

You stressed-out? Take *De-Stress*™!

So what exactly is “stress” anyway?



Researchers tell us that maybe as much as two-thirds of the population confesses to being stressed-out at least once a week. Stress and its sister *anxiety* have been called the “side effects” of our “rat race” 21st century culture. Not good especially on the job, in marriage, with the family, or during any holiday season of course.

According to the medical people, stress can be defined as “a physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation; a state of bodily or mental tension resulting from factors that tend to alter an existent equilibrium.”¹ Wow! That sounds really bad, doesn’t it, if you’re stressed-out.

Biotics Research to the Rescue

But wait! There’s **De-Stress**™ from Biotics Research—an all-natural, milk protein product (a “casein concentrate”) for stress reduction and relief. Technically, its therapeutic efficacy is attributable to its concentration of a specific protein “peptide” with significant anxiolytic (anxiety-reducing) activity, as evidenced by several European clinical studies properly “double-blinded and placebo-controlled,” of course.

What about the Anti-Anxiety Drugs from Big Pharma?

Additionally, this unique **De-Stress**™ substance has been tested for three major “side effects” generally attributed to what are known as *benzodiazepines* (“anxiety management” drugs): dependence, memory loss and tolerance. Remember the most popular drug in this class—the “miracle pill” Valium aka diazepam? Well, not to worry. You will not lose your mind or get “hooked” on non-habit forming **De-Stress**™. As a matter of fact it was shown to not only possess a satisfactory safety profile but also to be even more effective than Valium to boot.

Getting Just a Little Technical²

De-Stress™ has also been found to be clinically effective with stubborn “adrenal cortical hyperfunction” (increased cortisol production) as the result of chronic stress. Therefore, **De-Stress**™ will often calm the hyper patient down, so that other therapies may be implemented to resolve the problem on a permanent basis.

Human “anxiety evolution” clinical trials with healthy male and female volunteers yielded the following results for the effectiveness of **De-Stress**™:

- Systolic blood pressure (the first number) was significantly reduced
- Blood cortisol (the adrenal stress hormone) was significantly decreased
- ACTH (a pituitary hormone that stimulates the secretion of adrenal hormones) remained constant, but increased in the control group

How Much De-Stress™ Do You Need to Take?

One capsule (150 mg) once during the day when really stressed-out, and only one more about thirty minutes before bedtime will usually do the trick—with the added bonus of a good night's sleep! Believe it or not, clinicians find the product to be generally effective within 36 hours, often with the very first dose.

What Other Biotics Products Might Help with Stress?

Other synergistic products to offset external *and* internal factors adversely affecting normal function include: **ADHS®** for adrenal support, **Stamina Caps™** for fatigue and endurance, **B12-2000™ Lozenges** for increased energy, **Bio-GGG-B™** for tissue relaxation, **Aqua Mag-CI™** for tissue support, **St. John's Plus™** for neurological support, **Sculacia™** for pain relief, and finally **HR#3 Acute Stress**—a homeopathic remedy from 21st Century Homeopathics.

What about Diet and Nutritional Supplements?³

Research has shown that there are certain foods across a spectrum of categories which can help with the toxic effects of excessive stress. Some of these, for example, include vegetables such as aged garlic, fish oil, flax and grape seeds, reishi mushrooms, and elderberry.

Peer-reviewed professional journals have reported that certain herbs—from Ashwagandha to Zizyphus—are known to counter the toxic impact of excessive and chronic stress. To name only a few: Astragalus, Chamomile, Ginkgo, Ginseng, Holy Basil, Hops, Kava, Licorice, Schisandra, St. John's Wort, and Valerian (a classic).

Common esoteric substances believed to help with de-stressing include by category: amino acids (arginine, lysine, theanine), hormones (DHEA and melatonin), lipids or fats (DHA and phosphatidylserine), minerals (magnesium), neurotransmitters (GABA), polyphenols (curcumin), protein (whey), and vitamins (B factors, inositol, C & E).

Lifestyle Tips for Modulating Stress in Your Life

Moderate exercise, sufficient sleep, afternoon napping, leisure time, visiting with friends, laughing, meditation, prayer, positive attitude, helping others, trusting God.

Sources

¹"stress." *Merriam-Webster's Medical Dictionary*. Merriam-Webster, Inc. 27 Oct. 2009. <Dictionary.com <http://dictionary.reference.com/browse/stress>>.

²Biotics Research Technical Support Brief #TS019, De-Stress™, Product #7707

³In-Tele-Health © 2008 (from Hyperhealth Pro CD-ROM)



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