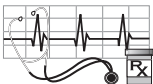


Health Awareness



Natural Ways To De-Stress

(NAPSA)—There may be good news for people who worry about cutting stress naturally.

A recent independent study at a major U.S. university found that Rescue Remedy, an all-natural remedy made from flower essences, was as effective in relieving stress as many pharmaceuticals—but without any side effects, including addiction.



Studies show that a natural stress reliever can be as effective as stress-relieving medications.

“The result of this independent study is not only welcome news for those of us who encounter stressful situations every day, but particularly for the 40 million Americans who suffer from physician-diagnosed anxiety,” said Ronald Stram, M.D., who regularly prescribes the all-natural remedy to his anxious and stressed patients.

A popular stress reliever worldwide since it was developed over 70 years ago by Dr. Edward Bach, Rescue Remedy is available in a spray bottle or in drop form and can be purchased over the counter, without a prescription, at Walgreens, GNC, Whole Foods, and other natural product stores.

Visit rescueremedy.com for more information.