



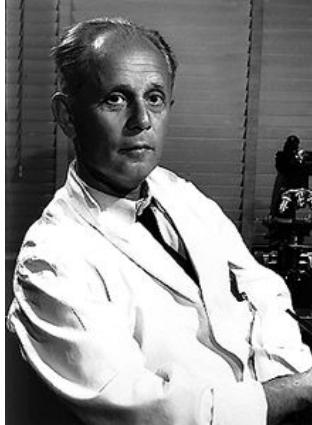
LIFEPHARM GLOBAL NETWORK

DO YOU WANT TO
KNOCK OUT STRESS IN YOUR LIFE?

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PEOPLE HAVE BEEN DEALING WITH STRESS THROUGHOUT HISTORY



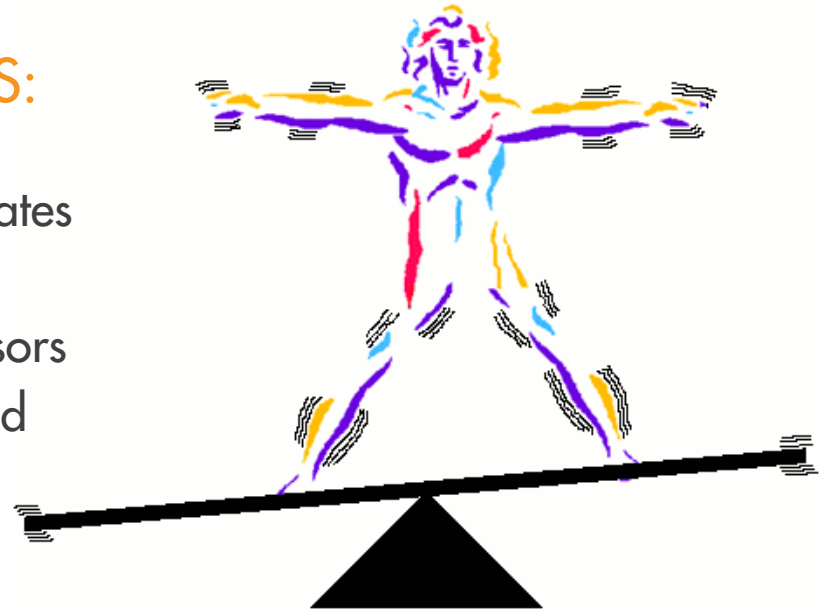
- Greek philosopher Hippocrates may be first to define stress in terms of balance
- Balance conceived as an essential state of health, when disturbed: becomes disharmony, manifested as disease
- Hans Selye in early 20th century provided the first comprehensive biological theory of stress





MODERN DEFINITION OF STRESS:

- Internal balance described by Hippocrates is now recognized as homeostasis
- Threats to homeostasis are called stressors
- Stress is defined as a state of threatened balance, equilibrium or harmony





STUDY PUBLISHED IN *HEALTH PSYCHOLOGY** REGARDING STRESS:

- 276 volunteers completed life stressor interview and psychological questionnaire
- They provided blood and urine samples
- They were inoculated with common cold viruses and monitored for onset of disease

*Cohen, etal, 17(3):214-23.



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OUTCOME OF STUDY*

- Severe, acute, stressful life events, less than one month long, were not associated with developing colds.
- Severe chronic stressors, one month or longer, were associated with a substantial increase in risk of disease.
- Psychological stress is known to affect immune function and to predict susceptibility to infectious disease.
- Individuals vary in how their immune systems respond to stress: the differences provide a vulnerability factor in mediating between stress and disease.

*Health Psychology, Cohen, et al, 17(3):214-23.

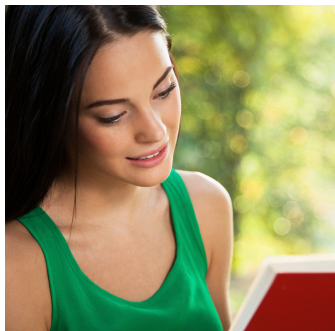




WHAT ARE SOME STRESSORS IN OUR LIVES?

- primary caretaker of elderly, sick or handicapped person
- caregivers to someone with dementia
- money problems: under-employment or unemployment
- personal issues between family and friends
- moving to a new home or any type of relocation
- death of a loved one





WHAT CAN WE DO TO LOWER OUR STRESS LEVELS

- do something you enjoy every day and relax
- yoga, exercise, sports, music, meditation, etc.
- have family and friends who listen and support your efforts
- don't take things personally
- stay positive: speak kind words, visualize good things
- eat well-balanced, scheduled meals





HOW CAN WE BOOST OUR HEALTH TO COMBAT STRESS?

- Take Laminine.
- Laminine has been shown in a clinical trial to lower the stress hormone cortisol.
- People consuming one to two capsules per day report better sleep, more positive moods, less anxiety and overall well-being.
- Some people report an experience of calmness, which helps cope with stress.





HOW CAN WE BOOST OUR HEALTH TO COMBAT STRESS?

- Take IMMUNE+++.
- IMMUNE+++ contains effective amounts of Vitamin C, mushroom extracts and powerful antioxidants that provide immune support when stressors in life accelerate.
- Take IMMUNE+++ regularly to have its benefits in place before crisis hits.





HOW CAN WE BOOST OUR HEALTH TO COMBAT STRESS?

- Take DIGESTIVE+++.
- Modern research shows that beneficial microbes in the gut help support good mood.
- Beneficial microbes affect the neurological, endocrine and immune systems. This is the Neuro-Immuno-Endocrine Super System.
- DIGESTIVE+++ supports the proper breakdown of foods to provide energy, especially during stressful times.





SOLUTION: THE LIFEPHARM WAY TO KNOCK DOWN STRESS

- happy family working together as a team
- respect towards all
- positive attitude, healthy body
- Laminine, IMMUNE+++ , DIGESTIVE+++

daily to boost health and cope with stress

For the detailed article on how to knock down stress the LifePharm way, click here:
<http://www.lpgnconnection.com/eNewsletter/article-2015/2015/09/wk-2/article2.html>

These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.



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