

7. Create balance.

One of the biggest causes of stress is feeling unbalanced in your life. You can relieve stress by doing the following:

- ✓ Exercising
- ✓ Eating a healthy diet
- ✓ Practicing deep breathing exercises
- ✓ Mediating daily
- ✓ Have fun! Go for long walks, talk with a friend, or even cook a meal for yourself, your family, or friends!

It's important to note that chronic stress increases inflammation, which in turn, increases anxiety and depression. Inflammation is also associated with impulsiveness. So, if you've been battling with inflammation, it's time to manage your chronic stress.

8. Maintain meaningful relationships.

Research shows that keeping relationships strong keeps you strong. The quality of our relationships can, and often does, influence every aspect of our health. Choose those relationships that support you and reduce those that don't. Remember, it's okay to walk away from toxic relationships that don't serve you. Sometimes moving on is the best way to support our own needs.

A note about screen time. Many of us feel isolated rather than connected with others due to our phones. Though it seems this wouldn't be so, in the long run, it often is. Make time to sit down

and participate in the lost art of stimulating conversations. And try doing it with your phone turned off (gasp!).

9. Make stabilizing your emotional health a priority.

The single most important step we can take to prevent and reverse chronic disease is to change our behavior.

Every cell in our bodies is constantly listening to our thoughts. Studies show that having a greater grasp of emotional happiness and satisfaction, along with better management of stress, can help with our emotional wellbeing. At the same time, a lack of emotional balance is linked to poor physical health issues.

It is just as important to our overall well-being to address our emotional traumas as it is to address a traumatic injury, and there are proven ways to work on your emotional health:

- ✓ Deep breathing exercises
- ✓ Showing yourself compassion and empathy
- ✓ Being kind to yourself, and don't be afraid
- ✓ Finding the courage to talk about any difficult feelings

Strive to gain and develop your emotional intelligence. People with high emotional intelligence show self-awareness around their triggers and emotions, adaptability to changing demands, and empathy for themselves and others.

The great pharmacy in the world is right between your ears.

10. Take supplements that support your Mitochondria.

Remember, NAD+ helps with better mitochondrial function. It controls blood sugar, helps liver function, controls insulin levels, promotes healthy aging and reduces metabolic syndrome! We recommend the following supplements to help advance and support your mitochondrial function:

- ✓ Acetyl-L-carnitine
- ✓ Alpha-lipoic acid
- ✓ Magnesium aspartate
- ✓ Resveratrol
- ✓ D-Ribose
- ✓ NADH
- ✓ Coenzyme Q10,
- ✓ N-acetyl-cysteine

All in all, wellness is more than just eating right and exercising; it's also much more than just feeling okay. Feeling well means feeling whole, balanced, vibrant, and alive. Take the time to tap into the many moving pieces that can help you feel empowered in your wellness journey.

How NAD+ therapy helps

NAD+ therapy is effective in treating many conditions. With growing interest, more positive results, and scientific evidence, we are seeing great strides. NAD+ therapy helps with anxiety and depression, drug addiction, Lyme disease, adrenal fatigue and other autoimmune diseases, Parkinson's disease, Alzheimer's, hypertension and atherosclerosis, weight, anti-aging, and even cancer. In this section, we will focus on these conditions and their response to NAD+ therapy.

END OF SAMPLE