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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

**Are you stressed?** It's seems like more and more people are talking about increased stress due to financial issues and concerns about the job market... Often we try and counteract the common symptoms of stress but there are many **surprising ways tension can cause you pain**. Read more below...

## The Health Hazards of Stress

Teeth Clenching & Grinding, Migraines, Sleeplessness & More

With stress on the rise for both men and women, **tension is taking it's toll on the body!** What you may not know is that stress can be released in many unexpected ways!

**Stress is a normal physical response** to the perception of a threat or danger- a protection mechanism.

It helps you stay focused, energetic, alert and **even save your life** in emergency situations.

But your body does not distinguish between your physical and physiological stress!

It will react just as strongly to an **argument with your boss** or spouse, **job instabilities**, an **overloaded schedule**, or **financial difficulties**.

If you are feeling overwhelmed with problems, your body's **emergency stress response is "on"** all the time and can seriously undermine your physical health and emotional well-being.

Chronic stress disrupts nearly every system in the body. It **weakens the immune system**, **wreaks havoc on sleep patterns** and metabolic function, **increases blood pressure** and the risk of stroke.

Some of these are common, but did you know that stress can cause other physical symptoms? It **speeds up the aging** process, causes **digestive upheaval**, and causes **teeth grinding and clenching**, also known as bruxism.



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This *grinding and clenching* happens for most during sleep, but can also be present during the day. Doctors don't completely understand all the causes but have **pin-pointed stress as a major contributing factor of bruxism**.

Stress induced problems like bruxism have on-going effects even after the stress has passed. Bruxism can severely damage jaw muscles and nerves, and has been identified as an underlying **cause of migraine headaches**.

### Psychological Factors Causing Bruxism:

- Anxiety, stress and tension
- Suppressed anger and frustration
- Aggressive, competitive and hyperactive personality type

Managing stress levels can prevent the **unhealthy snowball effect** on your body's interconnected systems.

For example, if your worried about losing your job and your stress is *through-the-roof*, this could be causing bruxism. Your bruxism can cause disrupt sleep routines, which in turn can affect your metabolism and emotional health, causing you to gain weight and feel emotionally sensitive or *down*. **It's all related!**

You can use exercise, healthy eating and natural remedies to help you cope with everyday tension and stress.

Certain natural ingredients can help support your nervous system and help you **better manage your stress levels**.

For instance, *Kalium phosphate* (in our [Triple Complex Nerve Tonic](#)) is a homeopathic nerve tonic and nutrient. Used regularly it helps **relieve the effects of stress, worry and nervous tension**.

*Magnesium phosphate*, also in Nerve Tonic, acts as a natural anti-spasmodic and a **nerve and muscle relaxant**, frequently recommended for stress and headaches.

Although there's **no way to completely avoid stressors** you can start using the resources nature has given us and help your body relax and recoup! Natural remedies can go long way in promoting health, well-being and longevity.



### Signs and symptoms of bruxism may include:

- Teeth grinding or clenching, which may be loud enough to wake your sleep partner
- Teeth that are worn down, flattened or chipped
- Worn tooth enamel that exposes the inside of your tooth
- Increased tooth sensitivity
- Jaw pain or tightness in jaw muscles
- Earache, due to severe jaw muscle contractions
- Headache
- Chronic facial pain
- Chewed tissue on the inside of your cheek



support



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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



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



# Triple Complex Nerve Tonic™



Try our 100% natural homeopathic remedy to relieve the effects of stress, worry and nervous tension for better physical and emotional well-being!

Also try our herbal [PureCalm™](#) and [MiGone Plus™](#)



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Retail Price: \$43.95

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## Ask Our Experts

*Question:*

"I am interested in the drops for detox and to help with some weight management. I would like to know if the [Detox Drops](#) and the [EcoSlim™](#) can be used at the same time, or would it be fair to say that the detox should be done first? Thanks."

--Peggy L.

*Answer:*

Hi Peggy,

Due to the high safety profile of the ingredients in our remedies it is perfectly safe to use [Detox Drops](#) and [EcoSlim](#) at the same time.

You can therefore feel quite confident in using Native Remedies as your trusted supplier of herbal and homeopathic medicines.

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

Warm regards,

The Native Remedies Team

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