

# STRESS LESS WITH ROOIBOS

## DID YOU KNOW?

When you are under chronic stress you could potentially be putting yourself at risk of cancer. When your brain recognises there is a potential threat, it sends signals to your adrenal glands, which produce stress hormones such as adrenaline and cortisol to help kick-start the stress response.

This is fine if you have to dodge an oncoming car or explain a missed deadline to your boss, as the stress response sends blood to your brain and limbs to move or think fast and avoid danger. The problem is continued exposure to stress. This is where the health risk lies.

Some of the theories on how prolonged stress can contribute to a person's risk of developing cancer include:



Continued activation of the stress response and the hormones required to help the body cope over a long period could promote the development of cancer.



Chronic stress may also lead to chronic inflammation which can increase your risk for cancer.



Chronic stress may weaken your immune system which makes it difficult for the immune system to do its job.



Chronic stress can also cause people to turn to unhealthy lifestyle habits.

Annique has solutions to help combat stress and potentially reduce the risks associated with developing cancer and other diseases.

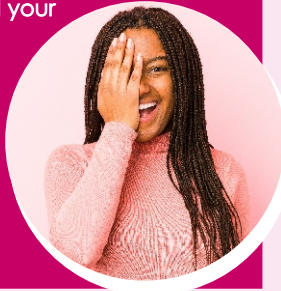
## PRODUCT

### BENEFITS



OptiCalm

- Contains essential B vitamins and phospholipids to help calm and relax the body
- Aids in improving memory, mood and your ability to cope
- Stress depletes the B vitamins in the body and this is why supplementation is crucial



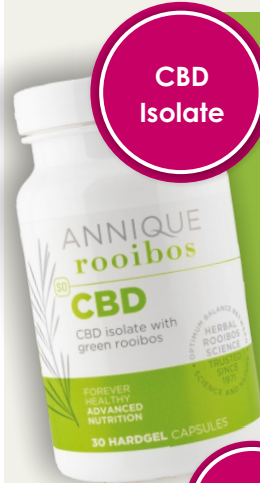
DOSAGE



1-2 capsules per day (AM)

## PRODUCT

### BENEFITS



CBD Isolate

- CBD Isolate combined with Green Rooibos is a powerhouse formulation
- Green Rooibos extract is well known for its powerful antioxidants, which help to prevent damage from free radicals that can cause ageing and disease
- CBD Isolate is also well known to assist with the common effects of stress such as:
  - Anxiety and depression
  - Inflammation
  - Insomnia

DOSAGE



1 capsule per day (PM)

## PRODUCT

### BENEFITS



Rooibos & Jasmine

- Naturally caffeine free, Rooibos is known for its calming and stress-relieving properties, which

can also be beneficial for mental well-being.

- Jasmine helps relieve stress naturally.



DOSAGE



1-6 cups per day

## PRODUCT

### BENEFITS



OptiFlora

- Studies have shown a link between the gut and the central nervous system. OptiFlora improves bowel function and digestion, which could have a direct impact on our mood.



DOSAGE



1-3 capsules per day (PM)

ANNIQUE rooibos