

STRESS RELIEF CONDITION PROTOCOL

Supplementation Regimen:

- Stress & Anxiety Relief Pak, 1 packet morning and 20 minutes before a stressful event that would normally spike anxiety, as needed
- Optimal Fruit & Veggie Plus, 1 serving daily
- Optimal I Digestion, 2 capsules with each meal



Nutrition Regimen:

- Eat more raw foods as processed foods cause stress to the body and exacerbate anxiety
- Cut out processed foods
- Consume more mushrooms and high-nitrate foods such as beets and arugula

Exercise Regimen:

- Aerobic High Intensity Interval Training (HIIT): 20-30 Rounds - 20 seconds full out, 40 seconds off, 3 times per week
- Full Body Strength Training: 30 minutes, 3 times per week