



Ask The Experts

Bad Economy Stress Relief

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(NAPSA)—A recent survey conducted by the American Psychological Association states, “As many as 80 percent of Americans are stressed about their personal finances and the economy.” Managing your day-to-day stress during these uncertain economic times may make a huge improvement in your health and improve your ability to fight off disease and infection. Try these four ideas:



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ing your day-to-day stress during these uncertain economic times may make a huge improvement in your health and improve your ability to fight off disease and infection. Try these four ideas:

1. Take a deep breath. Slowly breathe in through your nose for a count of four. Hold your breath for a count of seven. Slowly exhale through your mouth for a count of eight. Repeat four times to lower your stress level.

2. Find calming activities. Create a “happy playlist” of MP3s.

3. Have a lifeline. Find a friend or family member who can lift your mood and ease your anxiety—put that person on speed dial.

4. Carry instant natural stress relievers. One product, Rescue Remedy, has been used for over 70 years around the world to provide an all-natural and gentle way to deal with the short-term aspects of stress. A recent scientific study found the homeopathic remedy to be an effective over-the-counter stress reliever without any known adverse side effects.

Find more stress relief suggestions at www.rescueremedy.com.

• *Dr. Stram is an international integrative physician.*