

JOYFUL LIVING

BY GREGORY JANTZ, PHD

NATURAL WAYS
TO BEAT
THE BLUES

8 STRESS-
BUSTING
NUTRIENTS

HEALTHY
MOOD-
MANAGING
HABITS

11
TIPS TO
CULTIVATE
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JOYFUL LIVING

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Feeling anxious, depressed, maybe even a little bit hopeless? When your situation seems overwhelming, it can be hard to see life's silver linings. Some days you may even feel isolated and disheartened, especially if you feel powerless to make things better. You certainly aren't alone. According to the annual National Health Interview Survey conducted by the National Center for Health Statistics, 1 in 10 Americans experience frequent sadness. And 40 million often feel anxious or are chronically stressed out.

But the news isn't all gloom and doom. Even though you may feel powerless to change your current situation or state of mind, there are things you can do to make life better. No, we aren't talking about Pinterest platitudes or relief found in a glass (or three!) of wine. We are talking about healthy, actionable steps to help you manage stress, soothe anxiety, and lift you out of the doldrums.

In this booklet, you'll discover the chemical and hormonal reasons behind your physical and emotional symptoms. You'll also find concrete actions—changing how you eat, how you move, how you think, and even the supplements you take—that can create a positive environment where you can begin to flourish. Don't wait for someone else to rescue you or make it all better. **YOU** have the power, so turn the page and begin your journey of hope.



Gregory Jantz, PhD, is the founder of The Center • A Place for HOPE in Edmonds, WA. Pioneering whole-person care over 30 years ago, Dr. Jantz has dedicated his life's work to developing ways to create more possibility for others and helping people change their lives for good. A best-selling author of 36 books, Dr. Jantz is a sought-after speaker on the whole-person approach to wellness. Today he leads a team of 40 world-class, licensed, and board-certified professionals providing treatment to those suffering from eating disorders, depression, anxiety, drug and alcohol addictions, PTSD, and more. Specializing in treating co-occurring disorders, The Center was recently recognized among the top 10 facilities in the U.S. for the treatment of depression.

Chapter One

What's Stealing Your Happiness?

Are you happy? Not the kind of happiness you get from watching your favorite team win a game, but true happiness. Are you content? Satisfied? Do you have a generally positive outlook that seeks to encourage others and finds joy and beauty in the subtle nuances of daily life? Do you smile often and laugh frequently?

If you are not able to answer yes to those questions, you are not alone. A recent study by the American Psychological Association found that average stress levels in the U.S. have risen since 2014 from 4.9 to 5.1 on a 10-point stress scale. Specifically, when asked if they have experienced a feeling of “extreme stress,” U.S. adults noted a sharp increase with 24 percent saying they were highly stressed in 2015 compared to just 18 percent a year earlier.

Indeed, we have created a society that seems to constantly generate stress—reminders, warnings, multiple calendars, and pings when someone likes our post, comments on our post, or shares our post—all vying for our attention NOW! We stress when not enough people like our pictures on Instagram. We text incessantly, manage multiple social media accounts, and have continual job pressures that simply add to our soaring stress burden.

Even our kids have more stress, and that affects our levels as well. They have a hard time breaking free from their devices where they too often get bullied or exposed to difficult and inappropriate content. Kids today are also chronically overscheduled as we run them all over town to music classes, dance lessons, or baseball practice.

When do we take time to relax, decompress, unplug, and just “be?” When do we enjoy a long, laughter-filled conversation with a good friend? When do we find time to



take a walk in the park and appreciate each breath of fresh air? Or grab a good book and get lost in our thoughts? For many, those things seem like waxing nostalgic of an earlier time.

But here's the good news...you still have the power to control your thoughts. It sounds simple, but over time many people have become conditioned to believe they must stress about seemingly everything in life. Reminding people that they indeed can choose how to act and react is often a (welcome) revelation. The truth is, you alone decide if you are going to read 20 inflammatory political posts on Facebook or take a jog in the park. You get to decide whether to stress about a comment made by a co-worker or to smile and let it roll off your back. Many people need to be reminded of that. It can be incredibly empowering to exercise your "right" to regain your sense of balance, calm, and happiness.

True happiness involves working on three key components in our lives—mind, body, and spirit. We can remind, or even "retrain" ourselves to live in balance, with more calm and less stress. This may involve using techniques to calm ourselves, learning to avoid stressful situations or relationships, and discovering how to live life with a real sense of gratitude and compassion. That is the mind part.

