

- From  Integrative Labs R&D Department

BREAKING NEWS

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“Unrelieved stress is the **cause** of all disease!”



-Dr. Hans Selye, Nobel Prize Nominee

“Stress is the *No.1 Overlooked and missed cause* of health problems today because 99% of American doctors are not trained to detect it.”

“*Stress is the most common cause of all disease!*”



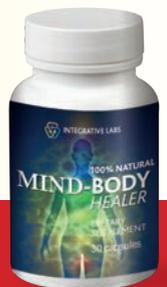
-National Institute of Health

Dear Friend,

Startling new research by Harvard University shows stress is your #1 health enemy -- the #1 cause of health problems, If you want to be healthier (and happier), you must reduce your stress, and now -- finally -- an all-natural solution has been discovered.

Nobel Prize nominee Dr. Hans Selye proved that “chronic disease is caused by stress”.
In fact, stress is a main root cause of these health problems ...

- High blood pressure
- Heart attack
- Weight gain
- High cholesterol
- High blood pressure
- Memory loss
- High blood sugar
- Digestion problems
- Insomnia
- Vision problems
- Erectile dysfunction
- Low immunity
- Joint pain
- Faster aging
- Diabetes
- Low sex drive
- Chest pain
- Stroke
- Rheumatoid arthritis
- Inflammatory diseases of the skin and eyes
- Hypersensitivity diseases
- Nervous and mental diseases
- Arthritis
- Sexual dysfunctions
- Digestive diseases
- Metabolic diseases
- Diseases of a compromised immune system

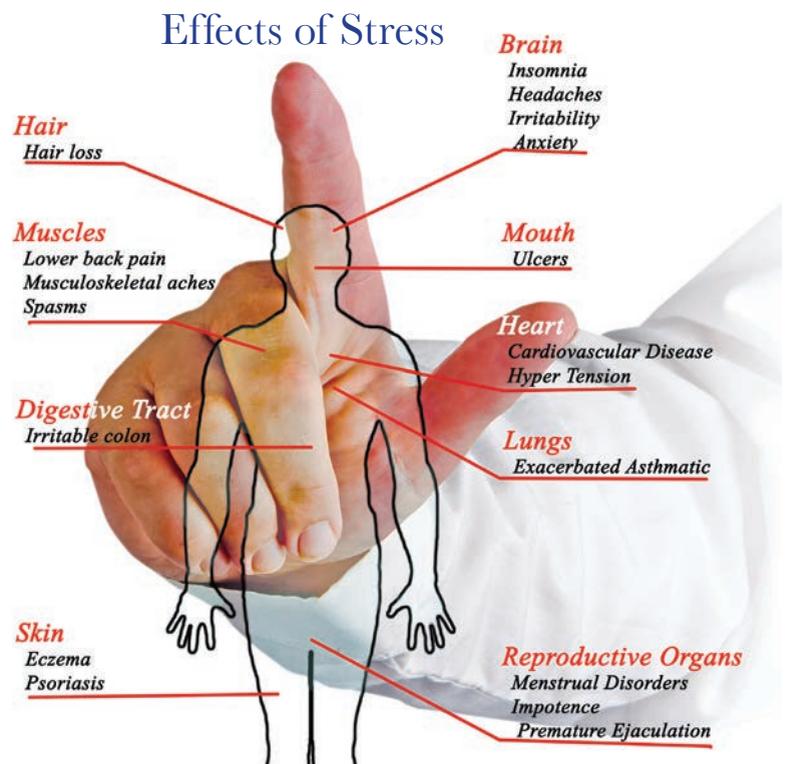


New Natural Breakthrough Helps End Dozens of Health Problems ...

READ INSIDE →

Important >>> I must repeat this ...

Stress is a main underlying root cause of the health problems above. This means that until you reduce your stress, anything you take or do for these problems will do you **LITTLE OR NO GOOD** because it just reduces the **SYMPTOMS** but does **NOT** treat the **ROOT CAUSE** which is stress. Do you understand that? You must get rid of your stress **FIRST**. Then once you do this, your health problems will often vanish because you eliminated the cause of them!



