

## Straight Talk Stress And Anxiety. What Does It Do To Our Body's And What Can Be Done About It.

Straight Talk Stress And Anxiety. What Does It Do To Our Body's And What Can Be Done About It. The emotional response to things in our environment that cause stress and anxiety can be as wide ranging as the number of people you talk to about the subject. Though the response our bodies give to these environmental irritants is the same. Our adrenal system releases hormones and adrenalin. This response is called our flee or fight reflex and is associated with the lower reptilian hard wired part of our brain. Our upper part of our brain or our reasoning center controls our reaction but does nothing about the chemicals released into our body's. The result is that if you live or work in environments that trigger these responses in you over and over again hormonal and adrenal chemicals in your body build up and can be very toxic to your system causing the symptoms related to stress, anxiety, and in severe cases depression. What these chemicals were meant to do was prepare your body for mortal combat. The adrenaline allows you to think clearer and faster. It also acts in your muscle fiber giving you more energy for the short term. The hormones act to cause inflammation in your body tissue protecting you agents wounds. The problem is when your always in an environment that causes these chemical reactions, and there is no socially appropriate response to what your felling to burning off these chemicals, your body functions start to become toxic because of the inflammation does not allow your cells to detoxify. Also abnormal levels of adrenalin causes a feeling of anxiety or nerves tension that will not go away until these chemicals are burned up buy your body. That's why its always good to have a punching bag around or go to the gym and work off that stress. Some hormones that the adrenal system releases though can cause side effects. One in particular called corisol tells the brain to crave food. Chronic stress causing this hormone to be overabundant in your body and leads to the sufferer putting on pound after pound of unwanted fat because of the uncontrollable cravings for foods high in sugar, fat, and alcohol. This leads to more stress and a cascading effect down the road to obesity. Fortunately there are herbs that can control these hormones and relieve your body of the damaging effects that these chemicals can have. Magnolia Officinalis bark or Hou Po in Chinese has the same anti anxiety effects as valium but with out the muscle relaxing side effect. It acts to reduce the production of adrenalin by your adrenal gland by promoting production of a steroid called corticosteroid which suppresses inflammation. It acts to enhance your body's ability to inhibit fungal and bacterial growth as a result reduces inflammation and pain. It also increases the levels of acetylcholine in the brain. Acetylcholine is a chemical vital to brain cell growth. Studies have shown that the lack of this chemical in the brain has a direct effect on the plaque build in the brain associated with Alzheimer's. Phellodendron Amurese or Huang bai in Chinese's Acts as an anti inflammatory, anti bacterial, and anti viral agent in your body but is mostly used here to counter the high alkaline level of the Magnolia officinalis bark. Combined these two ingredients act to turn off the major causes of chronic stress, anxiety and depression. Studies have shown a seventy six percent reduction in stress hormones levels while taking these supplements over a double blind study.

### About the Author

At healthy Life Choice Herbal Store we sell a supplement called Relora Max that has all of the Magnolia Officalic and Phellodendron Amurense bark you'll need to relieve the stress and anxiety you are felling. Remember we're her for you at Healthy Life Choice Herbal Store. Robert Read owner of Healthy Life Choice Herbal Store Is committed to giving his customers the information they need to make healthy life choices.

<http://www.healthlifechoice.com> Check out more on [Straight Talk Stress And Anxiety. What Does It Do To Our Body's And What Can Be Done About It.](#)

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