



Protocol: Stress Management

Occasional acute stress is to be expected and can be effectively handled by the healthy body. However, chronic stress that is not dealt with or managed properly can lead to a variety of physical dysfunctions. Many people associate stress as a normal constituent of day-to-day life and are oblivious to the repercussions of triggering a chronic sympathetic nervous response. Compromised digestion and a depressed immune system are two major health risks associated with chronic stress that have a serious impact on overall health and wellness. Chronic stress is often the underlying cause of many of your health challenges.*

- A digestive enzyme formula taken with meals helps support bio-availability of all the nutrients, vitamins, minerals, amino acids and EFA's necessary in the production of hormones and neurotransmitters.*
- A protease formula between meals helps ensure proper blood flow and supports nervous system communication by helping deliver "messengers," control inflammation and remove toxins.*
- A probiotic supplement further supports digestion and promotes timely elimination while maintaining a healthy gut environment.*

Digest	1 cap	with every meal or snack
Protease	2 caps	2 x day between meals
Probiotic	1 cap	at bedtime

Additional support formulas you may want to consider for Stress Management:

Adrenal Complex	1 cap	2 x day with food
Thyroid Complex	1 cap	2 x day with food
Super CellZyme	2 caps	daily
CalmZyme	1 cap	3 x day (or 3 caps at bedtime)

For more information please contact:

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