

**S**tress is now our #1 health complaint. It costs our economy \$36 billion a year. Prolonged stress taxes the adrenal glands, suppresses the immune system, causes hormonal imbalances, digestive problems, affects sleep, upsets pH balance, decreases blood oxygen, depletes vital nutrients, dulls mental processes, and causes pain and stiffness. Stress can be managed effectively without medication. Increase nutritional supplementation. Exercise and stay active. Practice relaxation disciplines such as meditation, yoga, tai chi, self-hypnosis, massage or energy therapies.

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