For the body, the focus is on a combination of fitness and nutrition. If we eat poorly, we do not nourish and provide our bodies with the vitamins and minerals it needs to feed our cells, our nervous system, and our brains. What's more, because the majority of the serotonin we need for a balanced mood is generated in the gut, it's important to support digestive health with good nutrition and probiotics.

For the spirit, it's important for individuals to discover (or rediscover) and strengthen their core values and their sense of purpose. Often there are unresolved issues in this area that, once resolved, enable a melting away of guilt, anger, or shame. The result is a renewed spirit, gratefulness, and true happiness.

Are you truly happy? By investing in your mind, body, and spirit, you can rediscover your happiness and, in turn, elevate those around you.



When to Seek Help

Even with proper sleep and a healthy diet, one can certainly become depressed. If you or a loved one is experiencing persistent anxiety, apathy, guilt, hopelessness, loss of interest or pleasure in people or activities, consistent mood swings, deep sadness, a lack of concentration, or suicidal thoughts, you may be experiencing acute or even severe depression.

There is hope for those with depression. Professional treatment and therapy—especially the mind, body, spirit approach to care—has been shown to provide positive, lasting results. If you are depressed, contact a proven treatment facility to receive care. Depression does not define you, and you can regain your balance and happiness.

Chapter Two

Decompress Your Stress

Stress has been with us since the beginning of time. That's not necessarily bad. Short-term stress can generate the motivation necessary to convert thought into action, whether that action is planting a garden, meeting a deadline, or escaping from a fire or flood. In fact, stress has been the force behind much of humankind's progress through the ages.

Understanding the Stress Response

Our reaction to stress, known as “fight or flight,” is a built-in response that also ensures our survival. When faced with danger, humans experience a complex chain of biological changes that instantly put us on alert. It begins in the hypothalamus, a tiny cluster of cells at the base of the brain that controls all automatic body functions. The hypothalamus triggers nerve cells to release norepinephrine, a hormone that tightens the muscles and sharpens the senses. At the same time, the adrenal glands release epinephrine, better known as adrenaline, which makes the heart pump faster and the lungs work harder to flood the body with oxygen. The adrenal glands also release the hormone cortisol, which helps the body convert sugar to energy. Once the threat has passed, the parasympathetic branch of the autonomic nervous system takes over, allowing the body to return to normal.

But, unlike our ancestors, who only had to deal with the occasional saber-toothed tiger or club-wielding enemy, we are often subjected to 50 or more stressors a day. As a result, stress-related health problems have skyrocketed. Fortunately, there are natural herbs and nutrients that can help mitigate the ill effects of a stress-filled life.

Mastering Stress

How you respond to stress can dictate the physical, emotional, and mental impact it has on your life. But when stress is relentless or throws you an unexpected curve ball, the following nutrients can help to smooth out life's rough edges.

5-HTP is a naturally occurring nutrient derived from the seed pods of the West African plant *Griffonia simplicifolia*. It acts as a precursor to the neurotransmitter serotonin, boosting levels in the brain. As a result, 5-HTP can improve mood and helps to relieve anxiety, depression, insomnia, and the urge to stress eat. Research also suggests that 5-HTP may help ease some stress-related conditions such as PMS, migraines, and even fibromyalgia.

B Vitamins are often among the first nutritional casualties of ongoing stress. Yet they are critical for anyone experiencing chronic stress or anxiety. Vitamin B1 strengthens the immune system and improves the body's ability to withstand stressful conditions. Vitamin B3 plays a key role in serotonin synthesis. Vitamin B5 is important for the adrenals and therefore helps with modulating stress. Folic acid and vitamin B12, taken



The percentage of all doctors' office visits that are due to stress-related ailments and complaints.



together, have been shown to reduce anxiety and depression. But because the Bs work in concert, it's smart to take a good B complex to help prevent nutrient imbalances.

Bacopa may be best known for its brain-boosting benefits but it also has been found to reduce anxiety and produce a feeling of calmness and tranquility. This is due to bacopa's ability to regulate the uptake of serotonin, to prevent dopamine receptor dysfunction, and to support the activity of GABA. This ancient Ayurvedic herb is so effective that research reports that it's anxiolytic activity is comparable to the anti-anxiety drug lorazepam. As a bonus, bacopa also improves the quality of sleep.

