# Supplementing for Stress Relief & Better Health

Are you feeling stressed at work? Does it feel like an impending cloud of doom is following you around all day? Millions of Americans live stressed-out lives, and it ends up affecting their health.

Stress accumulates in the body and mind, and eventually, it reaches a breaking point where it starts to manifest anxiety disorders. The epidemic of anti-anxiety medication flooding the black market across America and the millions of legal prescriptions show that America has an anxiety problem.

The good news is you don’t need to turn to the medicine cabinet for help with anxiety and stress relief. You have natural options to replace the medications. Unlike the sleep drugs and anti-anxiety medications your doctor prescribes, these supplements have no side effects, and they don’t cause any dependency.

## Magnesium

This essential mineral plays a crucial role in regulating the nervous system. It controls the neurotransmitters in the brain and the electrical signals they send from the brain to the CNS. Supplementing with magnesium can help to control the stress response by lowering cortisol and adrenaline levels.

## Vitamin D3

This vitamin plays the role of a hormone in the body. It’s essential for increasing metabolism and maintaining the strength of the circadian rhythm (the sleep/wake cycle). Most Americans are deficient in this vital vitamin and require supplementation to bring them up to the high level of the optimal range.

## GABA

This neurotransmitter is abundant throughout the body, with large concentrations in the brain. GABA calms your nervous system by blocking electrical signals in the central nervous system (CNS). Research shows GABA plays a significant role in controlling nerve cell hyperactivity associated with our stress response and anxiety disorders.

## 5-HTP

This supplement raises the brain’s natural secretion of serotonin to improve mood. Research shows that 5-HTP supports better sleep and suppresses anxiety.

## Zinc

This mineral is essential for producing GABA neurotransmitters in the brain (and we’ve already discussed the importance of GABA). The GABA-enhancing effect of zinc helps the body deal with stress and anxiety.

## Vitamin C

This powerful antioxidant is a good complement to zinc and increases its bioavailability and efficacy when combined with the mineral. Improve your immune response and scavenge the free radicals caused by environmental toxin exposure.

## Melatonin

The pineal gland produces this hormone to help the brain control sleep cycles. Supplementing with melatonin improves sleep quality and alleviates stress by reducing cortisol and adrenaline production to suppress the fight-or-flight response by the CNS.