

Calm By Nature

The Challenge

The average American diet, stress, anxiety, and depression rob the body of essential vitamins and minerals. For children, this lack of essential nutrients leads to ADD, lack of focus, behavioral issues, and a host of issues for adults.

Dr. David Katz states that children born in the year 2000 and later are not expected to outlive their parents. Poor diet in kids is more dangerous than alcohol, drugs and tobacco combined.

Anxiety disorder affects an increasing percentage of Americans of all ages. Anxiety prescriptions alone account for an annual cost of \$42 billion yet only mask symptoms and add unwanted side effects. Anxiety produces stress on the adrenal glands by pumping out too much cortisol and other stress hormones, which throw the brain neurotransmitters out of balance.

The Solution

One can choose synthetic formulas with their side effects or choose our specially formulated, 100% food, synergistic blend of herbs which supply essential vitamins, minerals and hormones our bodies must have to combat stress, anxiety and depression. **Calm by Nature** supports a calm, confident, restful mood and positive outlook. This product helps restore and replenish the nerves and adrenals, and improve the body's response to stress.

Other Benefits Include

Promotes relaxation • Relieves insomnia and fatigue
Relieves ADD and OCD • Rejuvenates nerves and relieves stress
Normalizes blood pressure • Increases mental and physical stamina

The Testimonies

We have satisfied customers all over the United States taking **Calm By Nature!**

Greg

Calm By Nature has helped me have a good night's rest without sleep walking and crashing into walls. Also, I get to do my job as a pastor with peace of mind.

Sarah

Calm By Nature helps me adequately pastor a church by increased concentration and better focus.

Linda

This product is effectively relieving the insomnia so detrimental to my waking life and nourishing my over-stressed adrenal glands. I would rather use a natural solution -- the healthy alternative!



Give Your Stress
a Rest with
Calm by Nature
Herbal Formula!



NHC
NATURAL
HEALTH
CLINIC

For home delivery of our products
order online at naturalhealthclinic.net
or call 1-800-798-HERB



Calm By Nature™

Calm by Nature is a specially formulated synergistic blend of herbs that promotes a calm mood. This product helps support rest, restore and replenish the nerves and adrenals, improving your body's response to stress.

Ashwaganda

- Relieves insomnia and fatigue, brings relaxation
- Helps turn anxiety into a peaceful mind
- Rejuvenates nerves and relieves stress
- Renders energy boost to mind and body

Holy Basil

- Where there is stress there should be Holy Basil
- Lowers cortisol levels, feeds & balances adrenals
- Enhances mind, body, and spirit connections
- Brings balance to the nervous system
- Nourishes brain for clear thinking

Rhodiola

- Feeds adrenals, improving response to stress
- Increases mental and physical stamina
- Increases capacity to adapt to stress
- Favorite adaptogen herb of Europe

GABA

- Promotes relaxation, well being, and feelings of calm
- Calms the brain by inhibiting over-stimulation or too many neurons firing at once
- An amino acid found mainly in the brain

Valerian Root

- Lessens anxiety & nervous tension
- Natural herbal remedy for anxiety
- Helps decrease restlessness
- Works to maintain sleep

Capsicum Fruit

- Catalyst to increase effective absorption of other herbs in the formula

5-HTP

- An effective remedy for insomnia
- Helps elevate serotonin levels

Lemon Balm

- Naturally aids in concentration and ADD/ADHD
- Provides relief for depression and sadness
- Calms and relaxes the nerves
- Helps to minimize anxiety
- Helps relieve insomnia

Hops

- Aids in relaxation and relieves insomnia
- Aids in curbing irritability and tension
- Mild sedative for anxiety
- Helps with restlessness

Skullcap

- Breaks stress and restores nerves
- Helps relieve insomnia
- Reduces inflammation
- Relieves anxiety

Wood Betony

- Relieves stress and pain
- Helps relieve anxiety
- Eases nervousness

Schisandra

- Reduces the production of stress hormones
- An adaptogen helping the body fight stress
- Aids in normalizing blood pressure
- Helps with nervous disorder

Sarsaparilla Root

- Has anti-inflammatory properties
- Restores natural peace of mind
- Stimulates natural breathing

5-HTP continued

- Helps achieve needed change in brain chemistry
- Helps with both depression and anxiety