

INFORMATIONAL GUIDE TO STRESS SUPPLEMENTS

THIS GUIDE IS INFORMATIONAL ONLY. THESE ARE SUPPLEMENTS THAT MANY PEOPLE USE TO HELP SUPPORT THEIR BODY WHEN UNDER STRESS. PLEASE BE SURE TO RESEARCH THOROUGHLY AND ALSO RUN THESE BY YOUR DOCTOR TO MAKE SURE THAT THEY ARE RIGHT FOR YOUR BODY BEFORE BEGINNING TO TAKE THEM OR ANY OTHER SUPPLEMENT'.

· MAGNESIUM

MAGNESIUM IS A MINERAL THAT IS CRITICAL FOR BRAIN AND BODY HEALTH. ACCORDING TO THE MAYO CLINIC 'MAGNESIUM PLAYS MANY CRUCIAL ROLES IN THE BODY, SUCH AS SUPPORTING MUSCLE AND NERVE FUNCTION AND ENERGY PRODUCTION. LOW MAGNESIUM LEVELS USUALLY DON'T CAUSE SYMPTOMS. HOWEVER, CHRONICALLY LOW LEVELS CAN INCREASE THE RISK OF HIGH BLOOD PRESSURE, HEART DISEASE, TYPE 2 DIABETES, AND OSTEOPOROSIS'. MOST PEOPLE ARE LOW IN MAGNESIUM DUE TO DIET, DEPLETION OF SOIL LEADING TO LESS MAGNESIUM IN FOODS AND STRESS. MAGNESIUM SPECIFICALLY HELPS WITH STRESS BY BLOCKING STIMULATING NEUROTRANSMITTERS AND BINDING TO CALM, RESTFUL RECEPTORS IN THE BRAIN, MAGNESIUM CAN HELP US RELAX.

· ADAPTOGENS

ADAPTOGENS HAVE GAINED IN AWARENESS AND POPULARITY AS BEING BENEFICIAL FOR ANXIETY, STRESS AND FOR NUMEROUS OTHER HEALTH BENEFITS. ACCORDING TO AN ARTICLE IN NCBI, 'ADAPTOGENS INCREASE THE STATE OF NON-SPECIFIC RESISTANCE IN STRESS AND DECREASE SENSITIVITY TO STRESSORS, WHICH RESULTS IN STRESS PROTECTION, AND PROLONG THE PHASE OF RESISTANCE (STIMULATORY EFFECT). INSTEAD OF EXHAUSTION, A HIGHER LEVEL OF EQUILIBRIUM (THE HOMEOSTASIS) IS ATTAINED.'

*SOURCE [HTTPS://WWW.NCBI.NLM.NIH.GOV/PMC/ARTICLES/PMC3991026/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3991026/)

THE MOST COMMONLY USED ADAPTOGENS ARE BROKEN DOWN BELOW WITHIN 2 GROUPS – MUSHROOM AND NON-MUSHROOM ADAPTOGENS.

MUSHROOM ADAPTOGENS - REISHI, CHAGA, TURKEY TAIL, LION'S MANE, AND CORDYCEPS.

NON-MUSHROOM ADAPTOGENS - ASHWAGANDHA, TULSI (HOLY BASIL), GINSENG, ASTRAGALUS AND RHODIOLA.

ALL OF THESE ADAPTOGENS HAVE BEEN USED MEDICINALLY FOR THERAPEUTICS FOR CENTURIES AND SUPPORT THE ROLE IN THE BODY'S NATURAL ADAPTATION.

· L-THEANINE

L-THEANINE CAN HELP WITH BALANCING CERTAIN CHEMICALS IN THE BRAIN THAT COUNTER STRESS, INCLUDING SEROTONIN AND DOPAMINE AND CORTISOL. ALL OF WHICH CAN INFLUENCE MOOD, SLEEP, EMOTION, AND THE BODY'S ABILITY TO PROPERLY DEAL WITH STRESS.



