

Don't Let Depression & Anxiety Get the Best of You



Mind. Body. Heart.

In this ebook we want to provide valuable insight on how our **mood and state of mind affect the body**, specifically our heart.



Most people know that stress is a contributing factor for heart disease, among other ailments. Did you consider that constant worrying about things you cannot control may also be bad? **Anxiety is difficult to describe concretely** because it has so many different symptoms and degrees of intensity.

It is often unfocused, vague, and hard to pin down to a specific cause. This may be because the anxious individual is not consciously aware of the original source of the feeling. Whatever the cause, anxiety can have a devastating effect on the human heart.

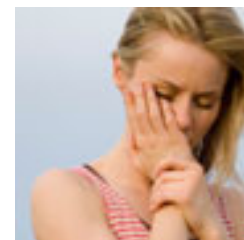
Have you ever noticed that the more you smile the better you feel? Most people are aware of that fact but most also think it is a psycho-cure... something that happens because you believe it will. But we really do have the physical **power to control our moods and emotions**.

Sure, we all have those days when we feel down, unhappy, and we lack motivation. Sometimes we're just frustrated with a specific situation. But it is true that something as simple as smiling can help put your mind at ease again.

In order to get the mind at ease, sometimes we need to put our body at ease as well. A lot of people struggling with depression-- even anxiety-- find it difficult to "get going".

Can You Worry Yourself to Death?

How the human heart is affected by anxiety



We've all heard about the important connection between mental and physical health. But do we fully understand the relationship our organs have with our state of mind? Research is showing how physiological reactions to **stress and anxiety can take a huge toll on our hearts.**

When we experience symptoms of [anxiety](#), what we feel is the body's **preparation to face danger**. Elevated heart rate, [high blood pressure](#) and the release of [stress](#) hormones into the blood are normal reactions that occur in our bodies when faced with stressful situations and anxiety.

Some of the most **common symptoms of anxiety** can have a negative impact on the heart, including palpitations, tremors and insomnia. Whatever the cause for anxiety may be, there are steps we can take to improve our quality of life.

Relaxation techniques such as **meditation, yoga, deep breathing exercises**, and muscle relaxation are great ways to promote inner calm which will lessen symptoms of anxiety *and* promote cardiovascular health.

Exercise is another fundamental element in keeping our heart and mind healthy. People who suffer from anxiety often quit exercising because they find it overwhelming or they are simply physically and mentally [exhausted](#). However, exercise is an excellent way of promoting relaxation, inner calm and decreasing feelings of anxiety.

Getting **enough sleep and eating a healthy diet** is also important. Regular and sufficient sleep is essential for the proper functioning of all bodily systems. Aim for at least 8 hours every night. A balanced diet that mainly features wholesome fruits, vegetables, and lean meats will encourage restful sleep and systemic balance.

Certain medications and **stimulants should also be avoided**. Caffeinated beverages and over-the-counter diet pills often feature harsh stimulants that can worsen your symptoms. The same caution should be practiced with cough

Related Products

[PureCalm](#)™ Promote inner calmness and peace naturally

[MindSoothe](#)™ Promotes balanced mood and feelings, as well as healthy levels of serotonin and other neurotransmitters

[Nerve Tonic](#)™ Promotes nervous system health, maintains balanced mood and worry free mind

[SerenitePlus](#)™ Promote a peaceful night and a refreshing start to your day

and cold medicines containing decongestants.

Finally, put your mind to it. Your **mood can make a huge difference** on the frequency and severity of anxiety symptoms you experience. As the Greek philosopher Epictetus said, "We are disturbed not by events, but by the views that we take of them".

In alternative medicine, a holistic approach to healing recognizes that the emotional, mental, spiritual and physical elements of each person comprise a system that is greater than its individual parts. This approach attempts to treat the whole person, concentrating on the cause of the illness as well as symptoms.

If you feel the need for extra support, natural remedies have been used in traditional medicine for thousands of years to support the healthy functioning of the body, helping to encourage normal and efficient functioning of all the body systems.

