

Tips for Stress

Stress is your body's normal response to excitement, challenges and sometimes a little bit of stress can spur one on to do better. But **chronic stress depletes energy** and affects behaviour as well affects the immune system making one prone to colds and other infections.

Stress can show itself in many ways. Some of the common signs are: Having trouble sleeping, losing your appetite, overeating and having stomach cramps.

If Stress continues without relief, and without proper **rest, exercise** and **good nutrition** to counteract these effects, the body continues producing the stress response until you experience **fatigue, exhaustion, burnout, illness**, pain, suppression, and poor sleeping patterns.

You may also exhibit irritability, depression and disruptive behaviour, and poor decision making as well as **degeneration of the immune system**.

Chronic, unrelieved stress, especially early in life, sets the stage for later depression, anxiety, and other mood disorders because **stress** significantly **increases brain immunoexcitotoxicity**. The implications this has on family life, leisure time, and personal health is immense.

In order to cope better with stress it will be important to apply some Important Tips to cope better.

Stay Hydrated

Be sure to **drink plenty of water**. Aim for at least 8 eight-ounce glasses of water per day. Not drinking enough water can make you feel sluggish and stressed. Water **composes 75% of the brain**.

Eat Healthy

When you eat unhealthy foods it can make you feel negative, therefore, it is important to **eat right**. Try eating lean meats, nuts, fruits, and vegetables. Avoid too much sugar or heavily processed food. Part of eating healthy involves having a balanced diet. Try not to eat too much of only one food source. Get variety in your diet. Eat more Alkaline-forming foods.

For Stress, Anxiety and sleeping problems Use Composure

Composure is a special blend of the extracts of 8 herbs that work together **to help you in times of stress**. You will **find yourself more relaxed**, and when combined with a healthy diet, experience a healthy sense of well-being. It will also help you sleep better.

You need Vitamins

Stress depletes the body of certain vitamins. All vitamins are necessary for healthy brain development and functions that are closely related to **the ability to concentrate**. A review published in 2006 by the *Journal of Nutrition, Health and Aging* noted that the vitamins thiamin, or **B-1**; riboflavin, **B-2**; niacin, **B-3**; and **folate** are important for the ability **to have abstract thought**. **Vitamin C helps to improve visual-spatial performance**. Additionally, **vitamins B-6, B-12, A and E** are important for **visual memory** and can improve test results. Eat a daily **balanced diet** that **includes plenty of brightly coloured fresh fruit and vegetables** to get sufficient amounts of these vitamins

Get your needed Vitamins from BarleyLife and Peak Endurance!

Use Peak Endurance for Energy and Vitamin B

In order to focus, concentrate, have Energy and have good memory your body needs to produce **ATP**. Adenosine triphosphate (ATP) is the 'Energy Currency' of each cell. Peak Endurance contain **ATP** as well as 50% of the RDA of **Vit B's** which:

- **Helps alleviate stress**
- **Helps Boost Energy**
- **Helps build immunity**

ATP increases energy levels without boosting your heart rate or blood pressure, which can occur with caffeine, ginseng, and ephedra. Peak Endurance contains No caffeine, No artificial colours or flavours and No ephedra.

If suffering from Adrenal Fatigue and Burn-out, Use Renewed Balance Cream and take Peak Endurance!

Renewed Balance Cream

The root of the MEXICAN WILD YAM (dioscorea) is the source of phyto -progesterone. In the US a highly sophisticated enzyme process has been developed, which converts diosgenin (extracted from the root) into phyto-progesterone. The safest and most natural application is via the skin, by-passing the liver and time-releasing natural progesterone directly into the bloodstream. Renewed Balance Cream is in its molecular structure identical to the one made by the human body. This remarkable hormone is also called the precursor to other steroid hormones. The body is able, whenever required, to convert (via the biosynthetic pathway) progesterone into Corticosteroids, Androgens (testosterone), Estradiols and Estrials (estrogen's). So, if required, the body can produce its own hormones simply by converting progesterone.

Renewed Balance Cream

- **Lifts the Adrenal Glands and helps the brain function better**
- It is a **natural anti-depressant**
- **Helps stabilize** Thyroid, Pancreas, Adrenal and Pituitary function

Apply a pea-size on thin skin twice daily.

See Information sheet to use correctly!

If necessary, use Cell Wellness Restorer

Cell Wellness Restorer makes DHEA (Dehydroepiandrosterone). It is a blend of desalinated seawater and essential elements like Magnesium – a macro mineral that is vital to the **production and transfer of energy** within the body, **the contraction and relaxation of muscles**, and **the conduction of nerve impulses**.

Eat good fats

Omega-3 fatty acid plays a key role in cognitive functions such as **memory, concentration and focus**. Good, unprocessed plant fats like avocado, nuts, seeds, olives and cold extracted oils like flax seed oil will give you all the fats you need for the brain to work at its best. Nuts and seeds and oily fish will also provide important fats to the brain.

Use **AlOmega** daily if you need to supplement Essential Fatty Acids.

Eat a Proper Breakfast

Without a proper breakfast your energy levels will quickly crash and may lead to stress, anxiety, and fatigue. Be sure to have a healthy, energy packed breakfast. Try eating foods that provide long lasting energy. Avoid foods that are high in sugar, which will give temporary energy but may cause you to crash later on.

Try to Get Enough Sleep

The benefits of a proper night's sleep can never be underestimated. Get into a sleep routine and follow it every night.

Take a Quick Walk

Research has proven that exercising such as taking a walk can boost your memory and brain power, help alleviate stress and give more energy.

Use Mobile Apps

There are tons of mobile apps designed to improve your quality of life. Whether you want to get better organised, or improve your mental arithmetic, there's an app for that.

Let it All Out

Sometimes you just need to talk to someone, other times you need to shout it from the rooftop or scream from the top of your lungs. Figure out what you're feeling and then let it out. Speaking to a family member or friend can highlight the bigger picture for you and empower you to rise above stress.

Take time to Laugh

Laughter triggers healthy physical changes in the body. Humour and laughter strengthen your immune system, **boost your energy**, diminish pain, and **protect you from the damaging effects of stress**. Best of all, this priceless medicine is fun, free, and easy to use. Laughing, according to the super smarty pants over at the Journal of The American Medicine Association, or *JAMA*, increases catecholamines, which boost mental alertness and memory. Watch a funny movie or TV show, Seek out fun-loving people, Share a good joke or a funny story, Host game night with friends, Play with a pet, 'Goof around' with children, Do something silly, Make time for fun activities (e.g. bowling, miniature golfing, karaoke).

Break Free from Distractions

I bet you don't even realise the number of times you check Facebook, Instagram or whatever your vice is? When you add it all up together, it amounts to a significant waste of time. We recommend the SelfControl website blocker.

Spend More Time in Nature

Going outdoors helps to relieve your stress naturally, with research showing levels of the stress hormone cortisol lower in those who live in areas with the greenest space, as are their self-reported feelings of stress. Even five minutes in nature can help reduce stress and boost your mood.

Focus on Your Breathing

Learning to breathe mindfully can modify and accelerate your body's inherent self-regulating physiological and bioenergetic mechanisms. These changes are in large part due to the fact that you're oxygenating your body properly as well as correcting your internal balance, and it has a direct impact on your nervous system. Ideally, you should be breathing primarily through your nose.

Participate in Activities You Enjoy

Engaging in a hobby gives you crucial time to *play* and simply enjoy yourself. A hobby can take your mind off of stress and adds more much-needed fun to your life

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