



HEALTH & HEALING

Rapid results for stress

by **Mike Ventresca**
Vital Choice

Stress is inevitable. While not all stress is bad, most of us could do without the negative stressors in life, like job pressures, family arguments, financial pressures and even traffic! For some, these everyday stressors are just the “spice of life,” but for many others, everyday stress can become overwhelming, leading to symptoms like uncontrolled emotional outbursts, feelings of helplessness, overeating and insomnia.



Mike Ventresca

While there are a variety of natural options for combating stress, I’m very excited about one product that I feel may soon out shine the rest. It’s called **PharmaGABA**, a special whole-food form of GABA (gamma-aminobutyric acid).

According to Dr. Michael Murray, GABA is a natural calming agent in the brain. Many people with anxiety, insomnia, epilepsy, and other brain disorders do not manufacture sufficient levels of GABA. In fact, many popular drugs such as *Valium* and *Neurontin* act by increasing the effects of GABA within the brain.

Why is PharmaGABA able to promote

relaxation better than any other form? Because unlike synthetic GABA, PharmaGABA is essentially a whole-food. This form appears to be highly useable by the brain. According to Dr. Murray, it produces rapid results and can be used whenever someone feels a bit “stressed out.”

In one recent study, subjects who were afraid of heights were asked to walk across a suspension bridge that spanned a 150-foot canyon. One group was given a placebo while the other received PharmaGABA. Researchers analyzed key stress indicators including blood pressure and specific stress hormones. Scientists found the group given PharmaGABA experienced far less stress than the placebo group during the walk and some reported actually enjoying it!

PharmaGABA is available as a fast-acting chewable tablet. For higher levels of stress or nervousness, Murray suggests taking at least 100 to 200 mg up to three times a day.

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.

This information is intended for informational purposes only and is not intended to diagnose or provide treatment for any condition. If you have any concerns about your own health, you should always consult with a healthcare professional. 00105613



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