

STRESS MANAGEMENT

**Are you owning your stress, or
is your stress owning you?**

There is absolutely no question in American society today, stress has a major impact on the health of the American population. The common concept of stress, “Too much to do in too little time,” is a bit of a simplification. Stress can occur at all levels of life. There are nutritional, physical, emotional, mental, psychological, and spiritual stress factors. Anxiety, fear, depression, perfectionism, grief and frustration are stressful. Medical conditions such as infection,

**Chronic stress brings
about a wide range of
health problems**

chronic illness, or surgery can also cause tremendous metabolic stress. Stress can present itself as either acute or chronic in nature and brings about a wide range of health problems. It is very easy to see the major cause for most of the health problems we see in America today is the stress we all seem to be facing. So how can we own our stress before our stress owns us?

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To order or for more information,
call 855-645-5120

We need to avoid those things which stress us, including the poor dietary choices that accompany stress. We need to provide ourselves with daily periods of moderate exercise and to keep healthy so we can better manage stress. Supplements such as L-Theanine, Relora Plex and St. John's Wort Plus have been found to keep us calmer and less stressed during our day. Probiotics such as Probiotic Daily Support help minimize the effect of stress on our gut health. Finally, specialized, high-potency vitamin B formulations like CoEnzyme-B and Vitamin B-Complex can provide us the support we need to prevent metabolic breakdown brought on by stress.



Central Rexall Drugs
125 East Thomas Street
Hammond, LA 70401
www.centraldrugs.net

Suggested Supplements:

- L-Theanine
- Relora Plex
- Relaxation Formula
- St. John's Wort Plus
- Mood Health Support
- Probiotic Daily Support