



Welcome to WISE PHARMACY Online

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How do you respond to stress?

Not everyone responds to stress in the same way. Your personal stress triggers (stressors) and how you respond to them are unique. Each stress response type has its own intensity, symptoms, and characteristics. Temporary stress might make you feel wired or anxious. And a prolonged stress response may make you feel weak, tired, or emotionally exhausted. But no matter how you react to stress, it's important to bolster your body's ability to manage both short- and long-term stress.

Ignoring the signs of stress can lead to further complications. Stress can offset normal body maintenance, and has been linked to numerous illnesses and bothersome symptoms. It can lead to weight gain and/or inflammation that, if left unchecked, could eventually contribute to the development of conditions like heart disease or type 2 diabetes. Stress may also negatively affect digestive function and comfort. Furthermore, stress can eat away at your immune defense and leave you more vulnerable.

Get personalized stress management. You don't have to avoid your stressors just find healthy ways to relieve or manage them. Exercising, eating healthy, and avoiding caffeine and nicotine (both of which increase stress) can help. Targeted nutritional support can aid as well. There are a variety of herbal adaptogens such as rehmanna, licorice, polygala, ginseng, and holy basil that may help balance the natural events of the stress response so you can manage stress better.

If you'd like to know more about targeted nutritional support for your unique response to stress, please call today schedule an appointment.



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Day	From	To
Mon	09:00	06:00
Tue	09:00	06:00
Wed	09:00	06:00
Thu	09:00	06:00
Fri	09:00	06:00
Sat		
Sun		