



# ReNew Life Wellness Center

**STRESS BUSTERS  
FEBRUARY 2012**



## **5 Stress Busting Foods**

**STRESSED?** Look in your kitchen cabinets for natural remedies. If you reach for foods that help lower your stress levels, you'll feel better, your hormone levels will be rebalanced, and best of all, you won't add excessive empty calories to your diet. *Relax naturally with:*

### **1 Oranges**

Research shows that eating an orange can help return your blood pressure and stress hormone levels to normal.

### **2 Apricots**

Dried apricots contain a natural muscle relaxant, which may help ease the physical symptoms of stress.

### **3 Turkey**

The tryptophan in turkey can help you feel more relaxed.

### **4 Salmon**

Omega-3 fatty acids found in salmon help keep cortisol and adrenaline, stress hormones, in check.

### **5 Walnuts**

High blood pressure is a common stress symptom and walnuts have been shown to help lower your blood pressure.

Source: <http://www.rcfhl.com/healthy-living-blog>



## **Active Manuka Honey UMF 16+**

Honey has been revered and consumed for thousands of years. Ancient cultures used honey as a food, as a natural sweetener in drinks and food, as well as a salve for skin blemishes.

Dr. Peter Molan of the Waikato University in New Zealand, has spent over two and a half decades, researching New Zealand manuka honey and has found properties that are unique to this honey.

Not all honey is the same. Manuka Honey and Active Manuka Honey is collected from the wild, uncultivated Tea Tree Bush in New Zealand, called leptospermum scoparium. The manuka bush has small leaves. The flowers look like apple blossoms, ranging in color from white to pink.

The taste of Manuka Honey and Active Manuka Honey UMF 16+ is best described as a smooth, creamy, caramel-like taste, very pleasant to the pallet.

## **ReNew Life Wellness Center**

Providers of Colon Hydrotherapy Treatments  
and Wellness Solutions

**Suzanne Gray, M.Ed, LMT, CT**