



# Stress Protection Plan: Everyday Ways to Beat Stress and Enjoy Life

*Suzannah Olivier*

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## **Stress Protection Plan: Everyday Ways to Beat Stress and Enjoy Life** Suzannah Olivier

De-stress, detox, and defeat the unhealthy effects of constant tension. These proven daily, weekly, and monthly plans for relieving the pressure focus on nutrition and ways to boost the immune system through diet. Smooth out those rough moments with key stress-management techniques. See how to measure levels of anxiety and get relief...*without changing your lifestyle radically*. Know the difference between "healthy" and "damaging" stress; fill out charts to determine if you've already reached dangerous levels; and look at the debilitating results of tension throughout the body, from the hormonal to the digestive to the immune systems. Let the healing begin by following basic nutritional guidelines: every component of the diet is outlined--carbohydrates, fats, proteins, waters, antioxidants, vitamins, and more--along with basic suggestions on beating addictions, getting exercise, and creating fun, stress-busting plans for everyday living!

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