

# Integrated Natural Ideas # 54 from Dr. Jay

***What you can do to complement your health...naturally.  
It is not alternative, it is original!***



**Ph.D. Holistic Health Sciences**  
(*Summa cum Laude*)  
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**Board Certified**  
**Holistic Health Practitioner**  
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**Doctor of Integrated Medicine**

Stress and anxiety are some of the biggest culprits to shortening your lifespan. We don't always feel stressed and sometimes don't even realize we are anxious. So let's make it easier to determine that. Below you will find a set of questions pertaining to each category.

If you score high (stress, anxiety or maybe both), then use these 4 factors to help make a difference in your day to day life and longevity. The 4 factors are: increase your movement, get social support, be mindful (prayer, meditation) and use supplements. The first three are in your direct control. The supplement (fourth part) may be tricky, so that is why the following questions are needed.

**Stress:** (answer yes or no. The more you answer "yes", the more that area is in need of help).

Do you feel like you have too much to do and you feel stressed?  
Are you under a lot of pressure at work/home?  
Been facing difficult situations recently?  
Overwhelmed by what's going on in your life?  
You do not get much time to relax?

Supplement to consider: **Nutri-Calm #1617-3**

**Anxious** (especially situational):

Do you feel nervous in new situations?  
Do you feel shaky or uneasy sometimes?  
Do you worry about a lot of things?  
Do you have a lot of repetitive stressful thoughts?  
Do you feel anxious in certain situations?

Supplement to consider: **Anxiousless #1167-9**

Nutri-Calm is loaded with B vitamins and contains the herbs Hops, Valerian, and Passion Flower. It has been around a long time and can make a huge difference when dealing with stress for the nervous system.

Anxiousless is a new product from NSP and most people who try it feel results in as little as a half hour. It contains the herb *Sceletium Tortuosum* from Africa which has been used by natives for hundreds of years to help one relax.

Of course I am also a big fan of **Distress Remedy #8778-3** which can be added to both supplements from above. This helps achieve even greater reduction from the big culprits that shorten our already short lives. It's a flower remedy that is mild and subtle and even safe for children/animals.

Stress and anxiety are silent killers. So help make them become a thing of the past and start enjoying life, before you realize, you weren't enjoying it at all.

Many companies put their name on a product label and do not manufacture it themselves. We only trust Nature's Sunshine (800-453-1422). **The largest and safest in the world!** Information is for educational purposes only and not meant to diagnose or treat any disease. See a competent health professional should the need arise. This information may be shared provided it is not changed in any way.