

## How To Get Rid Of Stress Before It Kills You!

In today's world, stress is as sure as death and taxes. So learning how to get rid of stress is no longer a luxury, it is a necessity. Speaking from experience, stress can wreak havoc on your health. Whether the stress is from your environment (too cold, too warm, chemical toxins in the air), your body (a diet lacking key nutrients -- as 90% of American diets are, poor posture) or your thoughts (worried about health, worried about financial situations) your body responds by tightening up. If the stress is not released, it stores in the hypothalamus, the part of your brain responsible for producing the "fight or flight effect" -- which got our ancestors ready to run their butts off in case the sabretooth tiger was after them. However, the actual act of running away would discharge this stress. But in today's world, where lives are filled with office jobs, this stress builds up and is never discharged. Your muscles are no longer able to relax and this chronic tension leads to health problems. In fact, it is estimated that up to 90% of doctors visits are caused by stress related illnesses, such as upset stomachs, headaches, difficulty sleeping, chest pain, and high blood pressure are directly linked to stress. Stress can also play a part in the development of more serious problems such as depression, severe anxiety, diabetes, heart problems, or asthma. This is no joke. And believe me, these symptoms can set in at any time. Two years ago, I was 19 years old. We had just moved to a new house and I was attending a new college. I thought that I had everything under control. On the surface, I didn't even feel that nervous. However, over the next few months, my health rapidly turned to crap. I was diagnosed with colitis. I suffered from excruciating headaches every night that took me to the emergency room. I became a nervous wreck, during what was supposed to be the best years of my life. I had to drop out of college and take care of my health. Now, 2 years later, I am completely healed. Not only am I no longer suffering from any health problems (my digestion works like a well-oiled machine and my head is always clear), but I am in such amazing well-being that I couldn't even imagine going back to my previous self -- which I used to think was normal. I have learned how to get rid of stress! The effects are amazing. I have the blood pressure of an olympic athlete. I am able to handle any situation with a calm, clear mind. I excel in my studies and my hobbies (which are many, as I feel like I am FINALLY truly living) ... You can do it too. The way to get rid of stress is through the following protocol: A certain, DIRT-CHEAP nutritional supplement. A way to use 5-10 minutes of exercise to achieve mental clarity -- And I hate exercise! A way to force your mind to relax so that STRESS is NEVER an issue in your life again.

### About the Author

In alchemy, Digestion is a process in which gentle heat is applied to a substance. Digestion is considered one of the 12 core alchemical.

Source: <http://productsherbal.com>