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New research shows chronic stress worsens neurodegenerative and inflammatory illnesses

July 29, 2008, Torrance, CA - Researchers at the 115th Annual Convention of the American Psychological Association (APA), reported that chronic stress can intensify inflammation and increase a person's risk for developing central nervous system infections, neurodegenerative diseases, and inflammatory diseases.¹

Stress can be brought on by internal and external factors, such as emotional conflict, poor coping skills, financial problems, job loss, poor diet, and environmental pollution. In small doses, stress is a good thing. It keeps you on your toes and helps you to get things done. But, too much may cause general poor health or specific physical or psychological illnesses.²

Chronic stress is not only dangerous, it's prevalent, and leads to anxiety. The 2007 Stress and Anxiety Disorder study found seven out of ten adults in the United States say they experience stress or anxiety daily. Approximately one-third report persistent stress or excessive anxiety daily; or that they have had an anxiety or panic attack.³

Exercise, a healthy diet, lifestyle counseling, and nutritional supplements help combat stress and anxiety.

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 other plants; 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

¹ Medicine & Health / Psychology, "New research shows how chronic stress worsens neurodegenerative disease course",
<http://www.physorg.com/news106580080.html>, 8/17/07

² University of Maryland Medical Center, Stress and Anxiety,
<http://www.umm.edu/ency/article/003211.htm>

³ Anxiety Disorders Association of America, 2007 Stress and Anxiety Disorder Study