Choline is another well-known brain nutrient with mood benefits. Research has linked low choline levels to greater feelings of anxiety, and some studies suggest that supplementation may have a calming effect. Choline has also been shown to improve mania in people suffering from bipolar disorder.

GABA, technically known as gamma-aminobutyric acid, is a non-essential amino acid that functions as a neurotransmitter, calming the brain by preventing too many neurons from firing at once. This essentially reduces brain activity and acts like a brake during times of runaway stress. Having a healthy amount of GABA in the brain also helps to combat high levels of stimulating brain chemicals like epinephrine, norepinephrine, and dopamine. As a bonus, studies show that GABA enhances sleep and the production of endorphins—those feel-good brain chemicals that boost mood.

L-theanine, an amino acid found in green tea, has a calming effect and reduces the physiological response to stress. In the brain, l-theanine increases dopamine, serotonin, and the inhibitory neurotransmitter glycine. It also raises GABA levels. Studies show that l-theanine induces alpha brain wave activity in a dose-dependent manner, which makes people feel more relaxed without making them sleepy.

Magnesium is the fourth most abundant mineral in the human body. Yet it is readily depleted in the face of chronic stress. Going through a stressful period without sufficient magnesium can set up a deficit that, if not corrected, can linger, causing more stress that depletes even more magnesium from your system. While loading up on magnesium-rich foods, avoiding processed foods, and learning to identify and manage your stress triggers can help to preserve your magnesium status, it's also important to supplement. For maximum absorption and bioavailability, look for a chelated magnesium supplement.

Schisandra has a long history of use as an adaptogen and mood lifter in Traditional Chinese Medicine. Because it increases dopamine levels in the brain, schisandra is often used to enhance focus and motivation. Studies have found that this ancient herb also restricts the amount of cortisol in the brain during times of stress.



Get in the Om Zone

Studies show that mindfulness meditation, the practice of paying more attention to the present moment, helps lower stress hormones and decreases inflammation in the body. Over time, this leads to more balanced and positive reactions to stressful events.

Chapter Three

Manage Your Mood

Depression, whether temporary or long-term, can be a serious condition that affects you and everyone around you. Almost 19 million American adults have some form of depression, and it affects nearly twice as many women as men.

While it's natural to feel down sometimes, if that feeling doesn't ease after a few days, it could signal depression. Major depression conjures up feelings of sadness or apathy that last at least two consecutive weeks and interfere with your daily activities. Depending on the severity, you may need to seek professional help. The good news is that depression is treatable. If you periodically suffer from mild depression, you may be able to ease symptoms and lift your mood with simple lifestyle changes.

When the Blues Strike

Depressive episodes can be caused by numerous factors: A traumatic episode, an ongoing difficult relationship, financial uncertainty, and other influences. We know that stress is almost always a contributing factor with depression. Stress causes inflammation throughout the body, stressing all bodily systems. Persistent stress alone can cause depression. By reducing stress in our lives, we have helped our ability to avoid or reduce depressive episodes.

Depression is frequently referred to as a chemical imbalance. Indeed, we know that individuals who are depressed do not sleep or eat well, compounding the depression they experience. We also know that a depressed brain is often malnourished and deficient in key nutrients and neurotransmitters, namely monoamines such as serotonin and norepinephrine. Studies show that the presence of monoamine oxidase A (MAO-A), an enzyme that breaks down chemicals like serotonin, norepinephrine, and dopamine, is notably higher in those with untreated depression. But it is important to understand that low serotonin levels, for example, are a symptom of depression, not a cause.

With that said, fortifying the brain with nutrients that nourish and replenish deficient levels is often recommended for those prone to depressive episodes. While diet alone will not “cure” depression, it can support a healthier body, including the brain. A well-nourished brain may help avoid or diminish episodes of depression.

Mood Regulators

Most doctors automatically prescribe an antidepressant as a quick fix to depression. As a result, Americans today fill more than 232 million prescriptions annually for antidepressants—up fourfold from a decade ago. But as rates of both clinical depression and more transient day-to-day mood problems climb, some mental health experts say evaluating diet, lifestyle choices, and your attitude could be key in kicking a persistent bad mood. Indeed, research suggests that the foods you eat can either alleviate or exacerbate a depressed mood. In fact, certain vitamins, minerals, and other compounds in foods are known to influence neurotransmitters. Depending on the foods you eat, some



HOLY BASIL

neurotransmitters can become either more or less active, affecting your mood, including depression. Supplementing with the following nutrients can provide additional support.

