

DEAR STRESS, let's break-up!

Stress is the side effect of modern life — it's very difficult to avoid it and it accumulates inside us. If you believe that worrying, rushing around, eating fast food, feeling sad or depressed have nothing to do with your overall health - think again!!!

Here are 12 reasons you should learn how to properly dispose unwanted stress and allow your body to return to healthy state of being:

#1 - FREQUENT HEADACHES

Often accompanied with jaw clenching or pain and grinding teeth.

#2 - HAIR

Excessive hair loss and some cases of baldness.

#3 - DIFFICULTY CONCENTRATING

Racing thoughts, trouble learning new information, forgetfulness, disorganization and confusion.

#4 - SKIN HEALTH

Acne, psoriasis, rashes, itching, hives, and other skin problems.

#5 - INSOMNIA AND LOW ENERGY LEVELS

Nightmares, disturbing dreams, constant tiredness, weakness and fatigue.

#6 - PANIC ATTACKS

Chest pain, palpitations, rapid pulse and sudden attacks of life threatening panic.

#7 - SHORTNESS OF BREATH

Asthma and environmental allergies.

#8 - WEIGHT GAIN

Unhealthy food craving for sugar and fat, storing excess body fat, heartburn, stomach cramps, diarrhea and other digestive problems.

#9 - BACK PAIN

Tense muscles, ongoing chronic pain, increased inflammation, joint aches, decreased bone density that could lead to osteoporosis.

#10 - SEX DRIVE

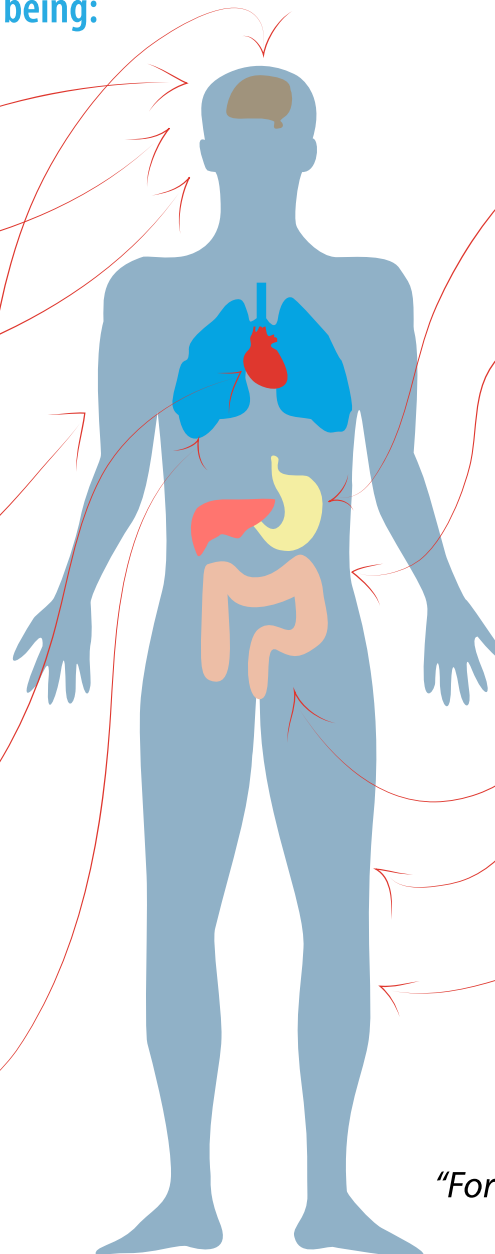
Decreased hormone production, decrease in libido, instead PMS symptoms, irregular menstrual cycle, infertility, erectile dysfunction or impotence.

#11 - IMMUNE SYSTEM

Decreased immune function, easily accessible to sickness, frequent colds, prolonged recovery time from injury or illness.

#12 - AGING

Chronic Stress shortens telomeres, cellular damage, destroys collagen and elastin, which can lead to saggy skin and deeper wrinkles.



"For fast-acting relief, try slowing down."

— Lily Tomlin