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· VITAMIN C

WE OFTEN THINK OF VITAMIN C WHEN WE THINK OUR IMMUNE SYSTEM, HOWEVER IT HAS A DIRECT LINK TO OUR BODY'S ABILITY TO DEAL WITH STRESS EFFECTIVELY. IN AN ARTICLE PUBLISHED ON NCBI IT STATES THAT 'THE STRESS RESPONSE IS A PRESERVED EVOLUTIONARY RESPONSE THAT FUNCTIONS TO ENHANCE THE SURVIVAL OF THE SPECIES. IN MAMMALS, THE STRESS RESPONSE IS CHARACTERIZED BY ACTIVATION OF THE HPA AXIS AND SYMPATHOADRENAL SYSTEM (SAS) AS WELL AS THE INCREASED SYNTHESIS AND SECRETION OF VITAMIN C. CORTISOL, CATECHOLAMINES, AND VITAMIN C ACT SYNERGISTICALLY TO INCREASE HEMODYNAMIC RESERVE, MAINTAIN IMMUNE FUNCTION AND PROTECT THE HOST AGAINST EXCESSIVE OXIDANT INJURY. HUMANS (AND ANTHROPOID APES) HAVE LOST THE ABILITY TO SYNTHESIZE VITAMIN C AND THEREFORE HAVE AN IMPAIRED STRESS RESPONSE. THE INABILITY TO PRODUCE VITAMIN C HAS SERIOUS IMPLICATIONS IN SEPTIC HUMANS. TREATMENT WITH VITAMIN C APPEARS TO RESTORE THE STRESS RESPONSE AND IMPROVE THE SURVIVAL OF STRESSED HUMANS.'

*SOURCE [HTTPS://WWW.NCBI.NLM.NIH.GOV/PMC/ARTICLES/PMC7024758/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7024758/)

· B VITAMINS

A SYSTEMIC REVIEW OF VITAMIN B REVEALED THAT 'THE REVIEW PROVIDES EVIDENCE FOR THE BENEFIT OF B VITAMIN SUPPLEMENTATION IN HEALTHY AND AT-RISK POPULATIONS FOR STRESS, BUT NOT FOR DEPRESSIVE SYMPTOMS OR ANXIETY. B VITAMIN SUPPLEMENTATION MAY PARTICULARLY BENEFIT POPULATIONS WHO ARE AT RISK DUE TO (1) POOR NUTRIENT STATUS OR (2) POOR MOOD STATUS'. - [HTTPS://WWW.NCBI.NLM.NIH.GOV/PMC/ARTICLES/PMC6770181/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6770181/)

VITAMIN B SUPPLEMENTS CAN INCREASE ANXIETY SYMPTOMS, SO IT IS IMPORTANT THAT SOMEONE WHO EXPERIENCES ANXIETY OR SOMATIC SYMPTOMS SUCH AS FREQUENT RACING HEART, TIGHT CHEST AND RACING HEARTBEAT CAREFULLY CONSIDER B SUPPLEMENTATION AFTER BOTH SPEAKING TO THEIR DOCTOR, GETTING CLEARANCE TO TAKE B VITAMIN SUPPLEMENTS, AND SLOWLY INTEGRATING THEM IN LOW DOSES TO SEE BOTH BENEFITS AND UNWANTED SIDE EFFECTS.

· GABA

ACCORDING TO THE CLEVELAND CLINIC 'GABA IS KNOWN FOR PRODUCING A CALMING EFFECT. IT'S THOUGHT TO PLAY A MAJOR ROLE IN CONTROLLING NERVE CELL HYPERACTIVITY ASSOCIATED WITH ANXIETY, STRESS AND FEAR'.

[HTTPS://MY.CLEVELANDCLINIC.ORG/HEALTH/ARTICLES/22857-GAMMA-AMINOBTYRIC-ACID-GABA](https://my.clevelandclinic.org/health/articles/22857-gamma-aminobutyric-acid-gaba)

ADDITIONALLY THE USE OF ESSENTIAL OILS (IN PURE THERAPEUTIC GRADE THAT ARE ORGANIC AND FREE FROM ADDED FRAGRANCES) CAN BE HUGELY BENEFICIAL AS WELL. THE TOPS ESSENTIAL OILS FOR STRESS ARE LAVENDER, CHAMOMILE, CLARY SAGE, BERGAMOT, LEMON GRASS AND YLANG-YLANG

