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## **Multiple Techniques Help Deal With Stress**

Stress — you can't get away from it.

While research shows some stress is good because it keeps us sharp and motivated, living with chronic stresses can wreak havoc with our bodies, leading to weight gain, risk for health problems and mood changes.

There are many different ways to manage stress, and some are more effective than others. Examining all of the many ways to relieve stress quickly or for the long-term may seem daunting, according to stress management expert Elizabeth Scott, MS, author of the book "8 Keys to Stress Management."



Scott detailed a "cheat sheet" you can use to examine some of the fundamentals of stress relief in an article in the online health blog *Very Well*. Here are some tips from that article.

Quick stress relievers are techniques you can use to calm your physiology in a short amount of time, according to Scott. It helps you to reverse your fight-or-flight response and gain the inner peace to proceed thoughtfully as you deal with the stressors you face. These techniques include breathing exercises, visualizations, listening to music and other activities that can help you feel more relaxed in about five minutes.

Most of these quick stress relievers, such as breathing exercises, can be practiced whenever and wherever you find yourself feeling stressed, according to Scott.

You may have to set aside those few minutes if you want to listen to music or engage in a mini-meditation, but breathing exercises can be practiced in the midst of dealing with any variety of stressors.

They can minimize chronic stress. Chronic stress is the form of stress that comes from being in a stressed state for long periods of time with little relaxation; it occurs when your stress response is triggered and your body stays in that fight-or-flight mode for longer than it's supposed to, according to Scott. These stress relievers can put you back into a relaxed state so that what might have been chronic stress is interrupted by relaxation.

These quick fixes are a “band-aid” approach, according to Scott. They help you deal with stress in the moment, but don’t help you build resilience, the ability to remain calm during a situation.

**Healthy Habits Can Build Resilience**

Many habits can build resilience toward stress, including exercise, meditation and self-care. These can be great for overall health, and can help you to feel less stressed every time you face a new challenge. They also require work. They take some practice but are well worth the effort.

Healthy, resilience-building habits are an important aspect of stress management. They can work quite well with quick stress relievers, too — sometimes you may feel so stressed that you just don’t feel motivated to maintain these habits. When you minimize stress with one of the quick stress relievers, you may find you have enough energy to stay on track with these long-term habits.



**May ALTRUM NEWS Stay Sharp, Healthy and Strong With Exercise**

Research shows that exercise not only helps us to lose weight, it can protect our minds from some of the effects of aging, keep us healthy and make our bodies strong. The May issue examines some of the many benefits of exercise. The good news is that you don’t have to be a super athlete to reap the benefits.

**ALTRUM Stress Management System**

This formula is loaded with B-complex vitamins, vitamin C and zinc to nutritionally support the production of antistress hormones and immune system function.\*

**Stress Management System** provides nutrients known to help manage stress. Especially helpful during times of unusually high stress. Most effective when accompanied by a well-balanced diet and one of the ALTRUM multis.\*

**Suggested Use:** Three tablets a day, preferably with meals.

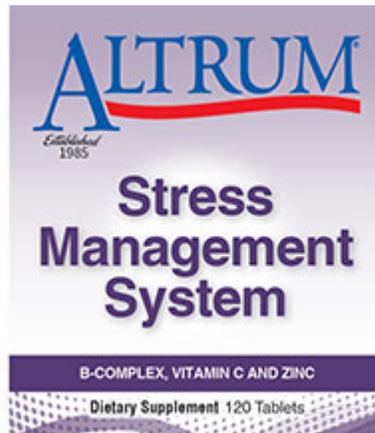
**\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

Store in a cool, dry place.

Distributed by ALTRUM Nutrition Div. of AMSOIL, INC. Superior, WI 54880 (715) 392-7101

Product Code **VB010**

Rev.1



Supplement Facts		
Serving Size: 3 Tablets Servings per Container: 40		
	Amount per Serving	% Daily Value
Vitamin C (as ascorbic acid)	600 mg	1000%***
Thiamin (as thiamine mononitrate)	12 mg	800%***
Riboflavin	15 mg	880%***
Niacin (as niacin and niacinamide)	100 mg	500%***
Vitamin B6 (as pyridoxine HCl)	18 mg	100%***
Folic Acid	400 mcg	100%***
Vitamin B12 (as cyanocobalamin)	24 mcg	400%***
Biotin	150 mcg	50%***
Pantothenic Acid (as d-calcium pantothenate)	60 mg	600%***
Calcium (as dicalcium phosphate)	50 mg	5%***
Zinc (as zinc oxide)	15 mg	100%***
PABA (para amino benzoic acid)	30 mg	**

\*\*\* Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value not established.

Other ingredients: Vegetable cellulose, vegetable stearate, calcium stearate, cellulose gum, silicon dioxide, rose hips.

\* These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent disease.

Please check with your physician when using prescription medication in combination with food supplements.

*ALTRUM News brings you the most recent information on ALTRUM nutritional supplements and how nutrition helps maintain youthful vigor, health and mobility — plus much more.*



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