



## HB 08: Relax to the Max



**Reduce anxiety and stress  
Safely and naturally**

**We live in a world that is filled with stress and anxiety. As man's technology and capacity to dominate nature has increased so have our levels of stress which can become overwhelming and result in anxiety, fear and depression.**

The degree to which this has reached epidemic proportions is evidenced by the proliferation of psychotropic drugs which have become a major health issue in and of themselves. Many of these are antidepressants and they are being prescribed like candy. Many are highly addictive making the cycle of dependence and abuse even more difficult to interrupt.

There are natural ways to handle excess stress and anxiety. Siam Superherbs have created a powerful herbal blend that naturally induces a calming and relaxing effect.

### **Sprouted Black Rice:**

Chronic inflammation sets the stage for degeneration in all parts of your body including the brain where it may interfere with the production and release of serotonin. You cannot supplement serotonin directly, but you can supplement Tryptophan and thereby normalize your level of serotonin and other neurotransmitters.

Black rice is a whole grain with complex carbohydrates that have a calming effect on brain chemistry by increasing your level of Tryptophan (an amino acid) as well as making Tryptophan more available to the brain. Tryptophan acts as a catalyst for the synthesis of serotonin which is responsible for a relaxed and calm feeling that helps to overcome anxiety, irritability, stress, as well as more severe mood disorders such as sleep deprivation, depression, reduced motivation, aggressive behavior and even suicidal tendencies all of which have been traced to depletion of serotonin levels in the brain.

The digestion of grain proteins results in many nutrients including  $\gamma$ -amino butyric acid (GABA). GABA is a neurotransmitter in the brain and spinal cord and induces tranquilizing effects particularly in cases of sleeplessness, depression and autonomic nervous system disorders that include Parkinson's disease, diabetes and regional chronic pain conditions. Tests have shown that a black rice variety exhibited the highest GABA content of all 21 rice varieties tested. This indicates the importance of Thai black rice for supporting a positive mental outlook.

### **Noni**

Noni helps the body to synthesize specific brain enzymes receptive to endorphins that have potent analgesic and calming properties. Phyto-chemical compounds in Noni stimulate the biosynthesis of Tryptophan which improves sleep patterns, contributes to a calming effect, and reduces anxiety.

Serotonin is believed to affect a wide range of emotional as well as physical responses such as hunger impulses, sleep patterns, temperature regulation, pain responses, cognition and motor functions.

Noni has shown promising results in clinical trials for the treatment of various drug addictions as well as other compulsive behaviors. Adjusting serotonin levels reduces the physical component whereby the addictive substance or compulsive behavior seems to be needed for you to feel good. Serotonin allows you to feel good without the drugs.

Clinical studies of Noni conducted over many years by Dr. Neil Solomon point to Noni's strong analgesic properties. Physical pain can be a major cause of emotional instability and Noni helps greatly in this regard.

### **Jiaogulan and Stress Management:**

As one of the strongest adaptogens on the planet, Jiaogulan strives to establish and maintain a state of natural balance that allows us to resist stress (both mental and physical) and the negative effects of stress to keep us in good health.

The neuro-endocrine regulation exhibited by Jiaogulan balances the central nervous system by calming irritated nerves and exciting depressed nerves. By adjusting the balance of the central nervous system, Jiaogulan normalizes a broad spectrum of cognitive responses and has shown the ability to improve brain and nervous system disorders. One of the most immediately noticeable results is sounder sleep patterns but at a deeper level, Jiaogulan is working to balance your entire physiology.

Jiaogulan grows best under stressful environmental conditions. It thrives only at high altitudes where days are hot, nights are cold, winds are constant and we have excessive rains during half of the year and drought conditions the other half. It has learned to adapt to these swings of nature in order to survive and this ability to adapt to stressful conditions has become an inherent part of its genetic makeup. Jiaogulan has transformed stressful circumstances into a catalyst to improve its ability to survive and adapt. What it does when it enters your body is a remarkable reflection of this response to stress.

### **Chamomile:**

If you feel anxious, stressed or depressed one of the most traditional remedies tested by time over centuries and supported by scientific and clinical evidence has been chamomile. Its mild sedative effects are legendary. Insomnia often goes hand in hand with anxiety, melancholy and worry. In today's stressful fast-paced world, many people turn to the relief provided by chamomile.

True to our nature, Siam Superherbs does something very special when you drink chamomile tea you get a mild infusion and then throw away the chamomile flower itself. Siam Superherbs deliver the entire flower, dynamically freeze dried to a fine powder. The medicinal effects of chamomile are in its essential oils and you will get all these as well as all its additional healthful compounds in the dynamically freeze dried powder which is in our Relax to the Max Herbal Blend.

### **Cinnamon:**

Cinnamon is added for flavour. Cinnamon has been shown to help regulate blood sugar levels, lower LDL cholesterol and reduce cytokines linked with arthritic pain.

### **Coriander**

Coriander is normally thought of as a condiment or garnish for culinary dishes. Unknown to many is the fact that coriander is packed with health benefits. High iron helps people with insomnia. Anti- allergic properties are attributed to its antihistamines and dodecenal provides antibiotics qualities. It has calcium to support teeth and bones and coriander stimulates digestion and peristaltic motion.