And there's more. The Mayo Clinic reports stress is **ALSO** an underlying root cause of these health problems that make your life worse now ...

- Headaches
- Fatigue/low energy
- Anxiety
- Nervous
- Heartburn
- Poor sleep
- Mood swings
- Tight shoulder/neck
- Stomach problems
- Pain flare-ups
- Ruminating thoughts
- Tight muscles
- Depression
- Short-tempered
- Stress eating
- Irritable bowel syndrome (ibs)
- Drink, eat and smoke more
- Diarrhea or constipation
- Irritable
- Skin breakouts, itchy rashes, hives
- Difficulty concentrating
- Feeling overwhelmed
- Low immunity/getting sick
- Hot flashes
- Negative thinking
- Inability to relax
- Feeling overwhelmed
- Allergies
- Isolating yourself from others
- Worry
- Anger



Shocking, isn't it? How many of these do you suffer from? Lindsey Marcellin, MD says 75 to 90 percent of visits to primary care physicians are for these stress-caused complaints. That's how powerful and damaging everyday stress (the "invisible killer") is to your health!

Other research has also shown that stress impairs your immune system, making you vulnerable to infections, autoimmune diseases and other serious health problems.^[5] Stress also increases your risk of having a heart attack or stroke, contributes to cognitive decline and upsets blood sugar balance, which can lead to diabetes and weight gain.^[6,7]

5. <http://www.pnas.org/content/early/2012/03/26/1118355109.full.pdf>

6. *Lancet*. 2012 Oct;380(9852):1491-1497.

7. *American Psychological Association* (2007, August 20). *How Chronic Stress Worsens Neurodegenerative Disease Course*.

If You Reduce Your Stress, You Will Reduce Or End Your Health Problems

Daily stress we all experience is like a cancer in your mind and body that gives you health problems and makes current ones worse.

And today, more than ever, the world is fast-paced and stress-filled. You have too many things to do in too little time. And it never ends ...

Even if you don't think you're stressed, you are. It comes from problems your children are having, from finances, work situations, health issues and the list goes on and on. So even if you are retired, you are stressed. We all have stress.

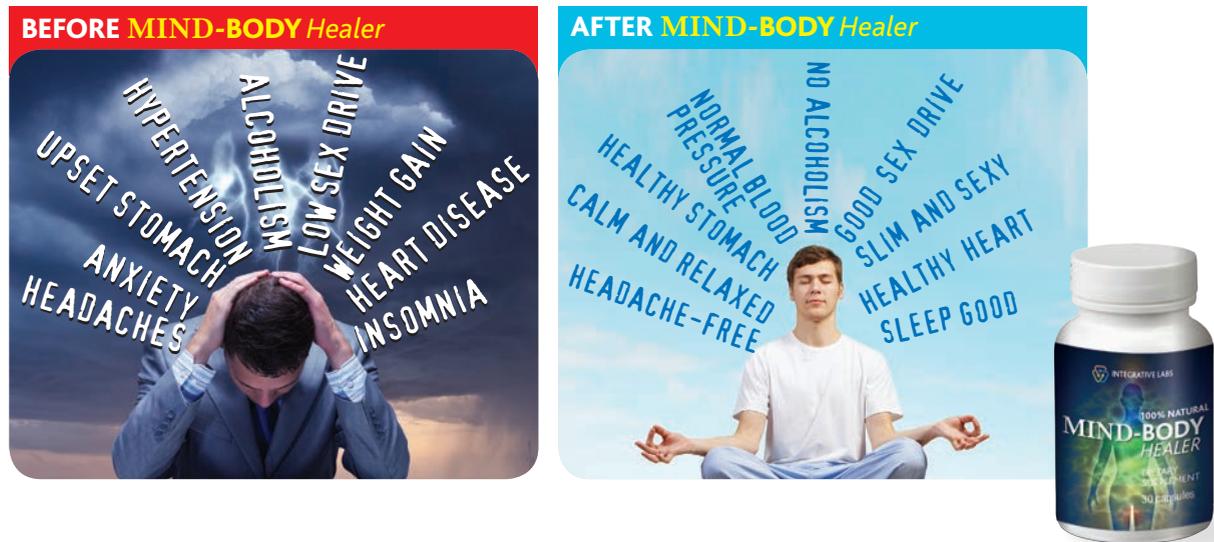
If you have a **HEADACHE...** it is caused by **STRESS**

