temperature. Third, in the summer, hand temperatures tend to be warmer because the blood vessels are nearer the surface of the skin.

Hands always cold? We have found that everyone can train to increase their hand and foot temperature and to maintain a higher average temperature.

Diet - coffee, soda pop, sugar foods, lack of eating, eating a big meal before relaxing - can all influence your temperature.

Expectations and Performance Anxiety - Your thoughts influence your temperature. If you think, "Oh, I just can't learn to relax." Guess what! You will have a heck of time working against that thought. **WORRY.** This is the hardest factor to overcome. Don't fight worry. Feel the sensation of your breathing. Exhale worry with each breath.

## **FREQUENTLY ASKED QUESTIONS**

What is a normal temperature? 98.6° ? This is the body's average internal core temperature.

What is a 'good' temperature? First feel what takes place inside yourself. I like to see the temperature increase a good 5° to 10°. The overall goal is an ending rest temperature of 95°. The goal is to be a Stress Master™ - to control your own reactions rather than being controlled by events outside yourself.

Ask your dealer for our special training materials.