It has been defined as “the non specific response of the body to any demand for change”. Whether one is aware of it or not, everyone experiences stress. Stress can be physical, mental or emotional. A small amount of stress is not harmful to the body and can actually be beneficial, however when the body is chronically under stress it can result in unhealthful physiological changes.

Hans Selye coined the term “stress” in 1936, based on his findings in animal studies. He noted harmful changes in animals exposed to acute unpleasant physical and emotional stimuli such as: stomach ulcerations, shrinkage of lymphoid tissue and enlargement of the adrenal glands. He observed that stress could lead to similar diseases as those we see in humans like, heart attacks, autoimmune disorders, strokes and kidney disease. Years later we have learned that stress can exacerbate and promote disease in humans or give rise to other unhealthful conditions.

Epigenetics has become a popular topic in the last few years. It is the study of non- genetic factors that lead to the expression or silencing of particular genes. Each person is born with a particular genetic make-up; however, whether a gene is actually expressed may be influenced by factors like one’s experience of stress or one’s thought processes. Such recent findings suggest that, though someone may be genetically predisposed to a particular disease or disorder, individuals may have more control over the expression of these genes than previously understood. These findings, as well as the known negative effects of chronic stress on every system in the body, provide further evidence that each person should attempt to minimize his or her experience of stress.

One must accept that stress, whether mental, emotional or physical, is part of life. Therefore, the next step is to limit the negative effects. Firstly, one should make healthy lifestyle and diet choices, including getting adequate sleep. Another recommendation is to set aside some time each day to engage in an activity that is stress relieving. For some this may be meditating, practicing yoga, spending time in nature, and for others it may be going for a run, playing a sport or playing an instrument. Whatever the activity may be, it should be something that allows one to quiet the mind for a period of time. Deep breathing can also have a significant impact on the experience of stress and mood. It is even beneficial for lowering blood pressure. There are also botanicals and other nutrients that can help to regulate stress hormones in the body and lessen the physiological impact of chronic stress.
The following are all effective for helping the body manage stress:

**HOLY BASIL**
This is considered an adaptogenic herb. A pharmacologist named Lazarev first defined adaptogens as, "agents which help an organism to counteract any adverse effects of a physical, chemical or biological stressor by generating non specific resistance". Holy Basil is also know as Tulsi and is considered a sacred plant by Hindu's. Aside from the stress relieving properties, Holy Basil is also used in the treatment of acne, lowering blood sugar and preventing chronic illness.

**ASHWAGANDHA**
This herb is excellent for long-term chronic stress. It is an adaptogen and helps to regulate cortisol (the stress hormone) as well as thyroid hormones. It is also used to reduce anxiety and modulate the immune system, something that can become weakened during chronic stress. In India it is known as “the strength of the stallion” due to Ashwagandha’s ability to help people regain strength after illness.

**BACOPA**
This botanical, also known as Brahmi, is best known for enhancing cognitive function and memory. There is some evidence that Bacopa may be helpful for preventing or reducing the degenerating effects of Alzheimer’s disease. It is further used to combat stress and anxiety.

**SIBERIAN GINSENG**
This is another herb that is very good for those with prolonged stress. Siberian Ginseng also modulates blood pressure and is helpful for those with either high or low blood pressure. Further, it helps to increase performance and stamina as well as regulate the immune system. It is also a natural anti-inflammatory.

**SCHISANDRA**
Chinese folklore says Schisandra can “calm the heart and quiet the spirit”. It has been used for centuries to prolong life, increase energy and as a sexual tonic for both sexes. Like many of the other herbs discussed, it has adaptogenic qualities and is often used to combat stress through its ability to decrease fatigue, enhance physical performance and promote endurance. It also directly lowers stress hormones in the blood.

**RHODIOLA**
Rhodiola was used for centuries in Russia to enhance the productivity of workers. It has an energizing quality and is used by athletes to boost performance. Some of the other benefits are reduction of fatigue and improvement of memory and concentration. This herb is particularly helpful for those under a lot of physical or mental stress needing an extra boost to keep them going.
Jennifer Marion, ND is a general practitioner who treats patients with a variety of health issues. She is passionate about helping her patients both look and feel their best by addressing the causes of health issues rather than simply treating or suppressing symptoms. Jennifer believes that providing her patients with the information they need to make healthy choices is one of the most important aspects of maintaining health and wellness.

