



## Stress Management & Emotional Health

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In the past few issues of *Herbalife Business Today*, we've explored nutrition and weight management, and most recently, achieving wellness through fitness and exercise. In this month's article, I'll discuss another important aspect of overall well-being—stress management and emotional health.

**Stress and emotions can have a significant impact on your health.**

Discussions about stress and the impact of emotions on health should be part of every family physician-patient interaction. A holistic approach to health care incorporates all aspects of health—physical, mental and emotional. This view sees a person as part of a family and society, factors that can and do play a significant role in an individual's health.

**Effectively dealing with the stresses and strains of daily life can lead to balanced emotional health.**

Have you ever noticed that when your marriage is floundering, your child is ill or you hate your job, traffic seems worse, the checkout line at the supermarket is unbearably long, even your children's normally boisterous play may create tension. This tension affects your body in several ways: blood pressure and heart rate increase, adrenal glands may release cortisol and adrenaline and your immune system is put on "alert status." From an evolutionary perspective, humans have

a "fight or flight" response mechanism to stress. Historically, this response provided either a sudden burst of energy to fight a challenger from the next cave, or the speed for flight to elude an attacking woolly mammoth.

**In today's world, stresses tend to be more subtle and chronic and aren't usually of a physical nature.**

Over time, repeated triggering of stress hormones can deplete your body of energy and leave you less able to respond. Stress can be a factor in the development of cardiovascular disease, hypertension, cancer and many auto-immune disorders such as lupus and multiple sclerosis. Additionally, stress can contribute to irritable bowel syndrome, thyroid dysfunction, headaches, sleep disturbances and many skin conditions. Chronic stress depletes many nutrients from the body, including most B vitamins, antioxidants, zinc and other minerals necessary for immune-system function.

**Nutritional choices can help you deal with stress.**

Eat a balanced diet emphasizing whole foods such as lean protein, fresh fruits and vegetables and whole grains. Avoid processed foods, white sugar, flour and fried foods, as these items put additional stress on the body. Restrict your caffeine and alcohol intake to moderate levels. Caffeine stimulates the central nervous system and alcohol depresses the nervous system, and actually may increase stress.

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**Counterbalance the effects of stress with Herbalife nutritional supplements.**

Nutritional supplements are a must to ensure your body has all the stress-fighting protection it needs. Cellular Nutrition®-based Formula 2 Multivitamin-Mineral & Herbal Tablets provide a balance of essential vitamins and minerals, and Formula 3 Cell Activator® provides herbs and minerals to support your cellular energy cycle and immune system.\* Gastrointestinal problems are a common stress-related occurrence in many people due to hypersecretion of stomach acid and increased colon motility. Herbal Aloe Drink and Florafiber are a soothing combination that can help maximize healthy intestinal function.\*

**The power of antioxidants, particularly vitamins C and E, also fights stress.**

Vitamin C and bioflavonoids support the adrenal glands—1,000 mg per day is a standard recommendation. Vitamin E supports immune function. Herbalife provides several antioxidant combinations including Schizandra Plus, RoseOx™, Extreme C, Ocular Defense Formula and Cardio ToconOx™. Each formula is a unique combination of antioxidants, adaptogenic herbs and botanicals. Begin with Schizandra Plus and RoseOx™, then choose from the other three specialized products to build additional immune support. “Adaptogen” is a term given to herbs that improve the body's ability to cope with stress.



Adaptogens work by supporting various organs to make the body more resilient.\* Some of the best known adaptogens include schizandra, tang kuei, astragalus, Chinese and Korean ginseng and ashwaganda. Herbalife’s Medical Advisory Board has long understood the importance of these herbs and have incorporated them into our nutritional product line. Consider our specialized combinations if you are under stress—Mega Ginseng Blend, Advanced St. John’s Wort with Uplifting Herbs and K8.

**Relaxation methods, spirituality and ways of thinking can help us deal with the reality of good and bad stressful events, family issues and the ups and downs of everyday life.**

There are a host of coping skills almost guaranteed to reduce the impact of stress on your life. It may sound simple, but remember to breathe! Deep cleansing breaths help clear out toxins and improve oxygenation of your tissues. Take time every day to simply sit quietly. Focus inward, sort through thoughts and clear your mind. Laugh regularly and heartily. Laughing is the ultimate “stress buster.” It can help reverse all negative effects of stress, and it feels great! Much of our body’s healing and cellular repair occurs while we sleep; most adults need seven to eight hours every night. Adolescents and teens actually do their best with eight to nine hours of sleep each night.



**Think positively! Studies confirm that positive thinking lessens immune stress and increases happiness.**

Be less judgmental of others and your relationships may improve. Community involvement—whether through your religious community, volunteer activities or social activism—can be extremely rewarding. For example, through the Herbalife community, we see the reality of multitudes of different racial, religious and ethnic groups cooperating and thriving. Wellness is the summation of all the factors we have discussed in this three-part series. You will look and feel your best, be most resistant to illness, have the greatest energy and exude happiness and contentment if you take this information to heart. Nutrition is the foundation of health. If you follow healthy nutritional practices, including the use of supplements, weight control should happen with minimal effort. A walk or other physical endeavor makes managing your weight easier and helps alleviate the effects of stress. Breathing, laughing and a positive outlook help assimilate good nutrition to create a physically, mentally and emotionally whole you. Enjoy your life!

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.