

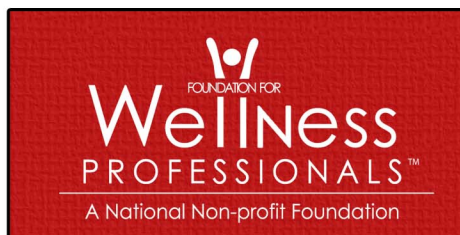


# Solutions to **STRESS** Related Health Problems

Feeling like there are too many pressures and demands on you? Losing sleep worrying about tests and schoolwork? Eating on the run because your schedule is just too busy? You're not alone. Everyone experiences stress at times — adults, teens, and even kids.

Stress is so destructive because of what it does to our nervous system and hormones. It destroys the hormone and neurologic balance of your body and although you cannot avoid stress, you can understand what stress does to the body and reduce or eliminate its negative effects.

In this presentation by The Foundation for Wellness Professionals you will learn the solutions that can restore your physical health and learn how to save yourself from the adverse effects that stress can create through a natural approach to your health.



*Schedule this talk today!*

[www.WellnessSpeakers.org](http://www.WellnessSpeakers.org)