

Stress/Anxiety

What Are Stress and Anxiety, and What Is the Cause?

Stress is caused by anxiety and how the mind and then the body reacts to the thought processes associated with it. Feelings of stress occur when we feel overwhelmed or afraid and can't cope with the pressure associated with it.

This is a normal fight-or-flight response that has been hardwired into our brains to ward off any perceived threats to our survival. We can reduce our stress and anxiety levels by diaphragmatic breathing and learning how to change our perception of events.

Taking time out during the day to practice 10 minutes of relaxation points and regain appropriate focus on the tasks ahead, while getting a good night's sleep, can also be beneficial.

Stress FAQ

Q: Lately, I have been feeling that everything has just become too much for me. Work has been laying it on really thick, and my child has been ill for the past few weeks, so I have been going all over the place, and it's been getting on top of me. I hate to feel like the victim, but I have never felt so stressed in my life, and it is making me feel slightly depressed. Is there anything you can recommend to me so that I can cope with my stress better? Thanks.

A: Yes, it's vital that you learn deep breathing exercises so that you are getting oxygen into your system; this can help to relax your nervous system and control stressful thoughts and feelings better. My Stress and Anxiety Health Plan can also help you to manage stress and relax. Relaxwell is the main product I recommend for this as it contains L-Tryptophan and L-Theanine, which can support effective relaxation and help you to manage your stress levels to feel more rested and prepared for whatever life throws at you as a result.

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“Yesterday evening, I saw my eldest daughter. I was impressed with how happy she sounded. My daughter is a nurse who works ten hour days, often well into the evening, so is usually feeling tired. I mentioned to her how glad I was to see that her consistent fatigue had gone.

‘Dad I owe it all to you,’ she said. ‘Ever since last week when I came to visit with you, my life has changed.’ Thank you, Robert Redfern, for giving my daughter back her life and freeing her of stress and fatigue.”

- Gene M.

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Follow the Health Plan as recommended for the best results:

STRESS/ANXIETY RELIEF HEALTH PLAN

The following health plan is designed to provide relief for stress and anxiety by clearing damaging cortisol. By following the plan below, which includes a supplement regime and a naturally healthy lifestyle, it's possible to control stress and anxiety, so as to achieve overall good health in the long-term.

*Your 4-8 Week Health Plan, From My eBook, by Robert Redfern
Supplements to support a healthy brain and mind - in order of priority:*

- [Relaxwell](#) - Take 2 capsules, 30 minutes before going to sleep. Manages stress and produces effective relaxation.
- [The Krill Miracle](#) - Supports the immune system and improves mood. Take 2 capsules, 2-3 times daily.
- [HealthPoint™](#) - Use daily. Relieves stress by stimulating APPROPRIATE acupuncture points. **(See www.dovehealth.com for more information.)**
- [Lithium Balance](#) - A safe mood stabilizer, balances chemical responses. Take 2 tablets, 2-3 times daily.
- [SAM-e Plus+](#) - Provides powerful support for stress relief. Take 2 capsules, 2-3 times daily.
- [MaxiFocus™ 24 Nutrient Sublingual Spray](#) - Take 12 sprays daily. Supports healthy cells and body.
- [GlycoBoost](#) - Supports cognitive senses and positive moods. Take 1 scoop daily.