

totalhealth

MAGAZINE

AMERICAN WELLNESS NETWORK NUTRACEUTICAL UPDATE

Manage Stress and Improve Sleep with Relora®

by Hyla Cass, M.D.

An increasing number of individuals are now developing a variety of symptoms as stress in America becomes a national epidemic. Forty percent of the American work force report that their job is very or extremely stressful, as surveyed by Northwestern National Life. According to the National Commission on Sleep Disorders, one in five Americans suffers from stress-related sleep disturbances. In addition to work stress are the added burdens of parenting, financial strain, traffic jams, deadlines and just too much to do in too little time. Even positive change, like a move or a new marriage, can be stressful.

Research shows that all of this takes a huge toll on our health in the form of fatigue, burnout, weight gain and often general ill feelings. Sixty percent of medical visits are connected to stress. Moreover, due to the negative impact of stress on the immune system, our bodies become more vulnerable.

AMERICANS ARE STRESSED OUT

- Forty-three percent of all adults suffer adverse health effects due to stress.
- Seventy-five to 90 percent of all visits to primary care physicians are for stress-related complaints or disorders.
- Stress is responsible for more than half of the 550,000,000 workdays lost annually because of absenteeism.
- Forty-seven million Americans exhibit excessive abdominal fat due to stress-related eating.

Kimberly Cleveland is a 41-year-old single mom with two boys ages 10 and 13. A registered nurse and top sales performer for a major pharmaceutical company, she was medically evaluated for chronic fatigue syndrome, a weight gain of 25 pounds, possible multiple sclerosis and an overall significant decline

in health (after years of good health). With no medical diagnosis established, she was dismissed as “a highly stressed, normal female over 40, with fairly normal complaints.”

Being an RN, Kimberly refused to accept her weight gain and loss of energy. A friend introduced her to Dr. Jim LaValle, an integrative medicine practitioner in Cincinnati. One year

later, under the guidance of Dr. LaValle and the use of Relora, a revolutionary dietary supplement, she states that her life has been transformed. “I have lost 23 pounds, wake up in the morning before the alarm, have regained my sales personality, and most importantly, can now play soccer and basketball with my boys!”

Among the many formulas investigated for stress, Relora has been the clear leader. This is the product that Kimberly used while under the care of Dr. LaValle. It appears to help individuals not only manage their stress, but also improves their quality of sleep and may help cut stress-induced sugar cravings by normalizing the stress hormones responsible for these cravings.

WHAT IS RELORA?

Relora is an all-natural proprietary blend of a patented botanical extract from *Magnolia officinalis* and a proprietary extract from *Phellodendron amurense*. The barks of these two trees have been used



Kimberly Cleveland

in traditional Chinese medicine for more than 1500 years. By combining these two extracts, researchers at Next Pharmaceuticals discovered a synergistic effect. In two studies, Relora has been found to help control stress.

In one research trial, 50 stressed adults took Relora two to three times daily for two weeks. At the end of the study, 82 percent agreed with the statement that it “helps control irritability, emotional ups and downs, restlessness, tense muscles, poor sleep, fatigue and concentration difficulties.” A full 74 percent indicated that they had more restful sleep. There were no adverse side effects noted during the trial and Relora was reported by 94 percent of the participants to be gentle on the stomach.

Relora has also been shown, in a small pilot study of 12 stressed individuals, to normalize elevated cortisol levels and depressed levels of DHEA, two hormones that play a significant role in the symptoms and conditions associated with excessive stress. Cortisol levels are elevated in stressed patients. DHEA levels are correspondingly lower in the presence of stress.

In an additional research trial, 49 stressed adults were given Relora. The findings were similar to the earlier study demonstrating that Relora helps control stress, as well as improve the quality of sleep. But another component was added to this study: determining if Relora would have a positive impact on the sweet cravings that frequently accompany stressful situations. Since the hormones cortisol and DHEA are related to such cravings, and Relora was shown in an earlier study to normalize the levels of these hormones in stressed individuals, the researchers at Next Pharmaceuticals wanted to know if Relora would actually change eating behavior in stressful conditions. The number of people that indicated they ate sweets such as ice cream, cake, pie or cookies in stressful conditions dropped by 76 percent after using Relora for a two-week period. This could be an added benefit to stressed individuals looking for a natural product to help them manage their stress.

In an ongoing open-label trial conducted at the Metabolic Research Institute in Cincinnati, Ohio, more than 1200 subjects have taken Relora and have been asked to rate the supplement on its effectiveness on a 5-point scale after two weeks. Ninety-

one percent (91%) of the subjects reported Relora helped them relax. Ninety percent (90%) reported Relora helped them have a restful sleep. Eighty-six percent (86%) reported Relora helped prevent stress related eating. Not surprisingly, Relora was rated lower in managing weight, although seventy-two percent (72%) of the subjects rated Relora as effective.

SIDE EFFECTS

With over 80 million doses of Relora distributed in the U.S., there have been no reports of significant side effects. Approximately 20 percent of the individuals studied reported some drowsiness. While allergic reactions are possible, as with any plant-based natural product, none have been reported. Relora should not be used during pregnancy or while nursing. If you are currently taking a prescription drug, consult your health care provider before taking Relora.

CONCLUSION

Stress in our lives is inescapable but excessive stress, or “distress,” can be managed before it exerts its detrimental effects on our health. Here are some key components that you should consider incorporating into your stress management plan:

- Get sufficient sleep.
- Exercise—aerobic, resistance-training, stretching.
- Maintain a healthy diet with minimal sugar, caffeine and alcohol.
- Take relaxation breaks throughout the day, even if it’s a few minutes of deep breathing.
- Have realistic expectations of what you are able to accomplish.
- Obtain a good support network of friends and family.

In addition to these key ingredients to stress management, you might want to consider Relora as part of your overall stress management plan. For more information on Relora, visit www.Relora.com. ■

Hyla Cass, M.D. psychiatrist and author of *Natural Highs and Supplement Your Prescription* visit her Web site www.drcass.com.

Note: The information and ingredients discussed in this article are not intended to diagnose, treat, cure or prevent disease. Individuals should always consult a health care professional for the treatment of disease.