




HEALTH FIRST QUICK GUIDE TO

# STRESS



**NEW TO THE WORLD  
OF NATURAL HEALTH?  
TRYING TO LIVE A  
HEALTHIER LIFE?**



HEALTH  
FIRST

Then the Health First Network series of quick guides is for you! In this issue we talk about a topic that we all face: stress.

# STRESS SYMPTOMS

WHETHER WE'RE RUNNING FROM DANGER, FIGHTING HEAVY TRAFFIC OR NAVIGATING A PANDEMIC, OUR BODIES RESPOND THE SAME WAY TO STRESS.



Stress can be acute or chronic and can lead to increased fatigue, headaches, nervousness, anger, irritability, and tension. Constant and ongoing stressors in life can take a serious toll on the body if you don't find time for the exhale.

Regular exercise and good nutrition are some of the best ways to equip the body for handling stress, but these may not even be enough when daily stress becomes overwhelming. Introducing key vitamins, minerals, herbs and selfcare strategies can help us to manage modern-day stress overload.

## BALANCE: THE FOUNDATION OF STRESS RELIEF

Small practices throughout the day can lead to a more balanced stress response. Begin the day with gratitude and include movement daily. A structured evening routine is essential for calming the mind and setting yourself up for better sleep. Without proper sleep, your brain simply can't process stress emotions as it should!

## B VITAMINS: YOUR DAILY LIFT

These water-soluble vitamins must be consumed, as they are not produced in the body and can be depleted quickly during times of stress. Adequate levels of B vitamins are essential, as our brains need them for regulating mood.



## ASHWAGANDHA:

### YOUR ALL-DAY STRESS SUPPORT

Ashwagandha is known as an adaptogen, a herb used to promote balance – if you need energy, it gives you energy, and if you need calm, it induces calm. Ashwagandha improves resistance to stress, leaving your friends wondering how you've become this calm, cool and collected new you!



## ARNICA: THE TENSION REDUCER

Stress can literally manifest as a pain in your neck! Sitting, stressed at a desk all day? That tension in the body can cause aches and pains in the hips, back, jaw and neck. Arnica montana can be safely massaged into these areas of tension to help relieve pain and inflammation.



## LAVENDER: THE SELF CARE STRESS ESSENTIAL

Lavender is used in aromatherapy to help relieve anxiety and promote sound sleep. It can actually interact with certain brain chemicals to calm your nervous system. While it works wonders in your nighttime routine, you can use it at any time of day as it has both a calming and uplifting effect!



## MAGNESIUM: FOR MUSCLE MELTING

Did you know that constant stress leaves your body needing more magnesium to cope? Magnesium is a key nutrient for muscle function and relaxation, so if stress is affecting your sleep, try it at bedtime to help your muscles melt you into dreamland.



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# PRODUCT INGREDIENTS

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Traditionally processed, full spectrum, organic ashwagandha root backed by dozens of clinical studies

Green Beaver lotions and soaps are Canadian made to naturally support your selfcare regime

Magnesium combined with GABA and L-Theanine promotes a calm, relaxed state

Homeopathic topical gel with arnica, bryonia and calendula for sore, achy muscles

Contains a potent dose of B vitamins and the active, methylated form of B12



FIND THESE PRODUCTS AT YOUR LOCAL HEALTH FIRST MEMBER STORE! PLEASE VISIT [HEALTHFIRST.CA](http://HEALTHFIRST.CA) TO LOCATE THE STORE NEAREST YOU.