

## Vitamin Shopping for Your Stress



### By Dr. Jean-Jacques Dugoua, ND

It starts with the alarm clock, continues in traffic, stays with you all day at work or school, and—for most people—you end up carrying it home. Stress is a large (and potentially harmful) part of our everyday lives.

#### Stress leads to disease

Stress is the silent killer of the 21st century. It can increase your risk of heart disease, including heart attack and stroke, high blood pressure, cancer, diabetes and many other diseases.

#### Stress Relief

You can get a handle on your stress through exercise, healthy eating, a good sleep regimen and meditation. Did you know that you can also reduce the effects of stress with certain vitamins?

#### Vitamins for reducing stress

There are a number of vitamins and herbs for reducing stress, these include:

##### Ashwagandha

Ashwagandha is an adaptogenic herb that has a calming effect on the body. Some researchers have reported that ashwagandha has a so-called "anti-stressor" effect. Studies have shown that ashwagandha might suppress the increase of the stress hormone cortisol, which can be harmful at high levels. Ashwagandha is frequently used to treat stress and fatigue, and to enhance mental and physical performance.

##### B Vitamins

B vitamins are a group of water soluble vitamins that include vitamins B1, B2, B3, B5, B6, B12 and folic acid. Being water soluble, B vitamins can be depleted through perspiration, a common side effect of stress. B vitamins are an important adjunct when treating stress and fatigue.

##### Vitamin C

Vitamin C has been shown to be helpful in treating stress. A study was conducted at the University of Trier in Germany to determine the effects of taking vitamin C during periods of acute psychological stress. For a period of 14 days, 60 healthy young adults received vitamin C and another 60 healthy young adults received a placebo. The researchers observed that vitamin C helped reduce blood pressure, the stress hormone cortisol, and subjective response to acute psychological stress.

##### Relora

Relora® is a proprietary blend of herbal extracts of *Magnolia officinalis* and *Phellodendron amurense*. Relora is believed to play a role in reducing the stress hormone cortisol.