

# A Holistic Approach to Stress Reduction



In the fast-paced world of the 21st century, most of us live stressful, busy lives. Millions of Americans power through busy workweeks using a combination of caffeine, sheer willpower, and the occasional use of pharmaceutical stimulants. On top of all of this, many people have to deal with additional stressors like children, school, or troubled finances. With all of this going on around us, we're all stressed and overworked – and the consequences may be more serious than you think.

The fact of the matter is that continuous stress can reduce your thyroid's function, reduce your body's ability to fight off illness, cause stomach ulcers, increase your blood pressure, cause weight gain, contribute to heart disease, and exacerbate dozens of other chronic health conditions. Beyond these direct effects, stress can also cause you to make poor choices that negatively impact your health. When you're stressed, you may find yourself drinking too much caffeine, eating the wrong types of foods, mindlessly munching on snacks, or putting off meals until late in the evening. You'll also find that it's harder to make it to the gym, sleep soundly throughout the night, and participate in other health-boosting activities.

Fortunately, reducing your stress levels can make it much easier to choose to be healthy. In our clinic, we offer nutritional programs and supplements designed to make this transition as easy as possible. We'll help you reduce your stress levels and improve your health at the same time!

If you're interested in purchasing the Solutions4 supplements listed in this brochure, you're in luck!

We're offering a special discount on these products when they're purchased together:

- Herbal Stress Relief
- Adrenal Calming
- Sleep
- Serotonin Support

Ask a staff member for more information about this special offer!

[Your Logo]

[12345 Main St.]

[Your Town, ST 12345]

[(555) 555-5555]

[Your Hours M-F]

# Enhance Your Program for Stress Reduction



# Nutrition for Stress Reduction



To lower your stress levels, you'll need to eat the most nutritionally dense diet possible. This means eating plenty of leafy greens, brightly colored vegetables, lean meats, and other healthy foods. You can find more information about this type of diet in your program manual. Though you'll want to follow these nutritional guidelines carefully, there are a couple of additional tips you can use to dramatically lower your stress levels:

**1. Don't skip meals.** To keep your blood sugar levels balanced and maintain a constant supply of energy, it's important to eat three balanced meals each day. When you skip meals to get more work done, you're demanding more from your body while giving it fewer resources to succeed. This can exacerbate existing stress and make it even more difficult for you to accomplish what you've set out to do.

**2. Cut out caffeine and other stimulants.** Caffeine may give you a temporary boost in energy to accomplish a project, but it comes at a hidden cost. Though you'll have enough energy to last you a few hours, you'll eventually come crashing down - unless you continue to artificially prop up your energy levels with additional caffeine. This cycle of continual ups and downs can be enormously stressful for the body.

**3. Don't eat dinner too close to bedtime.** Eating before bed is a potent recipe for a poor night's sleep. If your body is working hard to digest a meal, you'll have a difficult time falling asleep and staying that way. This sleep loss almost guarantees that the following day will be stressful. So don't take the risk! Eat dinner at least a couple of hours before bedtime.

# Lifestyle Strategies for Stress Reduction

## To Reduce Stress, Get More Sleep

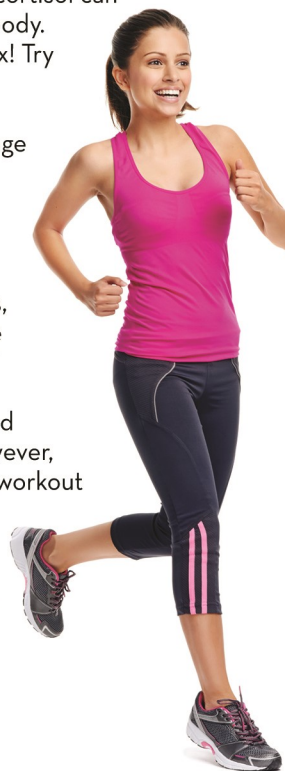
Though getting enough sleep is important for everyone, it's especially important for those with heightened stress levels. Your body produces more stress hormones in response to an inadequate night's sleep. Though an occasional night of sleeplessness won't kill you, chronic sleep deprivation will allow your stress levels to spiral out of control.

## Teach Your Body to Relax

When you're stressed, your body produces cortisol as a part of your body's natural "fight-or-flight" response. When you're stressed all of the time, your body has to pump out high doses of cortisol to keep you functioning throughout the day. This much cortisol can be enormously harmful to the body. That's why it's important to relax! Try visiting our clinic for regular Self-Mastery Technology (SMT) sessions if you struggle to manage stress on your own.

## Exercise for Best Results

If you suffer from chronic stress, you probably know what it's like to work yourself to the point of complete exhaustion. This can make it especially difficult to find the motivation to exercise! However, if you can make time for a new workout routine, you'll find that your energy levels improve dramatically. Regular physical activity helps you stay naturally alert and energetic throughout the day!



# Basic Supplements for Stress Reduction

Though you'll need several supplements to maximize your nutritional intake and reduce your stress levels, there are a couple that are worth discussing in detail:



**Herbal Stress Relief** is an all-natural formula made from valerian root and other synergistic herbs that promote a state of restful ease and relaxation.



**Appetite Appeaser** satiates the appetite and reduces nervous tension. Once you have your cravings under control, you'll find that a great deal of your health-related stress begins to dissipate.

In addition to these stress-reducing supplements, you may also want to try the following supplements for brain-based wellness:



**Adrenal Calming** is designed to relieve stress, increase mental clarity, and promote a state of restful ease. This unique supplement reduces stress on the adrenal glands to stabilize your energy levels and allow you to feel more naturally calm.



**Sleep** is a powerful supplement designed to promote deep sleep and soothe an anxious mind. It contains potent ingredients like melatonin, phenibut, and 5-HTP, which work together to ensure that you sleep deeply throughout the night so that you have lower stress levels the following day!



**Serotonin Support** helps to improve your mood and reduce irritability. This can make it much easier to transition into a healthier lifestyle and maintain an optimistic outlook on life, even if you're struggling with challenges that seem overwhelming.