



Eliminate Holiday Stress

Try a Deep Breath—And a Few Nutritional Supplements

By Morning: Spirit: Wolf-D.R.M.

Stress may be a part of life - especially around the holidays - but whatever internal conditions you create determines how it affects you

We all know that stress causes harmful steroidal hormones, like cortisol, to be released that can damage adrenals, pancreas, liver, and blood vessels, and can cause migraines, obesity, diabetes, and high blood pressure and cholesterol. But did you also know that you can be the calm in the eye of the storm when all else around you is spinning with stress? This can easily be achieved by eliminating acid pH and keeping intestinal bacterium in balance – try this:

Thyme tea – This simple, slightly bitter tea (try sweetening it with raw honey) is amazing for lowering acids, boosting digestion, increasing energy, purging toxins, and killing unwanted bacteria - the one-herb-that-does-it-all miracle.

B-Complex with Potassium - Your body needs B-Complex vitamins along with its co-factor, Potassium, to make mood-boosting neurotransmitters like serotonin, and to keep acidity pH balanced, energy high, and stress low.

Grass-C – To keep adrenals from exhaustion, heart beating steadily, and eliminate acid and toxic load, use vitamin C loaded with silica also keep pH balance in check, energy supported, and mood stable.

SFF, Stress Free Formula – The one size that truly fits all for freeing yourself from stress, whether its mental, physical, emotional, or just plain overwhelm.

Probiotics – Support immunity, mood, and energy with healthy numbers of probiotic intestinal microbes to crowd out pathogenic microbes and keep your brain chemistry and immune and digestive systems and working great.

And for supporting your overall energy and immunity, try these self-help tips:

- *Move.* Physical activity lifts mood with “feel-good” chemicals called endorphins from your brain, and increases well-being. It also changes the physical responses to stress and keeps us healthy.
- *Breathe.* A variety of meditation and relaxation techniques can reduce psychological stress and its physical manifestations. Conscious breathing is the foundation for most relaxation practices.
- *Connect.* Make time for friends and family. Maintaining a strong, positive social network improves sense of well-being and helps us through stressful times.
- *Sleep.* Get between eight and ten hours of sleep per night, and practice good sleep hygiene—like going to bed at the same time each night and keeping electronic devices out of the bedroom.
- *Eat right.* When it comes to stress, certain foods can either escalate or ease the situation. Avoid those foods you know produce acidity, bloating, and back pain, and eat Peak Frequency Foods.

Food sources of B vitamins include whole grains, buckwheat, kale, spinach, Swiss chard, alfalfa sprouts, bison, red lentils, kidney beans, bananas, cantaloupe, goat’s milk, red potatoes, mangos, brewer’s yeast, and wild salmon and trout. Some substances like birth control pills, caffeine, alcohol, and certain medications may deplete B-vitamin levels and worsen stress.

Refined sugar can also significantly worsen stress. The initial euphoria that comes from indulging your sweet tooth, followed by the familiar sugar “crash,” can leave you feeling worse than not eating at all.

When blood sugar levels drop, stress hormones are released into the blood stream. This causes common stress symptoms like racing heart, irritability, anxiety, and headache, and leads to further cravings for sugary foods. Besides these effects, sugar itself worsens stress, depletes minerals, as well as suppresses the immune system.

For stress that makes it hard to sleep, try a cup of Chamomile tea before bed. Herbalists have trusted chamomile for centuries to relieve anxiety and aid in restoring restful sleep.

For stress that leaves you tuckered out, give Sarsaparilla a try. This herb has been shown to be effective at enhancing energy, mental performance, and concentration in people suffering from stress-related fatigue.

For upcoming stress, try Amino Acid Complex, which can boost tyrosine, an amino acid that decreases when the body is under stress. Supplementing amino acids or taking tyrosine can help offset its decline and preserve mental performance under stress.