

David Miller
Independent Shaklee Distributor
Home Business Franchise Online
1490 Bat Roost Rd
Manchester, OH 45144
937-779-0046

<http://www.shaklee.net/mimc>

<http://www.safeandproven.com/>

Stress and Natural Vitamins

Overwhelmed with activities and commitments. Somehow we seem to forget we get only 24 hours a day, and seven days a week. It is up to each of us how we fill those hours. Most of us are too busy, these days cramming more and more into each day and evening. Parents have put themselves in the position of being family taxi drivers for all kinds of activities for the youth. That does two major things. One wears out the parent of much needed energy AND more importantly teaches children and youth to become chronic over doers. Being a martyr for your family and sacrificing healthy personally as well as relationship health: is that what you really are trying to teach. All you are teaching to them and yourself is how to overstretch and develop a lifestyle that can cause poor health.

- [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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