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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Ten ways to reduce Stress**

**By Jason Reischutz**

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Last time I told you how bad stress is for your health. I also told you I would give you some tips to reduce stress, here they are:

1. Exercise. Exercise not only burns off the stress you have it also makes your body more able to manage stress in the future. It does not need to be hard. Even a short walk can help you distress.
2. Organize. Disorganization at home or work is a symptom of and a cause of an unorganized mind. Clean up your appearance and physical surroundings. They are within your control. You always will feel better by cleaning you house. Note: A portion of individuals are obsessive-compulsive about these things. If you are admit to yourself, then use that energy to improve your diet or personal relationships or to exercise or funnel it into some other positive direction you will have less of a compulsion and be less obsessive. Vanity is just as bad as sloth. Try to find a happy medium.
3. Sleep. You need to be rested to best face your day
4. Level your blood sugar. The hard way is to perfectly balance all you meals. The easy way is to eat ½ teaspoon a day of cinnamon in your breakfast or morning beverage.
5. Smile. Have a positive attitude. If you assume that good things will happen, they will. Unfortunately the reverse it true also. The choice is yours.
6. Take a hot shower. This helps to drain tension and toxins from the body.
7. Eat a balanced meal.
- 8 Drink a beer\* If you are 21 or older. Notice it says "a" beer not "beer". Drinking too much is very bad for you. Studies show drinking one alcoholic beverage a day reduces heart disease and hypertension.

## Ten ways to reduce Stress

9. If you feel jittery, panicky, or nervous, close your eyes and take a deep breath. Often these conditions persist because of lack of oxygen in the bloodstream.

10. Drink a cup of green tea. Read the back issue to see all the benefits of green tea. It is also a great substitute for smoking or stress eating.

Jason Reischutz is the Editor of "Recipe for Health" newsletter. You can receive it for FREE at: [www.weightlossthroughwellness.bravehost.com/newsletter.html](http://www.weightlossthroughwellness.bravehost.com/newsletter.html)

### **Relieving Stress with Exercise... and Losing Body Fat in the Process!**

**By Jamie Clark**

Feeling stressed out lately? Don't worry, there is a simple and incredibly effective solution — one that will help you lose weight in more ways than you might think!

#### Relieving Stress with Exercise

Research has proven that relieving stress with exercise is one of the best ways to improve your overall health. Regular exercise provides an amazing array of anti-stress benefits to the human body — including reduced muscle tension, improved cardiovascular functioning, increased blood oxygen levels, and reduced cholesterol and triglyceride levels, just to name a few.

Relieving stress with exercise also, of course, burns calories and helps to reduce body fat. Since most other anti-stress 'remedies' (especially pharmaceutical drugs, alcohol, and overeating) cause you to gain weight it's obvious that exercise is the best option.

#### Control Cortisol, Lose Weight

But, besides burning calories, there's another reason relieving stress with exercise helps you to reduce body fat. Exercise produces chemicals that help to lower cortisol production. Cortisol is a "stress hormone" that has gotten a lot of press lately because many new diet products claim to block it.

While the effectiveness of these products has yet to be proven, there is little doubt that controlling cortisol levels is a very important factor in weight loss and long-term weight control — not to mention optimal health and fitness. Relieving stress with exercise is an absolutely fool-proof way to lower cortisol in the body.

Elevated cortisol levels are fully or partially responsible for everything from sugar and carb cravings to overeating to low energy levels... and more. Experts also believe that high cortisol production increases the amount of "toxic fat" stored on your body — this is the abdominal fat that may trigger cardiovascular disease and inflammation-related health problems.

#### Summary

## Ten ways to reduce Stress

Relieving stress with exercise is, without a doubt, the best way to deal with your physical and mental tension. Not only will regular exercise reduce stress levels, it will also help you control how much cortisol your body produces. This, in turn, will help you to avoid food cravings, reduce dangerous abdominal fat, and basically feel much better. So, next time you feel stressed out, get up, get out, and start relieving stress with exercise!

Jamie Clark is a fitness writer and editor of the popular 'Really Useful Fitness Blog' located at:

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Relieving Stress with Exercise... and Losing Body Fat in the Process!  
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Five Instant Ways to Reduce Environmental Stress – Part Two  
Words Without Actions  
Reduce Your Stress: Your Children Are Waiting!

Stress The Silent Killer  
Disaster Preparedness and Crime Protection Manual  
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