



# **The Stress Cure: A Simple, 7-Step Plan to Help Women Balance Mood, Improve Memory, and Restore Energy**

*Vern S. Cherewatenko, Paul Perry*

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Studies show that prolonged or severe stress can weaken the immune system and the heart, damage memory, and even encourage the body to deposit fat at the waist -- a risk factor for heart disease, cancer, and other illnesses. This 7-step plan revives the body's chemistry and helps women stop living in overdrive. After a detailed self-assessment, readers follow the De-Stress Program:

- DHEA -- safely replenish levels of this stress-fighting hormone
- Supplemental Nutrition -- replace vitamins, minerals, and electrolytes lost to stress
- Taming the Tiger -- pursue meditation, yoga, and other stress-busting, mindful-living methods
- Rekindling Relationships -- take a new approach to work and family relationships
- Effective Exercising -- exercise in ways to increase energy and mental focus
- Sensible Eating -- keep your emotions from ruling your palate
- Sound Sleep -- "quality sleep" helps keep hormones stable

Practical and upbeat, this book helps women combat the disease of stressful living and regain control of their emotions and life.



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