

# The Mortar & Pestle:

MD Custom Rx's monthly e-newsletter

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## Greetings!

At MD Custom Rx, we care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.



Sincerely,  
*Dan, Monica and John*

## Natural Stress Relief

These are stressful times, and stress can affect every system and organ in the body, particularly the adrenal glands, nervous system and endocrine system. Stress can lead to anxiety, depression, trouble sleeping, and weight gain and can have a significant impact on a person's health and nutritional status.



Virtually any form of exercise can act as a stress reliever, but activities such as walking or jogging that involve repetitive movements of large muscle groups can be particularly stress relieving. Regular exercise helps release endorphins, which are chemicals that improve your mood and act as natural painkillers. Exercise can also improve your sleep quality and regular exercise improves feelings of confidence and mood, which in turn promotes mental wellbeing.

Your body's requirements for B-vitamins and vitamin C increase during times of stress because B-vitamins are needed to produce hormones involved in the stress response. It is important to replenish and or maintain optimal levels of these nutrients to limit the potentially damaging physical and emotional effects that stress can have on the body. Supportive herbs such as valerian, hops and skullcap, as well as the mineral magnesium can help calm the body during stress. Scientific studies have shown that the natural amino acid L-Theanine relieves mental tension, promotes relaxation and deep restful sleep without causing drowsiness or other unwanted side effects. Research on L-Theanine also suggests that it can have significant benefits for cardiovascular, immune and neurological health.

***Ask our professional staff to recommend the best supplements to help you relieve stress naturally.***

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Our Vitamin Coach, Dan Zatarski, R.Ph., Pharm.D. is available to discuss supplement options that could help with drug induced nutrient depletion (DIND).

**SCHEDULE A CONSULTATION**