If you have a **STOMACHACHE...** it is caused by **STRESS**

If you have **BACKPAIN...** it is caused in large part by **STRESS**

If you are **OVERWEIGHT...** it is caused in large part by **STRESS** eating

Stress can make you have "senior moments" more often than you'd like, have trouble sleeping good, lack energy -- especially in the afternoon, and have a lower sex drive.



In fact, because of all the pressure stress puts on your circulatory system ... and on every organ in your body especially your heart and kidneys ... you are literally walking around like a ticking time bomb.

It's like you are driving around on worn-out tires ... you are just asking for a blowout ... for big trouble and a terrible accident.

Stress may not seem to have any symptoms, but its deadly serious. In fact, stress is killing you. It is a leading cause of death from many ailments, from heart attack and stroke to kidney failure.

And stress is sucking the fun and enjoyment out of your life. It is secretly robbing you of a happier and more relaxed life.

The emotional effects of stress range from "stress eating" (which makes you overweight) to feeling overwhelmed, pressured, frustrated, feeling a lack of purpose, depression and anxiety.

Mary's story is a perfect example ...

(see over...)



“Happy Mary”

Never Knew Stress Was Causing Her Health Problems

Mary Dunlap, 56, is a 4th grade school teacher in Denver, Colorado. The other teachers call her “Happy Mary” because she always has a smile on her face and a positive attitude about everything.

One day she came to me, her doctor, for her annual check-up. I noticed her blood pressure was high and she told me she had almost daily headaches.

“Are you stressed?” I asked Mary. “No I am not.” she replied. But as her doctor I explained that it doesn’t need to be a huge stress to affect your health and cause health problems; regular daily pressures can add up and do it. Mary didn’t realize this.

Most doctors would write Mary a prescription for a blood pressure drug, and if they even diagnosed her stress at all, the sedative drug Xanax, which has many side effects and is also potentially addictive. But I know better. I didn’t want her to feel “drugged” and risk becoming addicted like millions of people are. I wanted to try something natural for her stress first. I had done research and found a natural supplement that worked. When Mary checked back in two weeks after starting it, she told me, “it works great - I no longer have high blood pressure or the headaches!”



Isn't it time you got rid of your health problems like Mary did? Haven't you had enough of your health problems? And as a bonus, with this supplement, you will also feel happier, less stressed, less anxious, in a better mood. Now you can gain back happiness and control of your life, along with the increased energy and better health you used to have.

I am very excited to announce -- for the first time ever in history -- a natural supplement that works so good that experts take it themselves to beat stress, feel relaxed and end their health problems ... with no side effects or risk of addiction.

The name of the all-natural supplement is **MIND-BODY Healer**. It is not a drug; no doctor visit or prescription is needed. It is not a stimulant; it is non-addictive.

It helps stop the negative thoughts and “mental chatter” that makes you feel stressed-out, anxious in a low mood and tired.

How **MIND-BODY Healer**™ Ends Your Health Problems By Reducing Your Stress And Anxiety (Clinical Tests Prove an Amazing 44.0% and 75.6% Reduction!)

Here's the key; Your stress level is strongly influenced by two key neurotransmitters, GABA and serotonin. When levels are low, anxious thoughts fill your mind and make you feel stressed-out and nervous.

