

R & S for FOR RELAXATION & STRESS

How Does Stress Affect Your Body And How Can You Relax Better?

Cortisol is the hormone produced in the body in response to stress and emergency situations. Long-term stress will result in high level of cortisol. High cortisol level has been linked to weight gain, cravings, high blood pressure, weakened immune system, and fertility problems. Maintaining normal levels of cortisol is important for your health.

WEAKENED IMMUNE SYSTEM

High cortisol will weaken your immune system in the long run. People under chronic stress are more susceptible to viral illnesses like flu and common cold, and other infections. Stress can also increase the time it takes to recover from an illness.

CARDIOVASCULAR HEALTH

Cortisol causes blood vessels to constrict and divert more oxygen to muscles to prepare for fight-or-flight response. But this also raises your blood pressure, and increase the risk for heart diseases.

WEIGHT GAIN

Increased cortisol cause higher insulin levels which lowers blood sugar. This causes the person to crave sugary, fatty foods. Cortisol also tells the body to store fat in the abdominal area, resulting in an "apple-shaped" figure.

SKIN AGING

Research shows that chronic stress can accelerate aging. This is because high cortisol levels causes oxidative stress. It also disrupts the protective barrier of the skin, leading to dry skin.



WHAT CAN HELP YOU TO REDUCE THE EFFECTS OF STRESS?



Drink green tea. Green tea leaves contain theanine, an amino acid which helps you to respond to stressful situations more calmly. This ingredient is also found in **Relaxation Formula**-which also contains other ingredients that provide cortisol-balancing effects.



For centuries, indigenous cultures improved their lives with botanicals, from topical remedies to aromatherapy. Recent science also shows that diffusing lavender in the air helps to alleviate anxiety and stress. Enjoy a relaxing end your day with the calming benefits of **Epoch Lavender**, or create a feeling of harmony and peace with **Epoch Unwind**.