

# Are You Stressed Out?

What is the **one common factor we all have** that is a contributor to **80% of all major illnesses...** and is the underlying reason for **75%-90% of all doctor's visits** in this country?

Take the test inside to find out how much  
Your health is at risk...

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**This e-mail was sent to you compliments of: Lorri Kreuzcher**

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# Are You Stressed Out?

## Do You...

- Experience headaches 2-3 times a week, or more?
- Feel sad or are you moody more often than not?
- Have high blood pressure?
- Feel tired during the day, even after a full nights sleep?
- Grind your teeth?
- Suffer from gastrointestinal problems?



If you answered yes to any of these questions, you may be experiencing *chronic stress*. While stress is an unavoidable part of life, too much of it can interfere with your enjoyment of living and can also threaten your health.

## Instead... Just Imagine...

- ☺ Waking in the morning well rested, ready to tackle the day... with a smile!
- ☺ Weaning yourself off those high-blood pressure drugs that can be so detrimental to your health!
- ☺ Experiencing life full of joy, love, excitement, and greater success because you feel good about yourself!
- ☺ A life free of headaches, indigestion, ulcers, allergies, acne... and many more health issues you may face... unnecessarily!

**Researchers estimate...** that stress contributes to *80% of all major illnesses*, including cardiovascular disease, skin disorders, and many infectious ailments. **The Centers for Disease Control estimates that 75-90% of doctor's visits are stress related!**

## Facts About Stress That You May Not Know...

- ☹ Evidence shows that stress can trigger reactions to allergens and make allergic symptoms more severe.
- ☹ Stress can aggravate certain skin disorders by damaging immune cells in the skin.
- ☹ A group of Dutch researchers studied eighty people for a period of six months. They found that individuals with high levels of stress had fewer than half the antibodies (amino acids in the blood stream that help fight infection and disease) in their systems that subjects under less stress did.

We all experience stress from time to time. You may feel stressed out all of the time... even while sleeping! Too much stress isn't healthy. **But what can you do?**

## Well, you could try...

- ☑ Prescription medications — but at what cost to your health? Many of these drugs have numerous and potentially dangerous side-effects.
- ☑ Deep breathing, meditation, and exercise. This can work to lower your stress level, but it may take some time before you actually feel the results.
- ☑ Remove the stressors in your life. Is it really practical to quit your job, separate from your family, or win the lottery to relieve stress? Probably not.

**These ideas, while possibly effective, may not be long-lasting, fast-acting, healthy, or practical.**

## BUT THIS IS...



### Shaklee Stress Relief Complex

**Stress Relief Complex** is a unique blend of nutritional support that can help you quickly relax and relieve tension. It can help combat your daily stresses while keeping you calm — and all without drowsiness. **Stress Relief Complex** contains a unique blend of natural ingredients that promote a feeling of tranquility, while at the same time, promoting alertness.

**Shaklee Stress Relief Complex** is formulated with a unique blend of natural ingredients that have been tried and tested with great results. **Stress Relief Complex achieves powerful results through a proprietary blend of these all-natural ingredients...**

**L-Theanine** is a “feel good” supplement. It has been found to induce relaxation without causing sedation or drowsiness. Studies have proven that supplementing with L-Theanine increases alpha-brain waves, the brain waves associated with a relaxed feeling of well-being. In addition, L-Theanine has been shown to help diminish normal symptoms of PMS, improve memory and learning ability, and reduce the stimulatory effects of caffeine.

**Ashwagandha Root Extract** has a very long history as a medicinal herb. Ashwagandha Root Extract (also known as Indian Ginseng), can aid in the relief of hypertension, stress, fatigue, and anxiety while promoting mental and physical vitality. Ashwagandha Root Extract has also been shown to increase energy, endurance, and youthful vigor. It can enhance thyroid function as well as liver function. It has shown to improve immunity and have positive effects on learning and memory.

