

Stress? Is it good or bad?

What is Stress Management?

Life is precious. As we age we don't need to reduce life, we should increase life. As we age our knowledge and experience grows and we come to know and love more people.

But how about our physical body? Did you know that our body is designed to regenerate? Our body is not designed to simply decay as we age. WHAT? Yes, it is true. **The human body creates over 200 billion new cells every day we live!** As we breathe in and out this remarkable cell renewal is occurring.

We will naturally slow down as we age, but we also regenerate every day. However, the body needs homeostatic balance to recover from stress and maintain its remarkable regenerative capacity. This is where GS15-4 fermented ginseng comes in. It brings the body into homeostatic balance assisting the body to resist and manage and recover from stress.

Then what causes the breakdown that we experience? Constant recurring stress. Our modern civilization has created a stress overload. Our bodies are overwhelmed by ongoing emotional, physical, toxic chemical and environment stressors. As a result the stress is unrelenting and creates tremendous imbalances and breakdown.

Our Fermented Ginseng is a critical, must have supplement to help manage our daily life in the 21st century.

With over 30 years of research and 4 patents, GS15-4 enzyme fermented ginseng is the world's most powerful fully balanced adaptogen.



**Joseph E. Bosiljevac, Jr., MD, PhD, FACS Senior Physician
Partner, Cenegenics, NYC**

"Overstress is a central issue with the majority of my patients. This Enzyme Fermented Ginseng has become a major contributor for me to help my patients to achieve homeostatic balance and resolve a broad range of health problems."

Dr. Joseph Bosiljevac

"Since Dr. Joe recommended this fermented ginseng for my fatigue, stress and anxiety - I feel like a different woman! I have more energy, I sleep better and I feel calmer than I have felt in months - even in years."

Eliza S. Nantchez, MS

INSTRUCTIONS:

Take one or more Servings in the AM and one or more just before bed time. Take additional servings during the day as needed.

Most people experience a unique combination of smooth energy, relaxation, mental clarity and focus.



What are the symptoms of Over Stress?

Most health professionals agree that stress and adrenal fatigue along with elevated cortisol levels are at epidemic levels in America today.

The symptoms experienced by patients relating to adrenal stress are generally divided into 4 types. Most patients tend to experience these in order from one to four as their stress levels compound.

However once they are in a state of adrenal exhaustion and elevated cortisol, they may experience any or all of these independently.

SYMPTOM*

First: Short temper & irritability

Second: Anxiety, difficulties with short term memory

Third: Mental foginess

Fourth: Exhaustion

Fermented Ginseng will help bring your body into balance and help with these symptoms of Over Stress.