Holy Basil is an Ayurvedic adaptogen long used to counter stress.

A growing body of preliminary research suggests that holy basil calms the brain and acts as a natural anti-anxiety agent and antidepressant—but without the potentially harmful side effects common to pharmaceuticals often used to treat depression and anxiety.

Magnesium L-threonate—listed on supplement labels by its patented name Magtein—is a key mineral for healthy brain biochemistry and helps to maintain the fluidity of neuronal membranes. According to research published in the *Annals of the New York Academy of Sciences*, magnesium l-threonate fosters new synaptic connections and reverses stress-induced neural changes.

L-tyrosine is an amino acid that acts as a precursor of the neurotransmitters norepinephrine and dopamine. When taken during times of low mood, it can lead to increased energy, alertness, and improved mood, thus relieving depression. This was shown in a double-blind trial of 21 cadets taking part in a week-long combat training course. Those taking supplemental l-tyrosine found that it supported mental focus and mood while helping to prevent feelings of depression.

Vitamin B12 and **Folic Acid** have been shown to play a role in producing brain chemicals that can affect cognition and mood. Studies have linked low levels to anxiety and depression. Over time, a deficiency may play a role in poor cognitive performance, brain shrinkage, and even the development of Alzheimer's disease. That's not surprising since these two nutrients are critical for the metabolic pathways involved in the healthy functioning of nerves. Vitamin B12 supports myelin (which allows nerve impulses to conduct) and is needed to metabolize methylmalonic acid. Folic acid is needed to metabolize homocysteine. If either methylmalonic acid or homocysteine is allowed to build up, it can handicap the proper functioning of the nervous system. Low levels of these two nutrients have also been found in clinical studies to be present in those with depression. Regular consumption of B12 and folic acid not only boosts mental performance, it also reduces the risk of depression and has even been shown to improve memory in stressed adults. But because these two nutrients work as a team, it's important to take them together.

Vitamin D supplementation may help relieve depression, particularly in people who suffer from seasonal affective disorder. Researchers from the University of Toronto found that people suffering from depression tended to improve as their vitamin D levels went up during the summer and other periods of high sun exposure. Vitamin D appears to work in the same way as many antidepressants by increasing levels of serotonin in the brain. But, the researchers say, exactly how much vitamin D you might need depends on the geographic region you live in, the time of year, your skin type, and your level of sun exposure. To ensure you're getting enough, take a supplement daily.

Chapter Four

Hopeful Habits

It's all too easy to fall into unhealthy habits when you're overly stressed, anxious, or depressed. A blue mood can also leave you feeling lethargic and out of focus. Fortunately, turning to targeted supplements and engaging in some mood-elevating habits can help you cope and get back on track.

Conquer Stress Eating

A body being bombarded with constant stressors or one dealing with depression may be running low on key nutrients that support a stable mood. As a result, it's not uncommon to crave nutritionally bankrupt junk foods. Yet, while overindulging in carbohydrates can have a temporary calming effect, it can contribute to unwanted weight gain and may supplant healthier foods like fresh fruits and vegetables.

Taking steps to eat meals that contain a balance of the major macronutrients—protein, healthy fats, and complex carbohydrates—can keep you satiated and help you step away from overly processed foods high in salt and sugar. Sugar can be particularly devilish when you're feeling down. Yet there are several nutrients that can help calm your cravings.

American Ginseng is an adaptogen that can curb sugar cravings by modulating the HPA axis which plays a large role in governing the stress response. Taking supplemental American ginseng during stressful times promotes healthy cortisol levels and supports balanced insulin and glucose levels in the blood.

Brown Seaweed is a naturally rich source of vitamins, minerals, and polyphenols. But this unique sea vegetable's true value is its ability to block starches and sugars, effectively lowering blood sugar spikes and the cravings they bring. Both preliminary and clinical trials report that a proprietary brown seaweed blend known as InSea2 supports healthy blood sugar levels by slowing the rate of digestion and assimilation of the carbohydrates you eat. One clinical trial tested the effectiveness of InSea2 after volunteers ate white bread and found that those taking the supplement experienced 48 percent lower blood sugar readings compared to the volunteers taking a placebo. The amount of insulin that was secreted also dropped by 22 percent and those taking InSea2 needed 12 percent less insulin than the placebo group, suggesting that InSea2 improved insulin sensitivity. Similar findings were reported during another study that used regular table sugar as the test food. Other studies show that this healthy carb blocker also lowers the glycemic index of starches and sugars after consumption.

