

## Stress Management

Unfortunately, most of us are familiar with stress. While the causes of stress are different for everyone, some common negative effects of it include headaches, an upset stomach, back pain and trouble sleeping. Stress can also weaken the body's defenses, making it harder to maintain good health.

Not all stress is bad. Stress has been the driving force of change, forcing different species to adjust to their environment. It has also allowed us to become stronger and more resilient. The term "stress" as it is currently used, was coined in 1936 by Hans Selye, a physician and pioneering stress researcher. He defined stress as "the non-specific response of the body to any demand for change" and later simply as "the rate of wear and tear on the body."

Some stress is normal and can even be useful. Stress can help you finish a difficult task or react quickly. For example, it can help you win a race or complete an important assignment on time. But if stress happens too often, or lasts too long, it can have negative effects.

The good news is that you can learn ways to manage stress. To get stress under control:

- Find out what is causing stress in your life.
- Look for ways to reduce the amount of stress in your life.
- Learn healthy ways to relieve stress or reduce its harmful effects. (source: [www.webmd.com](http://www.webmd.com))

Some practical steps most people can take to cut back on stress include getting a good night's sleep, exercising regularly, eating a healthy diet, avoiding smoking and drinking excess alcohol, and seeking emotional support from family and friends.

Nutritional supplements can also help support optimal health and reduce the effects of stress. NSP supplements to consider include *Stress Pack* (*Stress-J*, *AdaptaMax*<sup>®</sup>, *Nutri-Calm*, *Nerve Eight*<sup>®</sup>), *5-HTP Power*, *Nature's Cortisol Formula*, *Nerve Control*, *Chinese Nervous Fatigue*, *Nervous Fatigue TCM Concentrate*, *Chinese Stress Relief*, *Stress Relief TCM Concentrate* and *Herbal Sleep*.

The products in the *Stress Pack* work together to support the body during times of stress. *Stress-J*, *Nutri-Calm*<sup>®</sup> and *Nerve Eight* provide nutrients that help facilitate the proper function of the nervous system, and promote relaxation and restful sleep. *AdaptaMax* is an exclusive combination that combines powerful adaptogens with other nutrient-rich, immune-supporting herbs for a complete, energizing formula.

*5-HTP Power* contains 5-hydroxytryptophan, a precursor to serotonin, an important neurotransmitter that helps regulate appetite, mood and sleep. *5-HTP Power* also contains a blend of three adaptogenic herbs—eleuthero, ashwaganda and suma—to help the body maintain balance.

*Nature's Cortisol Formula*® contains Relora® to help the body manage stress and maintain cortisol levels already within the normal range. Other key ingredients—banaba, holy basil, chromium and vanadium—help maintain blood glucose levels already within the normal range.

*Nerve Control* is a blend of herbs that have a calming effect on the nervous system and a long history of providing nutritional support to people with occasional restlessness, anxiety and stress.

*Chinese Nervous Fatigue* and *Chinese Stress Relief* are products formulated using the philosophies of Traditional Chinese Medicine. *Chinese Nervous Fatigue* formula contains herbs to “nurture the heart.” It helps support digestion, promote sleep and relieve stress. *Chinese Stress Relief* is a combination of ingredients “to pacify the spirit.” It may help to nourish the nervous system, improve gastric function and strengthen the urinary system.

*Herbal Sleep* contains valerian root, passion flower, and hops flowers. These ingredients nourish the nervous system, and help relieve the symptoms of stress, anxiety and tension, supporting restful sleep.