[Serenite-LT™](#) Maintain a healthy sleep cycle and regular deep, satisfying sleep

[Sleep Tonic™](#) Helps the body relax and produce the hormones essential for healthy sleep

[The Calm Within CD™](#)
Improve relaxation, support balanced emotions and reduce stress levels

[ThyroSoothe™](#) Promotes thyroid health and the thyroid's natural ability to balance itself

*"I love your **Calm Within CD**- when I am too busy to get to my yoga classes (which is often), I listen to this at home and it really makes me feel human again. The minute I hear the words "Close your eyes, take a deep breath and relax..." I can just feel every muscle in my body melting and only have to think of these words to feel myself totally relaxing. After listening to this CD I feel relaxed and ready to face the world with a clear head. I don't know how I ever lived without it!" - Carine V.*

*"I tend to get a little nervous and jittery, but after purchasing the **PureCalm**, I felt like I had help - finally! I will recommend these products to all my friends and family." - Heidi, PA, USA*

*"Taking **MindSoothe** has been an absolute savior for me... MindSoothe has given me my life back, and has given my children their mother back" - Tina, Wales, UK*

Facial Expressions May Affect Your

Mood So... Say Cheese!

Can you believe that something as simple as flexing your facial muscles into **a smile can provide instant health benefits**? Numerous studies show a connection between facial expressions and mood.



Even when frowns are prevented from occurring with a cosmetic procedure, studies have concluded that the **inability to frown actually improved a subject's mood** and decreased [symptoms of depression](#).

Dr. Eric Finzi, a medical director and president of Chevy Chase Cosmetic Center in Chevy Chase, Md., and Dermatology and Cosmetic Surgery Associates in Greenbelt, Md., theorizes that the reason for this is the **constant feedback going on between facial expression muscles and the brain**.

A paper published by the Journal of Dermatologic Surgery in 2006 reported on a small pilot study conducted by Dr. Eric Finzi which found nine of 10 depressed patients recovered from their symptoms after receiving a cosmetic procedure which paralyzed the muscles between the eyebrows. Shockingly, this was nearly twice the success rate of anti-depressants.

Does this mean that cosmetic procedures should be the new cure for [depression](#)? **Absolutely not!** But it does indicate that there are **ways other than with prescription medications to improve and balance your moods and stress levels**, such as with herbal and homeopathic remedies.

So, can we **train our facial muscles to smile** instead of frowning? The answer is yes. "We have a lot of control over our moods," says William Fleeson, associate professor of psychology at Wake Forest University, who has shown in studies that subjects are actually able to **change the expression of basic personality traits on demand** and lift their spirits in a matter of minutes.

Smiling and deep breathing when faced with difficulties and times of [stress](#) are a great way to **neutralize negative thoughts** that can make matters even worse. Many people don't even realize they frown and sometimes even stop breathing normally when under stress.

When we are nervous or anxious, breathing usually becomes shallow. This deprives our body of fresh oxygen and elevates our heart rate, further aggravating [symptoms of anxiety](#).

Related Products

[The Calm Within CD™](#)

features a combination of therapeutic and soothing music especially designed to induce a state of deep relaxation, effectively relieving tension and supporting the body's natural ability to heal.

[PureCalm™](#) is a 100% safe, non-addictive herbal remedy that has been specially formulated by a

Having the mental clarity to **take a moment and slow down your breathing** is hard to remember but can be achieved with perseverance, and the benefits to your mental and physical health will be enormous.

If smiling-- even *not frowning*-- can help control the symptoms of depression, imagine how well **natural remedies can help provide extra support**. Natural treatments that feature herbal and homeopathic remedies are safe and gentle to use without adverse side effects. Native Remedies provides you with a full range of proven natural remedies for support of your physical, emotional and mental well-being.

*"...I began to feel that I wanted to change to something more natural and better for me. With the guidelines you gave me, I made the transition with very few problems and can truly say that your **MindSoothe** is helping me with each passing day - and I feel much better about it! I can recommend MindSoothe anytime to soothe the mind naturally!" -Joe, USA*

*"Your **MindSoothe** really helped me. I have been going through some bad times in a relationship and I felt as though I had hit rock bottom. After only three weeks, I could feel I had natural support. You will be glad to know that after six weeks I dumped the guy who was causing all the trouble and I am having a great time now! MindSoothe helped me through it, THANK YOU!!" - Linda Solomons, USA*

*"I want to recommend your **Triple Complex Nerve Tonic** to all who at times find themselves feeling on edge and*

Clinical Psychologist for adults and children. PureCalm can be used to safely maintain harmony, health and systemic balance in the brain and nervous system, without harmful side effects and without sedatives.

