

# December's CONDITION OF MONTH - STRESS



Stress is a natural part of living. Recent research suggests that between 60-90% of illness is stress related. If stress is extreme, unusual, or long lasting, health begins to deteriorate. Biochemical, neurological, physiological and psychological changes occur in the body during stress. It can initiate and contribute to many disease processes and can worsen the effects of current diseases. Stress compromises your body's ability to fight off disease and infection, throws your digestive system off balance and, can lead to anxiety, depression and memory problems. Physical wear and tear of stress includes damage to the cardiovascular system and immune suppression.



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of one of these  
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**TOTAL CORT**

Re-establishing good health will rely on several factors, with stress reduction and stress management being amongst the most critical. Optimal health is dependent on optimal adrenal function (the adrenal glands are the "anti-stress" glands and produce substances which can combat the threat of stress). Atrophy or shrinking of the adrenal cortex is a common side effect of continual stress, cortisone administration and aging. Multiple vitamins/minerals are also needed during high periods of stress as nutrient losses are much higher than usual during periods of stress.

**To repair and restore proper adrenal function, Nutri-West carries:**

**ADRENAL-LYPH PLUS...**Adrenal with synergistic support. High-quality concentrated glandular support is boosted by pituitary and parotid glandulars along with the vitamins, minerals and amino acids that synergistically contribute to the healthy maintenance of these tissues.

**DSF FORMULA...**The perfect supplement to be chosen in stressful times. Glandulars, vitamins, minerals, antioxidants and phytochemicals synergistically work together to support the various energy producing systems of the body.

**DSF HERBAL...**A vegetarian form of the DSF Formula

**CORE LEVEL ADRENAL...**Nutritional support for the adrenal glands



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