



## NEWS

FOR IMMEDIATE RELEASE

### **Americans Say Stress is Putting a Wet Blanket on Their Sex Lives Relora® *Stress in the City Survey* Shows Major Worry is Financial**

San Francisco, CA – August 20, 2008 - Could the stress of money problems inhibit your sex life? The new *Relora - Stress & the City Survey* says, "yes." Five hundred people between the ages of 18-55 in ten major cities across the US were surveyed for stress levels. The survey included the reasons for the stress, as well as methods people use to decompress. In general, 46% of the respondents said that they are more stressed-out than one year ago. Sixty-two percent reported that they are not having enough sex and that stress is one of the main reasons. Financial issues was the major stressor and topped the list for 64% of the participants, concurrent with the dire economy. Other reasons included stress about work (40%), feeling harried with not enough time (39%), health concerns (32%) family problems (32%) and relationship issues (30%).

"Sex is more in the brain than below the belt. For most people, the greater the stress level the less sex will be in the relationship," said Dr. Peter Lambrou, clinical psychologist and Chair of Psychology at Scripps Memorial Hospital in La Jolla, California. "Whatever couples can do to better manage their stress will help improve both the frequency and satisfaction of their sex lives. From relaxation exercises such as yoga and meditation to supplements, people can take steps to turn up the heat in the bedroom."

Eating comfort foods, watching television and listening to music were given as the top ways that people get rid of their stress. So how do we move people from the couch into the bedroom? Relora is a non-sedating dietary supplement that has been clinically tested to safely and effectively reduce stress. In a six-week, double-blind, placebo-controlled clinical study conducted on healthy women between the ages of 20 and 50, Relora significantly reduced



short-term anxiety compared to the placebo group. The study conducted by Miami Research Associates, a clinical research organization in Miami, Florida, was published in *Nutrition Journal*, an open access peer-reviewed, online journal. Nutrition Journal can be referenced through BioMed Central and PubMed.

Next Pharmaceuticals develops new, patented, natural ingredients for healthy living products in the dietary supplement, food and beverage industries. The goal of the Company is to expand self-care and preventative health maintenance Through the application of pharmaceutical technologies to natural botanical materials, including citrus fruits, The company has successfully developed six plant extracts, both patented and proprietary, plus Chromulin, a new form of the essential trace mineral chromium for potentiating insulin. ®Next has developed Relora® for relaxation and stress-related appetite control, Seditol® for better quality of sleep, Nexrutine® for inflammation, Citri-Z® for heart health; Flavoxine® for healthy cholesterol, and Citrofen® for mobility and joint comfort.

**For all media inquiries, please contact Connie St John at 415-454-2243 or 415-302-7438 (mobile). For more information on Relora - Stress & the City Survey log onto [www.relora.com](http://www.relora.com).**

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