

## **How stress affects your wellbeing**

Stress often sets off the body's fight or flight response. This response releases hormones into the bloodstream, hormones such as adrenalin. Normally adrenalin helps the body adjust to sudden stress. It does this by increasing the strength and rate of the heartbeat and raises the blood pressure. It also speeds the conversion of glycogen into glucose, which provides energy to the muscles. Emotional or physical stress may trigger or exaggerate these disruptions, which weaken the immune system. If the stress is prolonged the body's ability to ward off illness may therefore be reduced.

This helps explain why people who suffer from stress seem to more frequently catch colds, flu and other minor illnesses. Fatigue can be caused by the fight or flight mechanism running into overdrive and depleting energy. This fatigue may present, as lack of energy to perform desired daily activities, muscle and joint pain, headaches, mental confusion, depression, anxiety, irritability and lack of libido.

## **How can homoeopathy help with stress?**

Homoeopathy is a unique system of complementary medicine that aims to promote good health by stimulating the body's own natural healing ability. Homoeopathic remedies are holistic, and they are able to treat mental, emotional and physical conditions. They are highly diluted substances, which work on the body's own healing system, treating the person, not the disease, and do not seek to mask symptoms. Instead homoeopathy stimulates the body's own natural healing ability, safely and naturally restoring the body's balance.

Homoeopathic remedies can help with stress. In fact, it does not matter how long ago the stress-causing event took place. If your body, or mind is suffering from symptoms of stress the correct homoeopathic remedy can reduce the severity of your symptoms and reduce the length of time you experience symptoms for.

## **How do I choose the right homoeopathic remedy for me?**

Homoeopathy is based on the understanding that everyone is an individual; and therefore experiences things in different ways. There are literally thousands of homoeopathic remedies available and choosing the right remedy for you as an individual can be the hardest part of homoeopathy. Some companies have formulated combination homoeopathic products containing a number of homoeopathic remedies in a single combination remedy. This approach offers consumers an easy self-selecting option for many common self-limiting conditions.

Naturo Pharm's Stresmed Relief and Restore-med offer a natural way of supporting the body's response to stress and exhaustion. Stresmed Relief has been formulated to support the body's normal response to stress and has beneficial calming and settling properties. Restore-med has been formulated to assist the body's natural ability to cope with emotional and physical trauma, distress, exhaustion and grief. These are both broad-spectrum remedies that may be used for a number of different symptoms whether physical or emotional. Check the Naturo Pharm website for more information on products that may be relevant to you and your family.

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