



Holiday Stress Making You Not So Jolly?

The holidays are an amazing time of year and magic's in the air, but your hands don't have to be. There are a multitude of stressors around Christmas time, the meal, the presents, the finances, the timeline, and oh yes the company we have for Christmas, but you're not alone. The holiday season evokes many emotions other than happiness such as anxiety, depression, anger and being overwhelmed and since you made it on to Santa's nice list this year, we are here to help.

For the stressed and anxious:
Sepia - This remedy is fantastic for the people who have went above and beyond the call of Christmas and are trying to take everything on themselves. The people needing this

remedy are the overextended, exhausted, ready to scream, and overwhelmed folks. They may be seen crying while working (because they feel they can't possibly stop), irritable when being distracted (because once again they can't possibly stop) and screaming (when someone brings up the idea they need to possibly slow down or stop). This remedy will allow them to pace themselves, slow down and properly delegate their time so they aren't spread too far.

Arsenicum Album - To the holiday cleanmeister's. These are the people who must have everything in its place, everything spotless and everything organized and planned. Routine is the key word for these peoples success in pulling off the holiday's. If routine or plan is broken or strayed from,

anxiety will take over as well as short temper and banging and clanging things. This remedy will bring down the excitability that happens when things do not follow their plan or routine. It will bring down the anxiety, chest palpitations if present, and the irritability.

type A personality. When plans fall through or things don't get done fast enough or the way they wanted it to go, they can be seen becoming extremely irritable and very angry. Anger is the key word for this remedy they are extremely short tempered. This remedy helps drastically bring down the anger threshold and allow them to keep their cool when things don't go their way or as they planned. This remedy will also help these types when they switch from the work hard mode to the play hard hangover mode. This remedy will bring down the headaches, exhaustion and vomiting following a good night out.

For the sad and melancholy:

Ignatia Iamara - This remedy is for those grieving this time of year. To the people who lost a loved one, experienced a shock or trauma, or

experienced a loss in some way. It helps by supporting along the grieving process in a health way so that you too will be able to join back into the Christmas spirit.

Natrum Muriaticum- For those who experience chronic, long standing depression. For the people who feel abandoned, forsaken or alone. These people can be seen crying alone and not wanting any consolation, withdrawing from fun and not socializing. This remedy helps with the sadness, the grudges, the weeping, and the sensitivity to light, sound and smell. So for this year, I wish you all the best during this holiday season, with the most smiles, the most laughs, the warmest embraces, and the little things that money can't buy!

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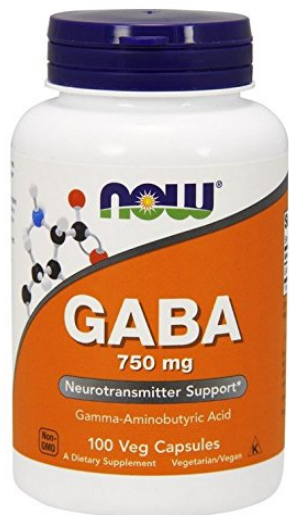
Come visit us at One Stop Naturals and we will give you some suggestions to eliminate stress and make your holiday season enjoyable!

For the angry and hung-over:

Nux Vomica - This is for the workaholics spreading cheer this year. These people are the typical work hard, play hard,



Now is the Time to Start Thinking About Your Holiday Health We Can Help!



NATURAL CALMING EFFECT

- ✓ With Vitamin B-6
- ✓ Promotes Relaxation
- ✓ Eases Nervous Tension



STRESS & APPETITE CONTROL

- ✓ Relaxing, but Non-Sedating
- ✓ Supports Healthy Cortisol Levels
- ✓ A Dietary Supplement
- ✓ Vegetarian Formula



NEUROTRANSMITTER SUPPORT

- ✓ Amino Acid Blend
- ✓ Temporary Relief of Mental Stress
- ✓ Supports Relaxed Mood



HERBAL SUPPLEMENT

- ✓ Liquid Extract
- ✓ 100% Harvest Fresh Herbs
- ✓ Vegetarian Formula