

Name: _____

Date: _____

Anxiety/Stress Re-evaluation Date: _____

Supplemental Support:

This recommendation is not meant as a diagnosis or to replace the advice of your health care practitioner, rather it is supportive in helping you return to health and vitality.

MULTIPLE Vitamin/Mineral as Foundation

Pro Multiplus (2-tid)

ESSENTIAL FATTY ACID BLEND

(MIXED EFA'S OR OPTIMAL EFA'S) (1-2 TBSPS)

Or 2 capsules of Optimal EFA's Bid

De-Stress

(1-2 capsules bid)

DE-STRESS – Each capsule supplies 150 mg of a bioactive peptide derived from milk, having anxiolytic activity. **De-Stress** can be used in any case where psychological stress, insomnia or anxiety are present. 1 capsule at bedtime and 1 capsule during the day if needed for periods of high stress. 2 capsules bid should be used for people with a larger frame (over 140 #'s). Human studies indicate **De-Stress** has no known side effects and will generally work within 24-48 hours after the initial dose, however periods of use up to 14 days will provide maximum benefit.

Avoid the Following:

- **Sugar and refined grains:** Raise blood sugar and stress the adrenal glands, feed yeast, increases dysbiosis and cause a myriad of serious health problems.
- **Chemical additives:** The average American consumes ten pounds of food additives each year. This stresses the liver and the immune system.
- **Hydrogenated oils and fried foods:** Hydrogenated oils promote inflammation and cardiovascular disease, while decreasing immunity and hormonal health. Nerves and brain function are also affected.
- **Repetitious eating:** The foods that one becomes sensitive to are usually those eaten on a daily basis. A simple rotation diet minimizes stress to the immune system from hidden allergies. Try eliminating common allergens such as wheat and other grains, dairy, corn, soy, citrus fruits, chocolate, coffee, and soda.
- **Processed and packaged foods:** These foods are devoid of real nutrition. Processed and packaged foods create nutritional deficiencies, diminishing one's health and vitality.

Basic Rules about Eating and Lifestyle:

- **Drink eight 8-ounce glasses of pure water every day:** You need water to eliminate toxins.
- **Most of the food you consume (more than 50% by volume) should be vegetables:** Vegetables are high in antioxidants, trace minerals, fiber, vitamins, minerals, and other nutrients.
- **Eat a variety of foods with a balance among fat, carbohydrate, and protein.**
- **Eat organic whole foods where possible.**
- **Exercise (according to your doctor's suggestions).**

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