**Beta-Sitosterol** is a natural plant sterol that is commonly found in wheat germ, soy beans, and corn oil. Beta-Sitosterol helps to blunt the response of cortisol. Cortisol is a hormone which the body produces during stress. Chronically high cortisol levels have a detrimental effect upon health.

**L-Tyrosine** is an amino acid that can be useful in the treatment of insomnia, can help relieve depression and anxiety, and help to elevate mood. The body uses L-Tyrosine to make the neurotransmitter norepinephrine which is an appetite suppressor. L-Tyrosine has also been shown to produce melanin (the pigment of the skin and hair), play an important role in the function of the adrenal, pituitary and thyroid glands, and increase red and white blood cells.

## Why Should You Use Shaklee?

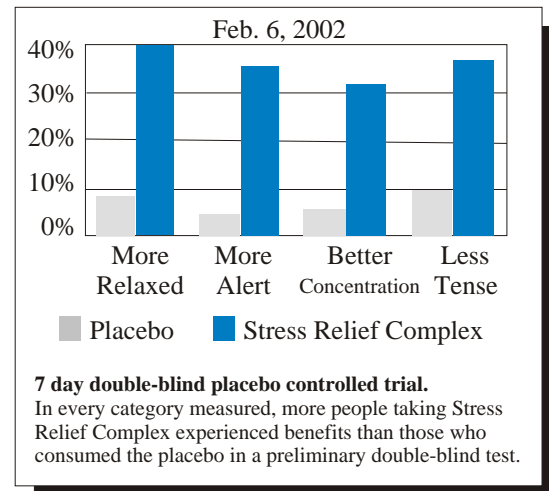
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## The Shaklee Difference!

Shaklee Stress Relief Complex is **clinically studied and proven safe**. It contains only traditionally used ingredients in a unique combination for the **best effectiveness possible**. Shaklee is well known as a company with a strong **commitment to clinical research and development**, combining the best in nature and science. As with all Shaklee products, Stress Relief Complex is backed by the **100% Shaklee Guarantee**. If for any reason, you are not satisfied, simply return it to your Shaklee Independent Distributor or Shaklee Corporation for an exchange or full refund.

**Nothing works as well as  
Shaklee Stress Relief Complex!**



## But Don't Take Our Word For It... Listen To What Others Think...

*"I have been an avid Shaklee user since I was 3 (33 years). I have been a living example of how effective the products and "lifestyle" are.*

*I just wanted to relate my experience with the new Stress Relief Complex. I was a bit skeptical at first as I feel in relatively good control of my health. I tried the product as my stock brokerage firm has recently been feeling the direct pains of the market.*

*The outcome....it works! It does not change your moods or emotions, it simply "smoothes" the otherwise rough edges. Things that normally caused me to feel tense did not. I approach problems and challenges with a clearer perspective."*

**Christopher Nichols**

*"I have been going to a massage therapist for several months to have work done on my neck. My neck gets a nerve-like pain in it and it restricts my ability to move my head without pain. The pain radiates into my back muscles at the top of my back (trapezius). I usually carry a lot of tension in these muscles so that my shoulders are raised (like a shrug).*

*Shortly after beginning to use the Stress Relief Complex, that tension began to diminish significantly. I only rarely have trouble with my neck and it is never as severe as it was on a routine basis. I stopped going to the massage therapist. I am overjoyed to have my neck be a non-issue for me.*

*I have a friend of mine who cleans houses who had a similar problem and so I recommended to her the SRC. Within 2 days she called me up to tell me that she was much better. I really recommend this for anyone with chronic pain.*

**Jeff Sanborn  
Columbus, OH**

**So there is! Now you can enjoy life with more energy, stamina, excitement, confidence... while feeling calm, cool and collected... all because you made the wise decision to take Shaklee Stress Relief Complex!**

## Important! Know your supplements!

Are you currently taking a stress supplement... or any kind of supplement that contains the herb Kava Kava? According to the Food and Drug Administration (FDA), Kava Kava and supplements containing Kava Kava carry the potential risk of causing severe liver injury. Although liver damage appears to be rare, the FDA believes consumers should be informed of the potential risk.