By increasing levels of GABA and serotonin in your brain, **MIND-BODY Healer** helps restore your mind to a state of tranquility. More importantly, this feeling is maintained even when you are faced with stressful situations.

This supplement contains the safest and most effective combination of 4 natural ingredients for stress relief to end your health problems ...



Stress-Reducing Healer #1 - **KSM-66 Ashwaganda**

When I searched the world for the best main nutrient to end stress and health problems, there was only ONE good enough for me --with overwhelming rock-solid clinic proof it works. In fact, it has proven so effective, it is actually patented!

In a recent 60 day clinic test of this nutrient, stress levels dropped 44.0% and anxiety levels fell 75.6%!

(Read study at ncbi.nlm.nih.gov/pmc/articles/PMC3573577/)

Please read that again. Talk about rock-solid proof!

If these clinical test results were for a prescription drug instead of a natural supplement, the big drug companies would spend millions of dollars to promote these amazing results and you'd see this "breakthrough news" all over the internet, radio stations and TV news shows.

I'm amazed how my patients gain almost instant relief from their stress, anxiety, sleep problems, aches and pains and other health problems when they take this "royal herb."

It essentially works by increasing your levels of the neurotransmitter serotonin, the "happy chemical."

But not just any Ashwaganda herb will work, and that's why I only recommend the special patented KSM-66 form of Ashwaganda in this formula. It is extracted only from the roots of 100% organic plants for the purest form of active ingredients, then undergoes a special process to maintain its purity.



Stress-Reducing Healer #2 - *Mucana Pruriens*

Also known as velvet bean, this ancient Ayurvedic herb has been used in India since 1500 BC. It greatly benefits the brain and nervous system by providing a great deal of antioxidants and the compound L-dopa which increases neurotransmitters, improving mood and energy.

Ayurvedic tradition uses *Mucuna pruriens* to positively promote mental health and stress response. A study involving 120 men who suffered from stress reported that supplementation with *Mucuna* significantly eased stress. [8]

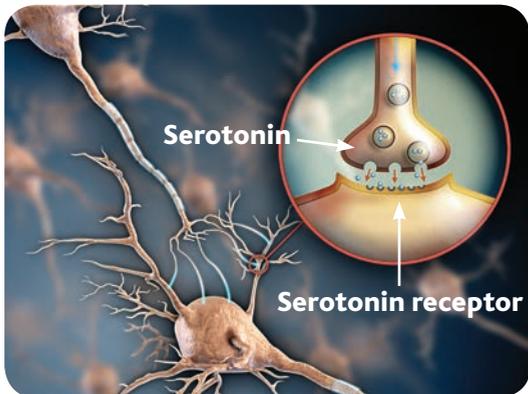
This *mucuna pruriens* contains 15% L-Dopa (the immediate precursor of dopamine).

Dopamine is a neurotransmitter that promotes enjoyment and interest in life. This gives your body what it needs to make this important neurotransmitter. The result is you will feel much less stress, anxiety, tension and strife ... you will feel great again ... with joy, excitement and a positive outlook!



Stress-Reducing Healer #3 - *5-HTP*

5-HTP (5-hydroxytryptophan) is a naturally occurring substance derived from the seed pods of *Griffonia simplicifolia*, a West African medicinal plant. It has been used for over 1,500 years to help promote calmness and relaxation.



It is the precursor to the neurotransmitter serotonin. This means 5-HTP converts directly into serotonin in the brain. Serotonin has many helpful functions, helping stress, sleep, memory, learning, mood and anxiety.

This is important because serotonin production declines with age. Low levels of serotonin are linked to depressed mood, anxiety, and insomnia. They can also lead to various other health problems, diminishing your quality of life.

Takahashi S, Kondo H, Kato N. Effect of l-5-hydroxytryptophan on brain monoamine metabolism and evaluation of its clinical effect in depressed patients. J Psychiatr Res 1975;12:177-87.

Soulairac A, Lambinet H. Effect of 5-hydroxytryptophan, a serotonin precursor, on sleep disorders. Ann Med Psychol 1977;1:792-8.

