Diet and whole food supplements can help you deal with everyday stress, but there are some activities that can help manage stress as well. These examples can help you work through difficult times and lower your stress level:

- Meditate
- Go for a walk
- Live in the moment, enjoy the here and now
- Plan an end-of-day escape
- Indulge yourself in a pleasant activity
- Keep a journal/Write about your feelings and emotions

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
When we’re stressed, we often reach for fast foods that are high in refined ingredients (white flour, high fructose corn syrup, etc.) and low in essential nutrients. Eating these foods can cause a rollercoaster effect. This causes you to “crash” later and repeat the cycle. While we’re just beginning to understand the exact mechanisms of how diet affects mood, we do know that what we eat and how we eat is associated with our emotional well-being.

### Calming Foods

To get off the rollercoaster diet, focus on adding foods that have a calming effect on the body.

**Tryptophan amino acid**
- Slows down the nervous system so your brain can relax
- Found in: dairy products, eggs, poultry, seafood

**Vitamin B12**
- Supports a stable mood
- Found in: dairy products, fish, meat, poultry

**Folate**
- Supports a healthy nervous system; can enhance mood
- Found in: beans, citrus fruits, green leafy vegetables

**Omega-3s**
- Positively affects mood
- Found in: beans, coldwater fish, flaxseeds

In addition to your diet, whole food supplements can be a great way to combat the stress of everyday life. Each product can feed your body what it needs to keep your emotions running smoothly.

### Renew Your Sense of Mental Well-Being

**Orchex**—**High Stress**
- Contains glandular materials; potent calming effect
- Maintains a healthy balanced nervous system
- Encourages mental clarity, enhances the ability to relax, and allows greater adaptability to life’s stresses

**Min-Chex**—**Medium Stress**
- Contains glandular materials; moderate calming effect
- Helps balance function of the central nervous system

**Min-Tran**—**Mild Stress**
- Mild vegetarian calming
- Kelp and alfalfa provide mineral complexes that support nervous system health and help stabilize the levels of neurotransmitters that are associated with mood

St. John’s Wort-IMT™—**Mental and Emotional Balance**
- Combines St. John’s wort with inositol and Min-Tran
- Inositol: Helps maintain a more consistent and even mood
- Contains kelp, a source of B vitamins, which helps support healthy brain function
- Nutritional compounds found in inositol, alfalfa, carrot, and kelp help strengthen its mood-stabilizing ability
- Supports healthy emotional response to stress
- Promotes a healthy immune response

### Additional Nutrients in Standard Process Calmatives

- **B6 and niacin:**
  - Aid in energy production and help maintain emotional balance
  - Manufacture hormones that regulate brain function
  - Promote a calming effect on the nervous system

- **Iodine:**
  - Iodine is needed for normal thyroid function
  - Supports healthy energy and mood and maintains mental clarity

- **Calcium and magnesium:**
  - Work together to relieve anxiety

### Relationship Between Food & Mood

When we’re stressed, we often reach for fast foods that are high in refined ingredients (white flour, high fructose corn syrup, etc.) and low in essential nutrients. Eating these foods can cause a rollercoaster effect. This causes you to “crash” later and repeat the cycle. While we’re just beginning to understand the exact mechanisms of how diet affects mood, we do know that what we eat and how we eat is associated with our emotional well-being.

3 http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1123448/
4 http://lpi.oregonstate.edu/infocenter/othernuts/omega3a/

According to the Institute of National Health, approximately 14.8 million American adults are affected by mood fluctuations.

Speak with your health care professional if you think these supplements can help support a healthy mood. Also, be sure to advise your health care professional of any prescription medications or supplements you are taking.