

## Alternative Healing Academy

Home Study Certification  
Programs in Reflexology,  
Aromatherapy, &  
Color & Crystal  
Therapy



Just as spring cleaning is a way of detoxing your home by airing out spaces and de-cluttering, **detoxing your body** is an important step to take during the transition from the cold winter months to vibrant spring weather. If you suffer from constant fatigue, obesity, respiratory ailments, and a sluggish digestive system, this article is for you. Read on to find out how a simple detox plan can give you back your health *and* vitality!

## Easing Anxiety in a Shaky Society

*Accepting Change for Better Health*

By A. Flowers

*"Security is mostly a superstition..."*

–Helen Keller

From the simple words of a woman who overcame many challenges despite her physical limitations of sight and sound, we can likely all benefit from taking a look at our own perspectives on **managing change-related anxiety**.



Whether related to our physical or mental health or evolution of our daily lives, **change is inevitable**.

While we must engage in some form of planning, unexpected events will inevitably occur at some point, forcing us **to shift our plans**.

Everyone has felt a little anxious at some time point in their lives. In fact, **some degree of anxiety is perfectly normal**, in both children and adults—from work and school-related performance or situational factors to major life-changing events like moving or loss of employment.

**However**, while some people can transition more easily than others, **excessive or ill-managed anxiety can manifest and become dangerous** and should be properly monitored.

*"Become a student of change. It is the only thing that will remain constant."*

– Anthony J. D'Angelo

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[Elderberry Syrup](#)

Created for Planetary  
Herbals by licensed  
acupuncturist and clinical  
herbal



[Mushroom Glyco Nutrients](#)

NOW® Mushroom  
GlycoNutrients is a nutritional  
supplement designed to

While change can be a major source of stress, challenging you to let go of the past and comfortable routines, it also **offers opportunities for growth and improvement**.

As Helen Keller pointed out, there is often the illusion that you can manage change by controlling the world around you—when in fact, **change is most effectively managed from within**.

*"The most successful people are those who are good at plan B."*  
—James Yorke

By **developing a strong self of self**, including being open to new possibilities and managing stress and change in healthy ways, you can **not only benefit from change but embrace it**—which can ultimately ease anxiety that used to stem from the unknown. When we shift our perspectives to **focus on the positives** of change, life becomes an adventure and far less daunting.

### PureCalm™



PureCalm is a 100% safe, non-addictive herbal remedy that has been specially formulated by a Clinical Psychologist for adults and children to safely **maintain harmony, health and systemic balance in the brain and nervous system**, without harmful side effects.

Also try our [Mindsoothe™](#) and [Triple Complex Nerve Tonic™](#)



[FAQs](#)

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Retail Price: \$43.95

**Your Price: \$34.95**

## Ask Our Experts

*Question:*

*"I have a lot on my plate! My ex-husband moved back in with me and is causing me a great deal of stress...the job... the bills... life right now--overwhelming me! I am a big rig truck driver and I have to be very careful what I take due to the responsibility behind the wheel and random drug tests so I can't take a prescribed product. I know this is temporary and I am working out frequently now. The biggest problem for me is that my mind will not shut down... the subconscious is constantly talking to me... and I tend to say the wrong things which constantly causes arguments. My mind and mouth are at war inside me... and the more I try to stop this behavior the worse it is getting. Do you have a product that I could take daily to help me with this... to calm down and take control of my racing thoughts/stress/nerves????"*

--Lori

*Answer:*

support



[Zenergize Immunity, Citrus](#)

Getting sick (or at least pretending to) was sort of fun back in the old da



[VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu



[Germ Defense Lozenges](#)

Germ Defense Lozenges are dietary supplements used to boost your immune sys



Hi Lori,

We can highly recommend a combination of our [MindSoothe](#) and [PureCalm](#) remedies for your stress and nervous energy.

[MindSoothe](#) is a 100% safe, non-addictive, natural herbal remedy can be used to **safely maintain emotional health, balanced mood and systemic harmony** in the brain and nervous system, without harmful side effects. Used regularly, you should notice significant improvement within 3 - 5 weeks, although some people respond even sooner.

Many people like to use our [PureCalm](#) while they are waiting for the [MindSoothe](#) to take full effect. PureCalm is wonderfully **calming and relaxing without causing drowsiness**. **PureCalm** contains selected herbs which help with the short term, symptomatic management of stress. Unlike MindSoothe, this remedy does not have to be taken every day, but **can be used as needed**. You will find PureCalm very helpful during the first few weeks of taking MindSoothe – thereafter, most people find that they need to use it less and less.

For more info, please go to:  
[MindSoothe](#) and [PureCalm](#)

Please let us know if there is anything else we can assist you with

Warm regards,

The Native Remedies Team

Do you have a question you'd like answered? [ASK OUR EXPERTS](#)



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