## STRESS RELIEF CONDITION PROTOCOL

OUS

## **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 1 Digestion, 2 capsules with each meal

Right For You BECAUSE IT'S MADE FOR YOU

STRESS AND ANXIETY

RELIEF PAK 31 HEALTH PAKS

DISPENSER INSTRUCTIONS

Press along the perforation and push in the flap. Dispense packets

## DIETARY SUPPLEMENT Winde Food Based 200 ASSURES

OPTIMAL ONE - FAMILY SIZE



- 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:**

Dietary Suppl

SERVINGS 30

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