Jennifer’s areas of interest consist of but are not limited to: anti-aging, weight loss, chronic care and pain management. In addition to these, Jennifer has experience in the areas of general health, gastrointestinal complaints, hormonal dysregulation and detoxification programs.

Dr. Marion has additional certification in mesotherapy which has been successfully used to treat chronic and acute pain as well as address cosmetic concerns such as facial rejuvenation, wrinkles, acne and cellulite.

Jennifer’s interests outside the clinic include: enjoyment of the arts, reading, cooking, skiing, yoga, cross fit, tennis and soccer. She is also very committed to professional development and continuing education in order to improve and enhance her skills in Naturopathic Medicine.

Jennifer completed her undergraduate degree at the University of Victoria, Victoria, British Columbia. Her postgraduate studies were done in the four-year program in Naturopathic Medicine at the Canadian College of Naturopathic Medicine (CCNM). Dr. Marion is a member of the Ontario Association of Naturopathic Doctors (OAND), the Canadian Association of Naturopathic Doctors (CAND) and she is registered with the College of Naturopaths of Ontario (CONO).

VITAMIN B5

This has been named the “anti-stress vitamin”. Vitamin B5, or Pantothenic acid, acts like the adaptogenic herbs described above. It helps the body to manage the effects of stress and also boosts the immune system. One of the ways it helps to regulate the effects of stress on the body is by acting on the adrenal glands and controlling the secretion of cortisol (one of the main hormones associated with stress). It has also been found that Vitamin B5 may be helpful for those who suffer from depression and anxiety.

Ultimately, there are many steps one can take to prevent stress from impacting one’s health. Lifestyle changes are certainly the place to start. For a little added support, supplementation with a combination of the herbs and vitamins discussed will get one on the fast track to that “Zen” state we all aim for.
Improved mental & physical performance
Increase energy & resistance to stress
Used as a sleep aid

Naka
Professional

PRO Stress
An adaptogen to help increase energy and resistance to stress

Recommended purpose or use:
• Used in Herbal Medicine as an Adaptogen to help increase energy and resistance to stress (e.g. in cases of mental and physical fatigue related to stress)
• Used in Herbal Medicine to help improve mental and/or physical performance after periods of mental and/or physical exertion.
• Ashwagandha is traditionally used in Ayurveda as Rasayana (rejuvenative tonic) and sleep aid.
• Ashwagandha is traditionally used in Ayurveda to relieve general debility, especially during convalescence or old age.
• Ashwagandha is traditionally used in Ayurveda to balance aggravated Vata (nervine tonic, sedative).

Recommended dose:
(Adults) 1-2 capsule(s) 2 times per day.

Duration of Use:
Use for a minimum of 6 weeks to see beneficial effects.

Medicinal ingredients:
Each veggie capsule contains:
Holy basil (Ocimum tenuiflorum, Leaf) [4:1, QCE 740 mg] ......................................................185 mg
Sensoril®® Ashwagandha (Withania somnifera) [8:1, QCE 1000 mg] .................................................125 mg
Rhodiola (Rhodiola rosea, Root) [3% Salidroside, 3% Rosavin, 10:1, QCE 100 mg] ..............................50 mg
Siberian ginseng (Eleutherooccus senticosus, Root) [70:1, QCE 3000 mg] .........................................100 mg
Schisandra (Schisandra chinensis, Fruit) [3:1, QCE 375 mg] .................................................................75 mg
Bacopa (Bacopa monnieri, Aerial parts) ........................................................................................................ 50 mg
Vitamin B5 (Pantothenic acid, Calcium D-pantothenate) ...........................................................................100 mg

Non-medicinal ingredients:
Magnesium stearate (Vegetable source), hypromellose (Capsule ingredient).
Contains no added gluten, nuts, eggs, animal products, dairy products, fish or shellfish, corn or wheat.

Sealed for your protection. Keep out of the reach of children. Do not use if safety seal is broken or missing. For freshness store in a cool, dry place.