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Stress and Natural Vitamins

Doctors report that 90% of all doctor visits are due to stress related illness, physical, emotional or mental. And the affects are accumulative. **Natural Vitamins** and Supplements can help. Some people live with such stressful environmental issues that their flight or fight syndrome never turns off. That is extremely wearing on the body. This is somewhat like revving up your car engine while in neutral and having your foot on the break. Not a pretty picture, is it? But that is getting to be the norm for our fast passed out of controlled lives. And yet often we do not accept responsibility for it. Except for the occasional event, each of us chooses how to live our lives, who to spend time with, where and how we work, the TV we watch, the music we listen to and what if any health and wellness practices we follow through on. Yes, you and I are not victims, we do it to ourselves. If you do not like the sound of that, then I would suggest you sit a while and think it over. The more someone protests usually the more right on the mark we are with truth.

- [Stress Relief Complex](#): Find Your Natural Balance. Consequences of Stress and yes it is manageable!
- [OmegaGard](#) for Cardiovascular Health.
- [B-Complex](#) Helps bring balance and energy into your life
- [Gentle Sleep Complex](#) Get a Good Nights Rest
- [Mood Lift Complex](#) supports feelings of well-being
- [Vitalizer](#) See the overview and science

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