

# STRESS MANAGEMENT

## Are you owning your stress or is your stress owning you?

There is absolutely no question that 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. Even exercise, which is one of the best ways to minimize stress, can become a stressor if performed too intensely or without adequate rest. Anxiety, fear, depression, perfectionism, grief and frustration are stressful. Medical conditions such as infection, chronic illness, or surgery cause tremendous metabolic stress. Change, even seemingly good change, can be stressful. And environmental and chemical exposures, drugs and excessive alcohol use can place stress on the body.

Stress can present itself as either acute or chronic in nature. Chronic stress brings about a wide range of health problems including exhaustion, lowered thyroid function, cardiovascular problems, alterations in blood sugar, weight gain, muscle breakdown, altered immune function, and more. So it is easy to see that the major cause for most of the health problems we see in America today is the stress that we all seem to be facing. The hormonal changes brought about by stress have a major impact on many of the systems in the body. Interestingly enough, when researchers interview centenarians, the one aspect that is common in all of these individuals is a lack of stress, or a means of managing their stress before their stress manages them.

So how do we manage our stress? Well we need to avoid those things that stress us. But it is impossible for many of us to leave jobs, families, and other responsibilities. We need to avoid the poor dietary choices that often accompany stress. We need to provide ourselves with daily periods of moderate exercise, which is how we as humans are designed to alleviate our stress. Most of all, we need to lower our response to stress, and keep ourselves healthy so that we can better manage our stress.

Nutritional supplements such as L-Theanine, Relora 250 mg, St. John's Wort Plus, and Mood Health Support have all been found to lower our stress hormones and make us calmer during the course of our day. Probiotics such as Probiotic Extra Strength DF help to support our immune function and minimize the effect of stress on our gut health. Relaxation Formula and other similar products can help us to relax and calm down so that we can fall asleep and obtain a restful night's sleep. Finally, specialized, high-potency vitamin B formulations like CoEnzyme-B, Super Stress Support, and Vitamin B-Complex can provide us the solid nutritional support that we need to prevent metabolic breakdown brought on by stress. If you have issues with stress management, do you need to take ALL of these supplements? No, definitely not. But our nutritional team can help you put together a supplement regimen that will help you minimize your stress, stay healthy, and own your stress before it owns you.

- L-Theanine
- Relora 250 mg
- St. John's Wort Plus
- Mood Health Support
- Probiotic Extra Strength DF
- Relaxation Formula
- CoEnzyme-B
- Super Stress Support
- Vitamin B-Complex

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