8. Shukla KK, Mahdi AA, Ahmad MK, Jaiswar SP, Shankwar SN, Tiwari SC. *Mucuna pruriens* Reduces Stress and Improves the Quality of Semen in Infertile Men. *Evid Based Complement Alternat Med.* 2010 Mar;7(1):137-44.



Stress-Reducing Healer #4 - L-Theanine

This natural amino acid has a calming, mood-lifting effect. This occurs by helping to increase alpha-brain waves. This is electrical brain activity present when you are very relaxed, literally putting you in a better mood.

Just as meditation, massage or aromatherapy quiets the mind and body, L-Theanine plays a role in inducing the same calm and feeling of well-being without drowsiness. It is a non-toxic, highly desirable mood improver. In fact, in Japan, it is added to soft drinks and chewing gum to promote relaxation.

This nutrient is also ideal if you have trouble falling asleep or staying asleep. L-Theanine's effect on the brain can be visualized on an EEG. Brain waves are actually smoothed out—but not flattened out—when taking L-Theanine. The body is relaxed and the mind is calmed. This is exactly the type of relaxation prescribed by sleep therapists. Studies show that pre-sleep relaxation is very effective to overcome insomnia.

In a clinical study, people taking L-Theanine felt like they slept longer than they actually did! This is great news for people who don't get enough good sleep!

Biol Psychol. 2007 Jan;74(1): 39-45.

Journal of Functional Foods, Volume 3, Issue 3, July 2011, Pages 171-178

Sanacora G, Gueorguieva R, Epperson CN, et al. Sub-type-specific alterations of gamma-aminobutyric acid and glutamate in patients with major depression. Arch Gen Psychiatry. 2004 Jul;61(7):705-13.

What Are Your Other Options?

You've seen iron-clad proof from Harvard University and The Mayo Clinic that stress is now proven to be a root cause of dozens of health problems. So now you know there is no question you must reduce your stress now.

But, besides **MIND-BODY Healer**, what are your other options -- and do they work, will you stick to them, and do they have negatives?

Many people try exercise and things like yoga, but rarely do they stick to it consistently in today's over-busy world with so many things you have to do -- there's just not enough time in the day.

Many people try their doctor who prescribes anti-anxiety prescription medications, but ... there's the time needed for doctor visits, the doctor cost, the medicine cost, the side effects and the very real risk of becoming addicted to these drugs.



"STRESS IS THE PRIMARY CAUSE OF DISEASE!"



-Prof. Bruce Lipton, Research Biologist, Stanford University School Of Medicine

Warning: Beware Of These Stress / Anxiety Prescription Drug Side Effects

As an M.D., I want to warn you about the side effects of prescription drugs for anxiety and stress. These can be very dangerous and even life-threatening.

The anxiety drugs most prescribed are Benzodiazepines. Many drugs are included in this class of medications. The most common side effects are:

FATIGUE

DIZZINESS

WEAKNESS

UNSTEADINESS

DROWSINESS

THEREFORE, CARE SHOULD BE TAKEN WHEN OPERATING MACHINERY OR MOTOR VEHICLES.

All Benzodiazepines can cause physical dependence (addiction). Suddenly stopping them may cause withdrawal symptoms which include a feeling of depression, loss of self-worth, agitation, and insomnia.

Other prescription drugs side effects include:

A feeling of depression
Loss of orientation
Headache - Sleep disturbance
Confusion - Irritability
Aggression- Excitement
Memory impairment



Snap Out Of Your "Funk" ... Get Your Mojo Back ... And Feel Great Again

Life can be very difficult. All of us can fall into a "rut" in our lives where we feel stressed-out, sad, overwhelmed, anxious or worry too much. You feel like a hamster on a wheel, running faster and faster, but not getting anywhere.

But you do NOT have to STAY this way.

