



# Is your health under

## What causes stress, how it affects your

- Immune system disorders
- Acute respiratory disease/asthma
- Easy susceptibility to colds and flu
- Diabetes
- Allergies
- Depression
- Osteoarthritis
- Digestive problems
- Reproductive/sexual difficulties
- Back pain
- Sleep deprivation
- Increased fibromyalgia pain

toxins that can create havoc in your body.

Small doses of stress may actually be good for you; these temporary bursts of energy are natural and normal. But too much stress or stress that lasts for a long time can cause both short- and long-term changes to your body and mind. The more we understand how stress affects us, the more we can cope with it.

Feeling overwhelmed by stress? A 2007 study of Americans found that one-third of people live with extreme stress, and that can be doing serious harm to both mental and physical health.

It's important to remember that stress can be caused by any kind of change – large or small. You could be stressed out from a big event, such as a family wedding, or even a small irritation, such as being over-hungry. Over time, stress can lead to a number of serious health problems, including:

- Heart disease
- Glucose intolerance
- Nervous conditions

### Stress impacts us in different ways

#### Mental

Work schedules, school assignments, finances, taking on too much.

#### Physical

Gardening, hiking, moving heavy objects, exercising more than you are used to, straining your body.

#### Emotional

Relationship problems, taking care of a loved one who is sick, grieving the death of someone close, losing a job.

#### Environmental

The air, water and food supply often contain

### How our sense of stress evolved through the ages

Long before humans learned how to cope with modern life, our bodies changed to be finely attuned to a predator's attack. When we sense danger, our bodies quickly release adrenaline (a hormone) into our bloodstream which increases our heart rate, focuses our attention and allows us to quickly prepare for coming danger.

The stress that we had to deal with many years ago, such as running away from a dangerous animal, is long gone. However, it has been replaced by a much more relentless form of stress caused by modern life.



## Introducing Nopalea

### Your Everyday Stress Solution

The power of Nopal cactus Nopalea (No-pah lay' uh) blends antioxidant-rich Nopal cactus superfruit with naturally sweet Agave nectar to bring you a deliciously unique concentrated wellness drink. Harnessing the power of betalains, a rare and powerful class of antioxidants that flourishes in the Nopal fruit, Nopalea delivers scientifically proven health benefits.

The purity of premium fruit Nopalea uses only the freshest Nopal cactus fruit and

preserves its antioxidant potency in our state-of-the-art facility. We carefully harvest the fruit using sustainable wildcrafting techniques that have been practiced in the Sonoran Desert for thousands of years. Learn more about the Sonoran Bloom and the Sonoran Harvest by visiting our main website at [www.SonoranBloom.com/12962708](http://www.SonoranBloom.com/12962708)

**TRY IT TODAY!**

# pressure from chronic stress?

## body and how you can repair its damaging effects

Because the barrage of stress never seems to stop our body has less time to recuperate.

This chronic stress takes a big toll on our mental and physical health. If you are chronically stressed, the part of the brain that controls the stress response is going to constantly pump out more stress hormones. These hormones may damage your immune cells, which are then less able to respond to invaders like bacteria or viruses.

### Take control of stress now

Since stress can eventually wear your body down, it's important to manage it as much as possible. First, try to identify the things in your life that are causing you to stress out: marital problems, work conflicts, or a death or illness in the family. Once you identify and understand these stressors, you can begin to find ways to change your environment and manage them.

A growing number of studies shows that you can use your mind to help fight stress. Support groups, stress relief and certain vitamin supplements may help alter stress hormone levels and benefit the immune system. The best advice of all may be, *try not to get too stressed about being stressed.*

### Ways to reduce stress

- Implement the [10 Essentials for Health and Wellness](#) into your daily life
- Exercise and eat right
- Seek out friends to talk to or build a social support network
- Create peaceful times in your day
- Try different relaxation techniques, such as yoga or meditation, until you find one that works for you
- Don't smoke



## How stress is toxic to different areas of your body

### 1 Brain and nerves

- Headaches
- Feelings of despair
- Lack of energy
- Sadness, nervousness, anger, irritability
- Increased or decreased eating
- Trouble concentrating, memory problems
- Trouble sleeping
- Mental health problems – such as panic attacks, anxiety disorders and depression

### 8 Intestines

- Diarrhea, constipation and other digestive problems

### 9 Reproductive system

- For women: irregular or more painful periods, reduced sexual desire
- For men: impotence, lower sperm production, reduced sexual desire

### 2 Skin

- Acne and other skin problems

### 3 Muscles, bones and joints

- Muscle aches and tension, especially in the neck, shoulders and back, and increased risk of reduced bone density
- Stress may increase the risk for development of back and upper-extremity musculoskeletal

### 4 Heart

- Faster heartbeat/rise in blood pressure
- Increased risk of high cholesterol and heart attack
- Many studies suggest that psychologically demanding jobs that allow employees little control over the work process increase the risk of heart disease

### 5 Immune system

- Lowered ability to fight or recover from disease

### 6 Stomach

- Nausea, stomach pain, heartburn, weight gain

### 7 Pancreas

- Increased risk of diabetes

