



Stress Pack

Stock #3033-7 (30 packets)

Prolonged stress significantly impacts and contributes to a myriad of health problems, including the development of cardiovascular disease, diabetes, certain immune system disorders, deficits in memory and cognitive (brain) function, weight gain, and gastrointestinal problems, including liver damage. Even short-term stress can lead to sub-optimal immune function, which can increase the risk of contracting common infections such as the cold or flu. Stress factors can include mental and emotional upset, as well as physical factors such as sleep deprivation, poor diet or malnutrition, long or irregular work hours, excessive exercise, surgery, pregnancy, or numerous environmental causes. Fortunately, data show that nutritional supplementation, coupled with healthy diet and lifestyle choices, can have a

significant effect on health maintenance, physical performance, resistance to infections, and disease prevention.¹⁻¹²

Stress Pack is a unique nutritional program designed to provide the body with essential nutrients for strengthening the nervous system, as these nutrients are easily depleted during times of emotional, mental or physical stress. Stress Pack contains a combination of vitamins and herbs that have been shown to help relieve anxiety, relax muscular and nervous tension, enhance the body's natural recuperative abilities, and reduce the negative effects of stress upon the body. Stress Pack provides 30 convenient pocket-sized packets, each containing:

Stress-J contains a combination of herbs that promote relaxation and reduce mild anxiety to help relieve nervousness, restlessness and nervous tension. For example, Stress-J includes passion flower and hops, which are approved by the German Commission E for anxiety and nervous restlessness. Stress-J also provides herbs that have been shown to relax intestinal cramping and soothe inflammation of the gastrointestinal tract.¹³⁻²¹

Nutri-Calm is a vitamin and herbal supplement designed to help the body combat the physical, mental and emotional effects of stress. Nutri-Calm contains herbs and vitamins, including B-vitamins, which support the nervous system, enhance immune function, reduce anxiety, relieve insomnia, relax nervous tension, and even facilitate memory and brain function. B-vitamins are critical for maintaining healthy nervous system function and reducing the effects of stress upon the body—symptoms of B-vitamin deficiency include tiredness, irritability, nervousness and depression.^{2,13,15,22-26}

AdaptaMax is a remarkable formula designed to support the body's natural defense mechanisms against all types of stress. AdaptaMax contains powerful herbal adaptogens that help reduce the negative effects of stress on the body, along with antioxidant- and nutrient-rich herbs and whole foods to enhance the immune system, increase energy levels, and promote mental and physical well-being. The term *adaptogen* is used to describe a substance that increases the body's non-specific resistance to prolonged stress and enhances the body's endurance for physical and mental work. Herbal adaptogens have been shown to help improve the body's defense mechanisms against disease and adverse environmental stressors and promote mental and physical health and longevity.^{2,27-35}

Nerve Eight is an herbal formula designed to relieve pain and inflammation in the joints, muscles and nerves. Nerve Eight combines herbs that have demonstrated effective analgesic (pain-relieving) and anti-inflammatory effects for a wide range of health problems, including arthritis-related disorders, back pain, headaches, and muscle and nerve pain. Nerve Eight also provides herbs that have mild sedative properties, which can help ease anxiety and depression, lower blood pressure, and relieve stress and nervous tension.^{13,15,22-25,36}

References:

- ¹Ronzio PhD, R.A. "Nutritional support for adrenal function." *American Journal of Natural Medicine*; 1998, 5(5):12-17.
- ²Kelly ND, G.S. "Nutritional and Botanical Interventions to Assist with the Adaptation to Stress." *Alternative Medicine Review*; 1999, 4(4):249-265.
- ³Vanitallie, T.B. "Stress: a risk factor for serious illness." *Metabolism*; 2002, 51(6 Suppl 1):40-45.
- ⁴Hunt, R.H. & Tougas, G. "Evolving concepts in functional gastrointestinal disorders: promising directions for novel pharmaceutical treatments." *Best Practice Research. Clinical Gastroenterology*; 2002, 16(6):869-883.
- ⁵Vere, C.C., et. al. "Psychosocial stress and liver disease status." *World Journal of Gastroenterology*; 2009, 15(24):2980-2986.
- ⁶Block, J.P., et. al. "Psychosocial Stress and Change in Weight Among US Adults." *American Journal of Epidemiology*; 2009, May 22. [Epub ahead of print]
- ⁷Hamer, M., et. al. "Using stress models to evaluate immuno-modulating effects of nutritional intervention in healthy individuals." *Journal of the American College of Nutrition*; 2004, 23(6):637-646.

