

HERE WE GO AGAIN!

Issue #3 is here! We're excited to have you with us on this [unparalleled health and wellness experience](#). With the hectic holiday season approaching, it can be easy to let the stress get to us. Read on for our tips on managing the bustle and staying balanced amidst it all!

THE SPOTLIGHT'S ON:

ADAPTOGENS

Adaptogens are roots, herbs and some mushrooms that work to reduce the negative effects of stress on your body and improve your ability to adapt to stressful situations. Examples include:



Ashwagandha

Revered in Ayurvedic medicine, it has been used for thousands of years to relieve stress, increase energy levels, and improve concentration.



L-Theanine

Derived from black and green tea and some types of mushrooms, it promotes alpha waves in the brain which create a calm, immersive, and functional mind state – focused yet relaxed.

FIRST, LET'S TAKE A MOMENT

This breathing exercise can help calm your nervous system and reduce stress and anxiety. It's a quick and effective way to relax in stressful situations:

1. Find a quiet and comfortable place to sit or lie down.
2. Close your eyes and take a deep breath in through your nose for a count of 4 seconds.
3. Hold your breath for a count of 7 seconds.
4. Exhale slowly and completely through your mouth for a count of 8 seconds, making a whooshing sound as you breathe out.
5. Repeat this cycle 3-4 times or as needed.

How do you feel after the exercise compared to before? Have any areas of tension in your body eased? Use this opportunity to check in with your physical and mental state, noting anything that feels off-balance or needs attention.

FROM BURNOUT ...

When you are stressed, your brain chemistry is affected. In addition to interfering with normal sleep patterns, stress can make you feel anxious, irritable, or depressed. Stress is also responsible for reducing your ability to concentrate and make decisions and can even make you more forgetful. When you're overwhelmed by a busy schedule, your mental performance and attitude towards others suffer.

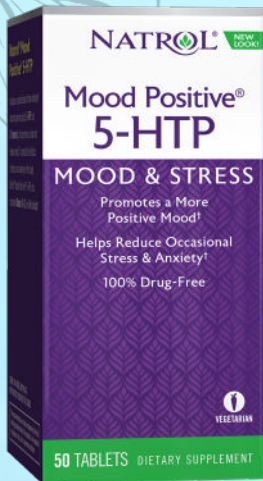
... TO BALANCE

Managing stress is key to maintaining overall well-being. Some strategies include:

- **Practicing mindfulness and relaxation techniques** (such as deep breathing, meditation, and yoga), helps to calm the mind, reduce the body's stress response, and promote emotional stability.
- **Time management** and setting clear priorities help in reducing daily stressors.
- **Physical activity and a balanced diet rich in adaptogens** contribute to better resilience against stress, as they boost mood and energy levels.
- Establishing a **support system**, whether through friends, family, or professional counseling, to share and address the sources of stress.

IT'S A GOOD DAY TO HAVE A GOOD DAY

Stress less with these 100% drug-free, vegetarian-friendly, natural products:



Positivity - Inside and Out.

Natrol Mood Positive 5-HTP combines two potent amino acids, 5-HTP and L-Theanine, with **B-vitamins** to support a state of relaxation without drowsiness.

With regular use, you may see a more positive and balanced attitude, helping you to maintain a healthy outlook on life.

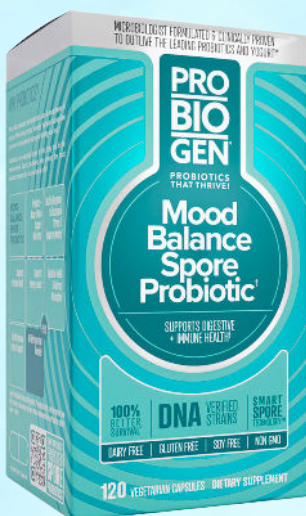
Available at pharmacies nationwide and online at pharmtechcaribbean.net

Bring the power of Ayurveda's most coveted adaptogen to any meal.

Ashwagandha has been coined as "Indian Ginseng" due to its natural energizing properties and ability to decrease the effects of stress.

BareOrganics' Ashwagandha Powder is USDA Certified Organic, Raw, and Vegan, and can be added to tea, smoothies, muffins, brownies, and more!

Available at select pharmacies and retailers.



Stress GUT you down?

Your gut microbiome is intricately connected to your mood – when one is out of balance, the other suffers.

Break the cycle with PROBIOGEN Mood Balance Spore Probiotic! The power of probiotics, combined with **Magnesium** and **L-Theanine** plus **Ashwagandha, Sage**, and other herbs, ensures that your gut-brain axis remains in sync.

Available at pharmacies nationwide.

Thank you for joining us on the journey toward a stress-free lifestyle.
Remember: it's not what happens to you but how you react to it that matters!

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