



HEALTH & HEALING

Boost energy and reduce stress

by **Mike Ventresca**
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Each day, millions of people turn to soft drinks, coffee beverages and other “energy” drinks to combat stress and fatigue. However, according to numerous health experts, including Dr. Oz, popular guest on TV’s Oprah, there’s a better-for-you way to boost energy levels and help you unwind.



Mike Ventresca

One problem with most energy drinks (and many energy products for that matter) is the use of stimulants. Unfortunately, these short-term energy gains come with potential long-term negative consequences. Over time, the body becomes accustomed, even dependent,

on the stimulant and begins to require more to achieve the same results. One cup of coffee becomes two, then three and so on. Stimulants force the adrenal glands (the glands chiefly responsible for regulating the stress response) to work harder, which can lead to nervousness, anxiety and fatigue. Thus, the very product you’re taking for energy today may be causing you to be tired tomorrow! There has to be a better, more supportive way to increase energy and reduce stress.

That’s where adaptogens come in. An adapti-

gen is a plant that greatly improves your body’s ability to adapt to stress. Examples include herbs like rhodiola (road-ee-oh-la) made popular by Dr. Oz on a recent appearance on Oprah. Adaptogens have been shown to enhance strength, energy, stamina, and improve mental clarity by supporting the adrenal glands. Where coffee and other stimulant products cause the adrenals to work harder, adaptogens improve adrenal function leading to a calm supportive energy.

If you’re looking for something to boost energy and reduce stress without the use of stimulants I recommend Unbounded Energy™. Unbounded Energy™ is the perfect multi-vitamin for anyone who regularly deals with stress and fatigue. It combines 22 whole food vitamins and minerals with an effective array of adaptogens including schizandra, rhodiola, and American ginseng. I take Unbounded Energy and really like the sense of sustained calm energy it gives me.

Mike Ventresca is co-owner of Vital Choice, a health food and nutrition store located at 9243 Sprague Road in North Royalton’s Timber Ridge Plaza. The phone number is 440-885-9505. Open Monday thru Friday 10 a.m. to 8 p.m.; Saturday 10 a.m. to 6 p.m.; and Sunday noon to 5 p.m.

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