



Fast, Frenzied, and Failing

Notice how many ailments are aggravated by stress—and poor nutrition and lifestyle choices contribute to stress syndrome and immune dysfunction. That means making positive changes in the way you eat and live can lessen stress, reduce the severity of disease, and tune up your metabolic engine for a longer and happier life!

- Acne
- Asthma
- Backache
- Bursitis
- Cancer
- Canker sores
- Cholesterol
- Colds and flu
- Colitis
- Crohn's disease
- Dermatitis
- Diabetes
- Diarrhea
- Eczema
- Gastritis
- Headache
- Indigestion
- Insulin resistance
- Irritable Bowel Syndrome
- Ischemia
- Heart disease
- Herpes
- Hypertension
- Obesity
- Osteoporosis
- Psoriasis
- Stroke risk
- Ulcers
- Wound healing