

**10 SIMPLE WAYS
TO CREATE BALANCE
AND FIGHT STRESS**

1. **Get enough sleep (7- 8 hrs) at the proper times. (go to bed before 10 PM)**
2. **Eat primarily fresh organic fruits, vegetables, and grains.**
3. **Practice an effective stress-reducing meditation.**
4. **Avoid overloading your senses.**
5. **Listen to relaxing music.**
6. **Get a massage or give yourself an oil massage.**
7. **Have fun!**
8. **Take an antioxidant supplement.**
9. **Exercise regularly.**
10. **Supplement with Holy Basil.**



HOLY BASIL

- Supports normal cortisol, blood sugar, and insulin metabolism already in normal ranges*
- Elevates spirit
- Protects healthy cells from radiation damage*

Supercritical Whole Herb Extraction

To preserve the concentrated healing synergy of the whole herb, *New Chapter* uses an innovative herbal extraction technology which uses natural carbon dioxide gas collected from the Eiffel mountains. Under a "super critical" amount of pressure, the process creates a CO₂ fluid that permeates all active lipophilic constituents and draws them out of the whole herb in their natural ratios, without high heat or toxic chemicals.

SUPER PURE

- No toxic chemical solvents
- No heat
- No environmentally harmful runoff

SUPER POTENT

CO₂ extracts concentrate whole herbs up to 250X

BROAD SPECTRUM

Broad representation of the herb's most precious lipophilic constituents preserving the whole herb's synergistic benefits

*** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

As part of the *New Chapter 'Purple Loves Green'* commitment, we proudly work with recycled, recyclable, and ecologically sensitive materials:

ENVIRONMENTAL BENEFITS STATEMENT				
<p>NEW LEAF PAPER™ <small>ENVIRONMENTAL BENEFITS STATEMENT</small> New Chapter saved the following resources using New Leaf Opaque 100 (east) made with 100% post-consumer waste and processed chlorine free. New Leaf Opaque 100 is designed for efficient Forest Friendly, certified FSC, and manufactured using 100% renewable energy.</p>				
trees	water	energy	solid waste	greenhouse gases
1,200 fully grown	515 gallons	863 million BTUs	57,629 pounds	112,406 pounds
<p><small>Calculations based on research by Environmental Defense and other members of the Paper Task Force.</small></p>				
<p>©2006 New Leaf Paper www.newleafpaper.com</p>		<p>ANIMALLY FRIENDLY BIOGAS ENERGY</p>		

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NEWCHAPTER®

**Natural
Stress Relief**
Supercritical Holy Basil™



Inside
"Ask the Doctor"
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 Natural Stress Relief

ask the doctor:

Natural Stress Relief



Taryn Forrelli, N.D.

Dr. Taryn Forrelli is a graduate of Southwest College of Naturopathic Medicine, a premier accredited 4 year medical institution that specializes in providing the most advanced understanding of Integrative Medicine. She also holds a biology degree from the University of Massachusetts. As a naturopathic physician, Dr. Forrelli offers insight into the marvels of human biological function and the natural healing power of herbs, nutrition, and lifestyle improvements. An experienced clinician, lecturer, and researcher, Dr. Forrelli is inspired by the clinical application of whole herb and whole food supplements, as it harmonizes with her personal philosophy of health and healing.

According to studies by the National Institutes of Health, approximately 90% of all illnesses—mental and physical—are caused by or aggravated by stress!

Q How do our bodies respond to stress?

A Our bodies are constantly scanning the physical and emotional landscape for safety, and are primed to initiate a stress response whenever they sense danger. The stress response is designed to increase chances of survival in life-or-death situations by shifting the body's metabolism away from repair and regeneration, to energy expenditure. The heart beats faster, blood pressure increases, blood sugar is released rather than metabolized, and digestion shuts down so that blood is kept in the periphery for the muscles to use. It is an impressive response orchestrated by hormones, namely cortisol, epinephrine and norepinephrine. The problem is that too many aspects of our modern lifestyles register as unsafe to us: the pressures of work and family, the polluted air we breathe, the electromagnetic radiation we are exposed to, and the chemically contaminated and nutritionally depleted food we eat. All of these factors keep the body in a constant state of stress.

Q What health concerns are associated with chronic stress?

A Chronic stress wreaks havoc on the entire body by:

- **damaging the cardiovascular system**
- **suppressing the immune system**
- **creating hormonal imbalances**
- **interfering with sleep**
- **promoting bone loss**
- **accelerating aging**
- **creating blood sugar imbalances that may lead to obesity and diabetes**

Q Is there an herb I can take to help combat stress?

A **Holy Basil** (*Ocimum sanctum*), or "Tulsi" as it is popularly called, is an herbal adaptogen that has reigned supreme for the last 5,000 years in its native land, India. **Holy Basil** is a sacred herb in the Hindu religion and is considered a pillar of Ayurveda, the ancient Indian traditional system of medicine. According to the leader of India's Ayurvedic Medical Association, **Holy Basil** is "anti-mutagenic and anti-inflammatory."* It is a *rasayana*, or an herb that on its own nourishes a person's growth to perfect health and enlightenment."* People in the West find that **Holy Basil** promotes a positive stress response and elevates their spirit, because "**Holy Basil** delivers nutrients to the mind necessary for the experience of enlightenment."*

Q How does Holy Basil protect against stress?

A Modern research has determined that **Holy Basil** protects against stress in several different ways:

- **Improve energy levels and endurance***
- **Supports healthy immune function***
- **Promotes a healthy inflammation response***
- **Elevates your spirit**
- **Supports healthy cortisol, insulin metabolism, and blood sugar already in normal ranges***
- **Promote healthy gastric tissue that is often subjected to damage during times of stress.***

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Q Why is cortisol so dangerous?

A Chronically high cortisol levels cause a cascade of harmful effects. When cortisol is released, it causes blood glucose levels to go up. High glucose levels promote:

- **Abdominal obesity**
- **Type 2 diabetes**
- **Inflammation**

Q Does Holy Basil have other health benefits?

A Research shows **Holy Basil** also:

- **Promotes a healthy inflammation response***
- **Protects healthy cells from radiation damage***
- **Is a powerful antioxidant**
- **Supports detoxification***

A description of Holy Basil would not be complete without mentioning its modulatory effects on blood sugar demonstrated in human studies. This is good news for those who suffer from sugar cravings and are working toward maintaining a healthy metabolism.