Now you can break out from your malaise, doldrums and slump. Welcome to a whole new world of relaxation, calmness, energy and good health with the natural supplement **MIND-BODY Healer**. This "happy herb" supplement is guaranteed to help end your health problems and as a bonus it will reduce your stress and anxiety fast or it is YOURS FREE.

My Secret Life Behind Closed Doors

"To the outside world, I "appeared" to be happy, successful and energetic. But this was just a smoke screen, a false front.

In reality, I was stressed-out, anxious, sad, fatigued and in constant pain. In fact, I was so down in the dumps, I was at my wit's end.

It is hard for me to admit this in public, but I'm doing so in hopes I can reach other men and women who were like I used to be before it's too late for them.

*My chiropractor recommended **MIND-BODY Healer**, so I tried it. Right away it dramatically reduced my stress, anxiety, sadness, fatigue and pain with no drugs or side effects. Then my lower back pain, migraine headaches and constipation all but disappeared.*

I sincerely hope you will try it because I know it will make the same huge improvements in your health and happiness too.

You don't have to suffer anymore. You don't have to put on a false front. Now you can really feel as calm and healthy as you want to be."

**- Kathleen Strimple,
Kansas City, MO**





You Will SEE the Amazing Difference In How Fast And Easily You Feel Better Or It's **YOURS FREE** ... Plus I'll Send You Extra Cash!



I'm very excited about the new and improved health and happiness you will soon enjoy after trying all-natural

MIND-BODY Healer™

**That's why I want you to try it on a
90-Day, 100%-Satisfaction-or-your-Money-Back-Guarantee.
to judge it for yourself 100% at my risk.**

... If you don't notice your health problems GONE or substantially reduced... if your friends don't comment on how much calmer you seem... if you aren't tap-dancing with happiness about how energetic and healthy you are... just send it back anytime within 90 days for a full and immediate refund with no questions asked... plus I'll send you an EXTRA \$5.00 cash for your trouble!

*"Stress is a serious condition that affects you physically and mentally in very harmful ways."
- Dr. Oz (Mehmet Oz, M.D.)*

Just call **1-855-857-9153** now. Try it out and see the results for yourself with no obligation to keep it. That means you are NOT buying anything, you are simply TRYING IT, testing it, proving to yourself it works wonders.

Yes, now, **FREE OF ANY RISK**, you can try it without risking a dime. Enjoy the life-changing benefits for yourself BEFORE you decide if you want to keep it or not.

If you still have health problems, isn't it time you tried something new and different? If traditional medicine had the answers for you, then you would NOT still have your health problems.

Don't just sit there hopelessly and let your health problems make you sad, mad and frustrated. Now you don't have to!

I'm so excited. I've never seen anything work this well for dozens of health problems. And it's 100% natural and completely safe.

There is absolutely no risk and you are under no obligation when you respond now to try **MIND-BODY Healer™** entirely **RISK-FREE**. So –before this special introductory offer ends – mail the enclosed order form or call now toll-free **1-855-857-9153**. A friendly operator is on duty 24 hours a day, 7 days a week, so mail or call right now, before this special offer ends!

Sincerely,

Dr. William Borrow
Vice-President R&D, Integrative Labs



P.S. You've seen overwhelming proof that stress is the #1 overlooked and missed root cause of dozens of health problems. Now you are guaranteed to END or relieve your health problems and feel happier and calmer – or it's YOURS FREE, plus you will receive an EXTRA \$5.00 CASH back!

**This is a very special offer but it ends in just days or even sooner if the limited supply sells out! Have your credit card ready and call right now toll-free
1-855-857-9153**

This product is NOT available in any store or from any website – it is available ONLY from this announcement. These statements have not been evaluated by the Federal Drug Administration. This supplement is not intended to treat, diagnose, cure or prevent any disease.

Select References
http://www.health.harvard.edu/press_releases
<https://www.mentalhelp.net/articles/mental-and-emotional-impact-of-stress/>
www.mayoclinic.org/healthy-lifestyle/stress-management/in.../stress.../art-20050987

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