But the benefits of brown seaweed don't stop there. During another randomized, double-blind, placebo-controlled trial involving volunteers that recently lost weight, this proprietary brown seaweed formula boosted the feeling of fullness after a standard breakfast by 33 percent compared to those taking a placebo. Better yet, those taking the supplement didn't see their calorie intake creep up even as the placebo group experienced



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and I feel fantastic!"*
- JULIE W



Crave Stop™ supports a healthy appetite and helps you manage sugar cravings.* Our featured ingredient is InSea2® - a unique, clinically studied natural polyphenol complex that supports healthy blood glucose levels.*

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the classic weight rebound effect. It was so effective, the InSea2 group continued to lose weight after three months while the placebo group gained. Best of all, this brown seaweed supplement has a proven safety profile with no gastrointestinal side effects.

Chromium is an essential trace mineral that works to help the body maintain and balance blood sugar, thereby reducing cravings. Specifically, chromium helps regulate glucose metabolism and insulin sensitivity by enhancing the binding of insulin to insulin receptor sites. Yet not all forms of chromium are utilized well by the body. Opt for a bioavailable chromium supplement formulated to minimize the conversion of chromium III to chromium VI. Check supplement labels for a proprietary chromium listed under the patented name Crominex for optimal absorption and bioavailability.

Gymnema Sylvestre is an Ayurvedic herb that inhibits glucose uptake in the intestine, effectively blocking the absorption of sugar. In one study of type-2 diabetics, the herb also helped regenerate the pancreas and raise its output of insulin to normal levels. And what about those sugar cravings? When placed directly on the tongue, gymnema sylvestre alters the taste of sugar from sweet to bitter by depressing the tongue's "sweet" receptors. This may explain the Hindi name *gurmar*, which means "destroyer of sugar." The effect only lasts 15 minutes—but that's just enough time to find some complex carbs or other low-glycemic food to substitute for that afternoon Snickers.

Foster Restful Sleep

Problems getting to sleep—and staying that way—affects everyone from time to time. But when you're stressed or anxious, it's hard to shut off your thoughts—making sleep even more elusive. A full night's sleep contributes to not just physical health and energy, but your mental health and outlook as well. A quiet, calm, and dark sleep environment, with a quality mattress, is a great foundation for consistent and restorative sleep. A healthy diet, not eating too late, and calming yourself prior to bedtime (think meditation) are great contributors to ensuring quality sleep. The following herbs and nutrients can help as well.

California Poppy is a gorgeous orange wildflower packed with alkaloids that confer sedative, analgesic, and antispasmodic benefits. Often used to treat insomnia, studies suggest that California poppy can also ease anxiety and nervous tension. One study that appeared in the journal *Planta Medica* found that California poppy acts to reduce anxious feelings under stressful conditions—and it does so safely. Other research shows that it improves both the quality and the quantity of sleep without the "hangover" common to pharmaceutical sleep aids.

Hops is best known as a major component in beer, but it also has a long history of medicinal use. According to preliminary studies conducted at the University of Extremadura in Badajoz, Spain, taking hops shortly before bedtime increases the activity of the neurotransmitter GABA, thus inhibiting the central nervous system. This effectively decreases nocturnal activity in the circadian rhythm, normalizing the sleep-wake cycle and making it easier to get a good night's sleep.



Lemon Balm has been used medicinally for centuries to address sleep disturbances and promote a sense of calm. Lemon balm also boasts anti-anxiety benefits. In one double-blind, placebo-controlled study, 18 healthy volunteers received either a standardized lemon balm extract or a placebo for seven days. By the end of the study, the researchers noted that the lemon balm supplement enhanced mood and significantly increased calmness.

Magnesium is the most effective relaxation mineral available and it can improve your quality of sleep. This was shown in an eight-week double-blind, placebo-controlled trial of 46 elderly volunteers suffering from insomnia. Those taking a magnesium supplement experienced an increase in the time spent sleeping as well as an uptick in the sleep hormone melatonin compared to those taking a placebo. The participants taking the magnesium also reported falling asleep faster and fewer sleepless nights. Blood tests also found that they had lower cortisol levels, indicating less night-time anxiety.

Support Healthy Cognition

Stress, anxiety, and depression can leave you feeling like you're living in a fog. Unhealthy habits common to an emotional funk can further undermine the ability to stay focused. That's why it's critical to take extra steps to support healthy cognition during times of stress or depression with healthy food, regular exercise, and the following supplements.