- ⁸Johnson, J.V. & Lipscomb, J. "Long working hours, occupational health and the changing nature of work organization." *American Journal of Industrial Medicine*; 2006, 49(11):921-929.
- ⁹Vitetta, L., et. al. "Mind-body medicine: stress and its impact on overall health and longevity." *Annals of the New York Academy of Sciences*; 2005, 1057:492-505.
- ¹⁰Grossman, T. "Latest advances in antiaging medicine." *The Keio Journal of Medicine*; 2005, 54(2):85-94.
- ¹¹Mandel, S., et. al. "Proceedings from the "Third International Conference on Mechanism of Action of Nutraceuticals"." *The Journal of Nutritional Biochemistry*; 2005, 16(9):513-520.
- ¹²Wienecke, E., Gruenwald, J. "Nutritional supplementation: is it necessary for everybody?" *Advances in Therapy*, 2007, 24(5):1126-1135.
- ¹³Fetrow PharmD, C. & Avila Pharm D, J. *Professional's Handbook of Complementary & Alternative Medicines*. Springhouse, PA: Springhouse Corp., 1999.
- ¹⁴Miller PharmD, L. & Murray PhD, W. *Herbal Medicinals: A Clinician's Guide*. Binghamton, NY: Pharmaceutical Products Press, 1998.
- ¹⁵*Herbal Medicine: Expanded Commission E Monographs*. Integrative Medicine Communications, 2000.
- ¹⁶Newall, C., et. al. *Herbal Medicines*. London, England: The Pharmaceutical Press, 1996.
- ¹⁷Krenn, L. [Passion Flower (*Passiflora incarnata* L.)—a reliable herbal sedative]. *Wiener Medizinische Wochenschrift*, 2002, 152(15-16):404-406.
- ¹⁸Werneke, U., et. al. "Complementary medicines in psychiatry: review of effectiveness and safety." *The British Journal of Psychiatry*; 2006, 188:109-121.
- ¹⁹Sarris, J. "Herbal medicines in the treatment of psychiatric disorders: a systematic review." *Phytotherapy Research*; 2007, 21(8):703-716.
- ²⁰Schiller, H., et. al. "Sedating effects of *Humulus lupulus* L. extracts." *Phytomedicine*; 2006, 13(8):535-541.
- ²¹Zanolli, P., et. al. "New insight in the neuropharmacological activity of *Humulus lupulus* L." *Journal of Ethnopharmacology*; 2005, 102(1):102-106.
- ²²Lininger Jr, S., et. al. *The Natural Pharmacy, 2nd Ed*. Rocklin, CA: Prima Publishing, 1999.
- ²³Presser PharmD, A. *Pharmacist's Guide to Medicinal Herbs*. Petaluma, CA: Smart Publications, 2000.
- ²⁴Pizzorno, J & Murray, M. *A Textbook of Natural Medicine, 2nd ed*. London: Churchill Livingstone, 1999.
- ²⁵*PDR for Herbal Medicines, 2nd edition*. Montvale, NJ: Medical Economics Company, 2000.
- ²⁶Brown, R.P. & Gerbarg, P.L. "Herbs and nutrients in the treatment of depression, anxiety, insomnia, migraine, and obesity." *Journal of Psychiatric Practice*; 2001, 7(2):75-91.
- ²⁷Kumar, R., et. al. "Enhanced thermogenesis in rats by *Panax ginseng*, multivitamins and minerals." *International Journal of Biometeorology*; 1996, 39(4):187-191.
- ²⁸Bhattacharya, S.K., et. al. "Adaptogenic activity of Siotone, a polyherbal formulation of Ayurvedic rasayanas." *Indian Journal of Experimental Biology*; 2000, 38(2):119-128.
- ²⁹—. "Adaptogenic activity of *Withania somnifera*: an experimental study using a rat model of chronic stress." *Pharmacology, Biochemistry, and Behavior*; 2003, 75(3):547-555.
- ³⁰Rege, N.N., et. al. "Adaptogenic properties of six rasayana herbs used in Ayurvedic medicine." *Phytotherapy Research*; 1999, 13(4):275-291.
- ³¹Kelly, G.S. "*Rhodiola rosea*: a possible plant adaptogen." *Alternative Medicine Review*; 2001, 6(3):293-302.
- ³²Davydov, M. & Krikorian, A.D. "*Eleutherococcus senticosus* (Rupr. & Maxim.) Maxim. (Araliaceae) as an adaptogen: a closer look." *Journal of Ethnopharmacology*; 2000, 72(3):345-393.
- ³³*Withania somnifera*. " *Alternative Medicine Review*; 2004 Jun;9(2):211-214.
- ³⁴Wallace ND, E. "Adaptogenic Herbs: Nature's Solution To Stress." *Nutrition Science News*; May 1998.
- ³⁵*Astragalus membranaceus*. " *Alternative Medicine Review*; 2003, 8(1):72-77.
- ³⁶Mills, S. & Bone, K. *Principles and Practice of Phytotherapy*. London: Churchill Livingstone, 2000.