



# TRANSFORMATION

## Enzyme Nutrition

### STRESS + ANXIETY

#### Nutrition

- **De-Stress with HEALTHY Foods** – Stress and anxiety are chemical reactions. Without the right nutrients your body can't handle the stress, and with the wrong nutrients (processed foods, caffeine, sugar) these chemical reactions get worse, increasing stress even more! Eat healthy, preferably organic whole foods that are nutrient dense like berries, almonds, whole grains, and dark leafy greens.
- **H2O** – Without enough water, your body starts to become stressed, and as a result so can you. When you are dehydrated, the stress hormone cortisol begins to increase. So do yourself a favor and start exchanging the sugary sodas and juices for water.
- **Make Time for Food** – Life gets busy (one of the big contributors to stress) and often mealtime is one of the first things to get cut from the schedule. But just like with water, when you don't give your body fuel, it becomes stressed and a vicious cycle emerges. Make time for 3 meals a day and healthy snacks in between. You'll give your body what it needs to help keep up with your hectic schedule. Also, when you're eating those meals and snacks, be sure to take your time. If you finish your lunch in 5 minutes, you're doing it wrong.
- **Caffeine Has Consequences** – While most people are okay on one dose of caffeine a day (one cup of coffee), when you throw in lattes, iced teas, sodas, and energy drinks, you start to overload your body. This overuse of caffeine actually can make it harder for your body to regulate your energy and manage your stress hormones. So stay away from (or at least limit!) caffeine intake.

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#### Lifestyle

- **Get Some Shut-Eye** – Not getting enough ZZZ's at night affects many aspects of health such as your weight, your skin, digestion, and of course your stress and anxiety levels. So do your body a favor and give it ample time to recharge with the recommended 8 hours. Having enough sleep to take on a busy day can make all the difference.
- **Take a Breather** – Sometimes with heightened levels of stress and anxiety, you just need to take a second and breathe! A few good ways to help reduce daily stress are:
  - A. Find an activity that helps you de-stress (like dancing or playing guitar).
  - B. Ask others for help when you don't have enough time to accomplish everything on your own.
  - C. If you start to get overwhelmed, just take a step back from the situation and focus on something else for a few minutes.
  - D. Counting down from ten while breathing deeply. It may sound silly, but give it a try and you'll be surprised at how effective it can be.
- **Make a Move** – Exercise is essential to health, but beyond that it can majorly affect stress. When you exercise, you release feel-good neurotransmitters called endorphins that can bring your mood up and your anxiety down. You can also use exercise to get some things checked off your to-do list. Try going on a walk/hike with friends rather than meeting up at a coffee shop, or catch up on your reading while riding a stationary bike. You can even count walking the dog, just aim for 30 minutes 5 times a week.

# Supplementation

80% of your neurotransmitters or "feel good" hormones are produced in your gut. This is just one of the many ways the gut and brain exhibit a very strong relationship, so supporting a healthy gut environment is key in this protocol.

- **A digestive enzyme formula** with meals helps support the bio-availability of all the nutrients, vitamins, minerals, amino acids, and essential fatty acids that are necessary in the production of hormones and neurotransmitters.\*
- **A probiotic supplement** further supports digestion and promotes timely elimination while maintaining a healthy gut environment.\*
- **A protease formula** between meals helps ensure proper blood flow and supports nervous system communication by helping deliver "messengers," control inflammation, and remove toxins.\*
- **A calming formula of nutrients and herbs** to support the nervous system and manage uncontrolled cortisol levels brought on by stress.\*

## Option I

TPP DIGEST	1 cap	with every meal or snack
TPP PROTEASE	1 cap	2 x day between meals
TRANSCENDENCE REZEN	2 caps	mid-morning between meals
TPP PROBIOTIC	1 cap	at bedtime

## Option II

Transformation™ also offers several formulas for the "sensitive" patient. You might prefer:

DIGESTZYME	2 caps	with every meal or snack
PUREZYME	2 caps	2 x day between meals
TRANSCENDENCE REZEN	2 caps	mid-morning between meals
PLANTADOPHILUS	3 caps	at bedtime

## Additional Support

CALMZYME	for stress management*
EXCELLZYME	for mental and physical fatigue*

(800) 777-1474      [WWW.TRANSFORMATIONENZYMES.COM](http://WWW.TRANSFORMATIONENZYMES.COM)

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.