Amla is a popular Ayurvedic herb that's packed with anti-oxidants that can nourish the brain and improve mental functioning. A 2007 study published in the journal *Physiology & Behavior* found that amla can also have a positive impact on memory. More recently, however, researchers are looking into the herb's potential to clear beta-amyloid plaques and its ability to slow the development of Alzheimer's disease and other neurodegenerative conditions.

Lion's Mane is a beautiful cascading mushroom that enhances cognition and memory by speeding myelination and enhancing the production of nerve growth factor—a protein that plays a key role in maintaining and regenerating neurons. Studies also show that lion's mane protects against brain cell death, which improves both mental clarity and memory. It's so effective that a pre-clinical study in *Phytotherapy Research* found it halted the accumulation of beta-amyloid plaques, making it a possible treatment for those with Alzheimer's disease.

Magnesium L-threonate not only prevents stress-induced damage to neurons, it also has been shown to improve memory in those with dementia. One recent study that appeared in the *Journal of Alzheimer's Disease* reported that supplementation with this unique form of magnesium helps to prevent brain atrophy and enhances brain fluidity in older adults. Earlier research shows that, because magnesium l-threonate readily crosses the blood-brain barrier, it can also protect synaptic plasticity and density. This novel form of magnesium was also found in pre-clinical research to significantly enhance learning ability, working memory, and both short- and long-term memory during a unique object recognition test.



YOUR ACTION PLAN FOR JOYFUL LIVING



DIET

- ★ **Enjoy grilled or steamed fish** twice a week for a dose of mood-regulating omega-3 fatty acids.
- ★ **Trade in that caffeinated cup** of coffee or cola for a calming cup of green tea.
- ★ **Opt for organic fruits and veggies** when possible to reduce your intake of toxins and enhance your antioxidant protection.

HEALTHY HABITS

- ★ **Boost your mood with exercise.** A simple walk might do the trick. Or you can up your game with a step aerobics class or Zumba.
- ★ **Master your stress levels** with mindfulness meditation.
- ★ **Start a gratitude journal** and write down five things you are grateful for every day.



SUPPLEMENTS

- ★ **Stop the impact of stress** in its tracks with targeted nutrients and herbs. Our favorite is **In•Joy** by **Redd Remedies** because it combines brain-supporting folic acid, B12, and vitamin D with mood-regulating 5-HTP, l-tyrosine, holy basil, and schisandra, for full-spectrum stress support.



- ★ **When stress becomes chronic**, give your mind and body the nutrients they need to calm and support healthy adrenal function. **Redd Remedies At Ease** is our pick because it provides adaptogens like bacopa, l-theanine, and schisandra, plus nutrients like GABA, 5-HTP, choline, magnesium, and B vitamins that support the neurotransmitters and hormones that govern mood.

- ★ **When sleep seems elusive**, soothe anxious feelings and an overactive brain naturally with the blend of stress-busting magnesium, B vitamins, amino acids, and calming California poppy, lemon balm, and hops like those found in **At Ease PM** by **Redd Remedies**.



- ★ **Bring life back into focus** with the nutrients your brain needs for optimal cognition. We like **Brain Awakening** by **Redd Remedies** because it supports both cognitive function and memory with a combination of magnesium l-threonate, amla, and lion's mane for total brain support.

- ★ **Conquer stress eating** with blood sugar-stabilizing nutrients like chromium and brown seaweed. At the same time, promote healthy hunger cues with gymnema sylvestre and American ginseng. **Crave Stop** by **Redd Remedies** works to accomplish both in one convenient formula.



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I'm calm and focused!"*
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At Ease™ and **At Ease PM™** help address occasional nervous tension and sleeplessness.* A blend of amino acids is included to help achieve neurotransmitter balance.* B vitamins support emotional health and brain function.* Magnesium is essential for a healthy nervous system.* Adaptogens in **At Ease™** help manage the negative effects of stress, and an herbal blend in **At Ease PM™** helps support restful sleep.*

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"I'm out doing everything I love to do again!"

- SARAH M.



Our **In-Joy™** formula supports healthy mood and helps the brain and body cope with stress.* Essential nutrients Vitamin B12 and Folic Acid, along with amino acids 5-HTP and L-Tyrosine, support neurotransmitter production.* Vitamin D supports healthy mood and brain function.*



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