

Summer Stress Got You Down?

For most people, Summer is a happy time filled with barbeques, family gatherings, and outdoor trips. But it can also be a stressful time for some, trying to fit in all of these obligations into an already busy schedule. Chronic stress can really put a damper on those sunny days.

Stress can affect all aspects of your life, including your emotions, behaviors, thinking ability, and physical health. No part of the body is immune. But, because people handle stress differently, symptoms of stress can vary. Symptoms can be vague and may be the same as those caused by medical conditions. You may experience any of the following symptoms of stress:

Emotional symptoms of stress include:

- Becoming easily agitated, frustrated, and moody
- Feeling overwhelmed, like you are losing control or need to take control
- Having difficulty relaxing and quieting your mind
- Feeling bad about yourself (low self-esteem), lonely, worthless, and depressed
- Avoiding others

Physical symptoms of stress include:

- Low energy
- Headaches
- Upset stomach, including diarrhea, constipation, and nausea
- Aches, pains, and tense muscles
- Chest pain and rapid heartbeat
- Insomnia
- Frequent colds and infections
- Loss of sexual desire and/or ability
- Nervousness and shaking, ringing in the ear, cold or sweaty hands and feet
- Dry mouth and difficulty swallowing
- Clenched jaw and grinding teeth

Chronic stress or anxiety can be caused by a variety of factors, but long-term symptoms can cause many health problems. What can be done for people who have difficulty relaxing? Try the following product to help stop stress at the source!

Li-Zyme Forte™

A low-dose vegetable source lithium, great for those suffering from depression, chronic stress, and anxiety. This product is not only all-natural, but a great way to calm the nerves before a big meeting or hectic day.

Please contact us with any questions.



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