



## PILL POPPING

**Tame your stress monster!**

Each week my clients say the same thing: 'I'm stressed,' and, let's face it, who isn't these days? Certain



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people are better at managing their stress than others, but for many it can create a monster inside us that causes everything from anxiety, low libido and insomnia, plus it can even accelerate the ageing process. This is why I am so happy to have discovered a very effective natural remedy that can help my clients cope. Solgar's L-Theanine is a well researched amino acid shown in clinical trials to naturally promote relaxation by directly stimulating the production of alpha brain waves, which reduces stress and improves mood. L-Theanine increases levels of the neurotransmitters, which influences levels of dopamine and serotonin, both of which are important in relaxation and mood stabilisation. L-Theanine will work within 40 minutes and can be taken when needed or every day if required. It's useful for all types of stresses: exam nerves, new job panics, presentation fears and first date tremors. L-Theanine can help keep you calm at all times.

**ACCORDING TO A**

**RECENT SURVEY,**

**AN INCREDIBLE**

**ONE IN 10 PEOPLE**

**IN BRITAIN CHOOSE SOYA**

**MILK OVER OTHER MILK**

**ALTERNATIVES**