

Supplementation to Offset Stress & Create Optimal Health

Daily MUSTS

- Multi-vitamin/mineral daily
- Essential Fatty Acids (EFA's)
- Greens Product
- Protein

Recommended

- Adrenal Support Product
- Relora
- Rhodiola

Multi-vitamin/mineral supplement is a product each of us should take daily. As stress (physical, emotional, and environmental) deplete specific nutrients, especially vit C, B vitamins and zinc, it would be wise to look for a multi that has a high dose of vitamin B.

Greens Products are concentrated formulas consisting of green vegetables, grasses, sprouted grains and herbs. They are rich in nutrients, vitamins and minerals that can help to provide valuable nutrients to offset the effects of continuous pressure and stress.

Relora is another great product for stress and the adrenal glands. It supports relaxation without a sedative effect and can help maintain healthy cortisol and DHEA levels, which are imbalanced in chronic stress situations. It also may help control stress related eating.

Rhodiola is a tonic for well-being. It helps to increase the body's resistance to physical and mental stress. It creates energy through

a "non stimulant" means, while improving mood and boosting the immune system.

Q & A

Q Can stress really have a negative impact on my health?

A Scientists have known for years that major and minor life stresses interfere with immune function and contribute to disease. Stressful life events increase your susceptibility to several types of infections, from the common cold to tuberculosis, and to auto-immune disorders in which your body's immune system attacks its own cells.

Q I can't change jobs and my life is incredibly hectic. What can I do?

A There are a number of nutritional supplements available to help offset the high levels of stress on the adrenal glands. It is also important to reduce or remove common stimulants (caffeine and sugar) from your daily diet.

All Nutrition House **DAILY MUSTS** products are part of...



If you have any questions or require any further information please contact nutrition house at 1-905-707-7633, www.nutritionhouse.com

natural health solutions

By Michele Sevier



“STRESS KILLS”

The effects of day-to-day stress will weaken your health over time!

Lifestyle – Exercise – Attitude – Nutrition

75 to 90% of all doctors' office visits are for stress-related ailments and complaints

Stress affects virtually everyone at some time in his or her life. As well as the emotional and psychological disruption it causes, stress-related medical problems are becoming increasingly common. In the modern world, we all need to learn how to cope with stress.

Although stress itself does not cause a specific illness or disease, it can compromise the immune system and weaken areas of the body, which in turn, makes it easier for imbalance and illness to take hold. Chronic stress weakens health over time because of the imbalances in cortisol and other stress-related hormones.

Signs of Stress Include:

- Irritability
- No or low energy
- Poor sleep
- Constant fatigue
- Inability to wind down and relax
- Difficulty waking
- Difficulty concentrating
- Aches and pains
- Muscle tension and cramps
- Mild depression
- Loss of libido



nutrition house

Learn how to take control of your health...naturally!

Lifestyle – Exercise – Attitude – Nutrition

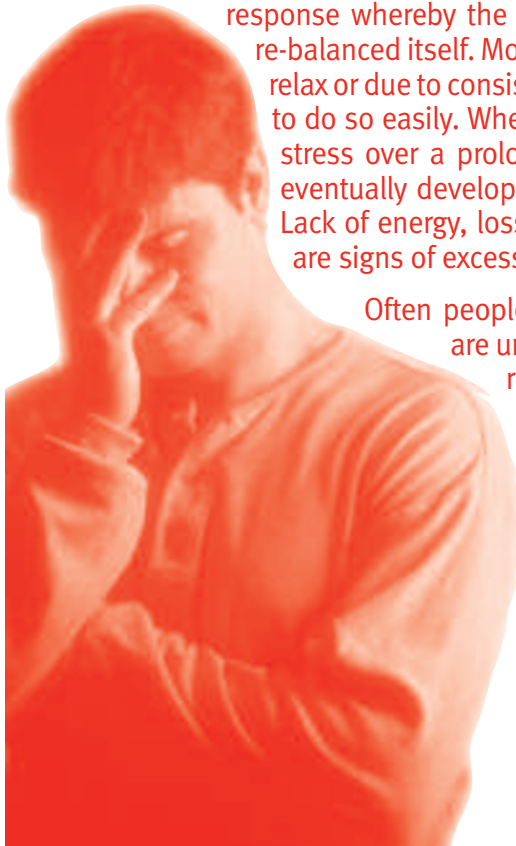
Life events, challenges in our personal and professional lives, worry, emotions and conflict are part of our daily experiences. In the past, we had a stress response known as “fight or flight”. It was based on surviving imminent danger and enabled us to either fight our attacker or run for our lives. Specific biochemical reactions took place (increase in heart rate and blood pressure, muscle tension, pupil dilation, increase in blood sugar levels and other necessary response mechanisms) in order to survive.

Today, we face constant daily pressures that enables that same fight or flight response and unfortunately the continued demands placed on the adrenal glands over time, wreak havoc with our health.

The stress response should be followed by a relaxation response whereby the body can return to normal and re-balanced itself. Most people do not take the time to relax or due to consistent fast paced living are unable to do so easily. When people suffer from unrelieved stress over a prolonged period of time, they may eventually develop a condition known as burnout. Lack of energy, loss of motivation and productivity are signs of excess stress.

Often people who are suffering from stress are unaware of just how stressed they really are. Recognizing stress and its various causes is the first step in healing and creating optimal health.

Perceived threats will generate the same stress response and effects on the body as a real one.



Lifestyle – Exercise – Attitude – Nutrition

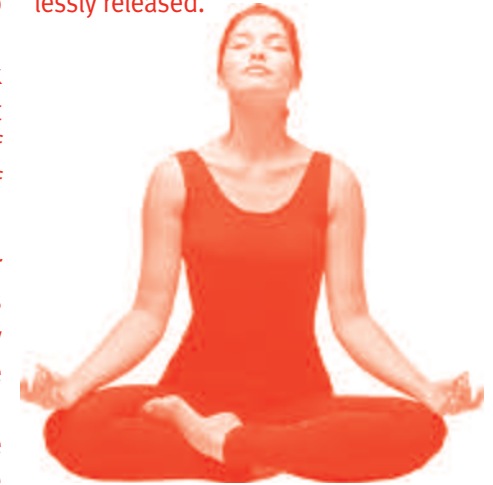
Goals for Decreasing STRESS

Lifestyle – Unless people modify their current lifestyles complete recovery of the adrenal glands and optimal health is unlikely. The first step is to begin to recognize the stress in your life. Then rest, repair and rejuvenate. Take a break each day and find something that you LOVE to do. Delegate some of your responsibilities and let go of perfectionism.

Exercise – Exercise is a great solution for fatigue. It creates energy and enhances mood. It can clear your mind of anxiety and worry. Exercise normalizes hormone levels including cortisol, insulin, growth hormone and others. Mild to moderate exercise is sufficient for someone suffering from extreme stress. Find a source of exercise that you enjoy and does not stress you to perform.

Attitude – A positive attitude is critical to the achievement of any personal health goal(s). Keep it positive. People often store negative emotions, such as

anger, sadness and fear, rather than expressing them. Laughter provides a way for these emotions to be harmlessly released.



Nutrition – Chronic stress results in a depletion of nutrient reserves and energy reserves. Key nutrients are essential for optimal functioning AND for the day-to-day management of STRESS. Remove stimulants (coffee, sugar, chocolate, alcohol, ephedrine) from the diet. These place additional demands and stress on the adrenal glands and make it harder to heal. Increase your vegetable and complex carbohydrates. Remove refined and pre-packaged foods. Start the day with a nutritious breakfast to provide the necessary fuel to function optimally.