[MindSoothe™](#) can be used to safely maintain emotional health, balanced mood and systemic harmony in the brain and nervous system, without harmful side effects. This remedy contains a selection of herbs known for their calming and supportive function in maintaining brain and nervous system health, emotional balance and overall well-being.

[Triple Complex Mood Tonic™](#) is a 100% natural combination of three cellular-supporting biochemic tissue salts especially selected for their positive effects on brain structures, brain chemistry, and nervous system health.

[Fatigue Fighter™](#) is a 100% safe, non-addictive, natural herbal remedy that can be used

flustered. Since taking them I have noticed that I am calmer and more grounded. If I do feel that I am getting butterflies about something, I simply suck two tablets!" - Sabrina

consistently to safely support healthy energy levels, increase stamina and endurance.

Tips to Kick Start Your Energy Level

Low energy levels can really put a damper on the pleasure you find

in your life. Decreased energy levels **keep you from enjoying your daily activities** and even leave you drained after performing basic routine activities. The causes of low energy are numerous, but **the most common cause is stress**.



Stressful situations typically leave the average person feeling drained and even depressed. When not handled properly, **stress can cause a number of health problems**. Managing stress is therefore essential. It requires a lot of energy and the right approach.

Below are a few easy tips to **help restore your energy to optimal levels**.

1. Energize with a balanced breakfast

Breakfast is the most important meal of the day. Breakfast should include protein, fruits and healthy fats. The right breakfast should provide you with enough energy to function all day long. Studies have shown that when you eat your daily intake of protein and fat at breakfast, weight loss is easier and energy levels are increased. On the other hand, eating the same things at dinner increases your chances of gaining weight and developing high blood pressure, and even heart disease.

2. Snack throughout the day

People tend to snack on foods that supply a rapid burst of energy such as simple carbohydrates and sugars. These foods burn out fast, and leave us depleted. A mid-morning and a mid-afternoon snack that consists of nuts, seeds, fruits, or protein-rich foods like hummus made from beans, will sustain your energy levels and prevent the all too well know feeling of "burn-out".

3. Ginseng to restore energy and circulation

Related Products

[Pure Calm™](#) Help facilitate a calmed mood and soothed nerves.

[MindSoothe™](#) Promote balanced mood, emotional health and feelings of wellbeing

[MindSoothe Jr.™](#) Promote balanced mood and stability in children

[Triple Complex Mood Tonic™](#) Promote balanced mood and peacefulness in all ages

[Triple Complex Nerve Tonic™](#) Improve nervous

Panax ginseng has been prized and used for 5,000 years in Asian medical traditions. Today it remains one of the most widely used energy tonics. Its popular uses include promoting physical and mental endurance, reducing fatigue, and gently boosting energy levels.

Unlike caffeine, which stimulates the central nervous system, ginseng elevates energy moderately. People that regularly use ginseng often report over improvement in their well-being. Panax ginseng is available in powder form, capsules, and tea, and can be found in many local drugstores or health food stores.

system health

[The Calm Within CD™](#)

Improve relaxation, support balanced emotions and reduce stress levels

[Fatigue Fighter™](#) promotes healthy levels of energy and stamina without artificial stimulants.

[CircuLive™](#) Supports healthy circulation for adequate blood flow. It also supports the heart, encourages blood flow and promotes blood vessel strength.

4. **The importance of detoxification**

One of the most common culprits of low energy levels is toxin buildup in the system. Drinking enough water prevents the buildup of toxic waste products. Drink at least eight glasses of water per day at room temperature. Also include herbal teas as a part of your daily hydration. Good ones to try are peppermint, chrysanthemum, and dandelion which gently cleanse your body.

[DetoxDrops™](#) assists in the body's natural elimination of toxins.



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