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Economic stress takes toll on health

November 13, 2008, Torrance, CA - New survey shows economic stress takes toll on the emotional and physical health of the population.

The survey, conducted by the American Psychological Association, shows at least 80% of those surveyed, rated money and the economy as their top stressors. More than half, reported symptoms of chronic stress: fatigue, sleeplessness, and irritability or anger. Forty-six percent indicated they were worried about providing for their family's basic needs.

Rajita Sinha, director of the Yale Stress Center at Yale University School of Medicine, believes the rise in symptoms indicates more chronic stress. "We are wired to feel the stress and come up with solutions and solve it. When uncontrollable stress hits, that's when the stress system starts to go into overdrive."

Left unchecked, chronic stress can weaken the immune system, disturb sleep, increase appetite, raise blood pressure, and lead to unhealthy habits. One common response is to console oneself by overeating and indulging in unhealthy foods.

According to Katherine Nordal, Ph.D., psychologist, "Pause, but don't panic - remain calm, stay focused and avoid getting caught up in the doom-and-gloom hype in the media."

One nutritional approach is to fortify the body against the effects of stress instead of relieving symptoms. Sun Chlorella USA provides a two-pronged strategy.

Their Sun Eleuthero is an adaptogen, which is known to help the body adjust to stressful situations without a stimulatory effect. It works by helping to relieve the constant strain on the adrenal glands, which are responsible for the production of cortisone and adrenaline--two natural adaptogens.

Sun Chlorella, a single-cell, fresh water green alga, helps to detoxify and rejuvenate the body. It contains more protein and chlorophyll than any other plant; is high in vitamins, minerals, dietary fiber, and nucleic acids; and, includes all the essential amino acids.

Taken together, Sun Eleuthero and Sun Chlorella work synergistically. When the body is clean, it allows the body to maintain homeostasis and the anti-stress and calming effects of an adaptogen like Sun Eleuthero are enhanced.

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For more information about Sun Chlorella USA, visit the website at:
www.sunchlorellausa.com

References

Sharon Jayson, "Health takes a hit as economy creates more stress", *USA TODAY*, 10/17/08.

"Economy and Money Top Causes of Stress for Americans: Psychologists Recommend Staying Calm in Uncertain Times", American Psychological Association, 6/4/08.