

# Keeping your Cool

Mortgages, unemployment, deadlines daycare...all of us experience stress in our lives and lately it seems more than usual. Stress can cause headaches, weight gain, anxiety, depression and insomnia. Other, more serious effects of stress can be heart disease, IBS and diabetes.

So what to do? Some ways to help deal with life's daily chaos is to eat right, take herbs, vitamins and get plenty of exercise, rest and fun!

Diet Do's and Don'ts
<p><i>Do:</i>                      Increase fruits and vegetables                      Increase complex carbohydrates                      Eat smaller meals more frequently</p> <p><i>Don't:</i>                      Consume caffeine or sugar                      Skip meals</p>

Many aspects of our diet effect how we react to and process stress as well as how we support other physiological systems. Caffeine, a central nervous system stimulant can increase many stress related symptoms like anxiety and insomnia and therefore should be avoided or reduced as much as possible. Sugar; also a stimulant, contributes to dips in blood sugar which can cause irritability, mood swings and depression. Fruits and vegetables have a wide range of vitamins, minerals and phytochemicals that help your body function properly and deal with excessive stress. Complex carbohydrates will also help balance blood sugar and create a feel-good response in the brain.

Vitamins and Supplements
<p><i>Vitamins &amp; Minerals:</i>                      B-complex, B6, B12                      Calcium                      Magnesium</p> <p><i>Supplements:</i>                      Choline                      s-Adenosyl methionine (SAME)                      Inositol                      L-Carnitine</p>

For those of us who don't get proper nutrition from our diets, taking vitamins, minerals and supplements may help greatly. Some vitamins and supplements have effects on

Tips on how to stay calm during these stressful times

By Regina Di Silvestro



neurotransmission which can help stabilize moods, ease anxiety and depression. Others act as catalysts and support proper system functioning such as: immune, cardiovascular and digestive systems to name a few.

Exercise can help release stress hormones and reduce the effects that these hormones have on our bodies. Not to mention it also gives us a lift by increasing mood enhancing endorphins. Walking, swimming and yoga are all great stress reducing exercises.

Changing your diet, adding vitamins and improving your lifestyle will make a huge difference with the way your body deals with stress. However,

if you feel you need a bit more help then herbal supplements can be a great way to go. Herbs work well to relieve many of the typical symptoms from stress. Headaches, irritability and depression can all be helped with herbs. Adaptogenic herbs help balance and improve our overall ability to deal with stress while also enhancing our overall well-being.

Herbs
<p><i>Promote Relaxation:</i>                      Valerian Root                      Passionflower Herb                      Kava Kava                      Chamomile</p> <p><i>Stress Adaptogens:</i>                      Siberian &amp; American Ginseng                      Schisandra Berry                      Ashwaganda Root                      Licorice Root</p> <p><i>Mood Enhancers:</i>                      St. John's Wort Herb</p>

Using any of our Calm™ –Relaxing & De-stressing body care products can also help. Unwind in a hot bath with our calming hydrotherapy soak, then stay stress free with our serum or massage oil and relax anytime with the soothing aromatherapy mist.