

A simple solution to modern-day stress and anxiousness... *even if you lead a busy life and have a ton of things on your “To Do” list*

If stress and anxiousness are the getting better of you and you are desperately looking for a solution, this might be an important message for you. Feeling overwhelmed, restless and stressed-out should not be a fact-of-life. Take the first step with us - Evergreen Herb Team, on getting the solution!

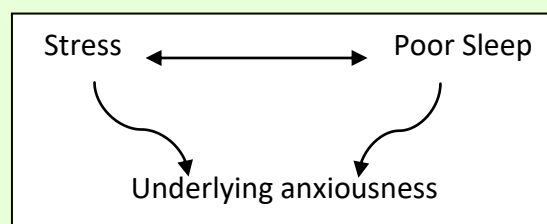
Key words: Natural solution, Beating stress, Restlessness, Irritability.

Hello there, welcome to Evergreen Herb specialists team.

There's something important and interesting we would like to share with you about what we experienced in daily practice. We have seen many people suffering from stress and anxiousness and trying hard to seek a solution. After hearing many of our client's stories and getting to know them better, we have noticed they always have *one particular issue* in their life which triggers their stress and anxiousness. We call this, their **Painful Point**. The more they think about their **Painful Point**, the greater their stress and as their tension builds, they are less able to tolerate stress and become more anxious. Thus a vicious cycle forms.

In working with our clients, we deeply understand their thoughts and frustrations – which all seem to echo one another:

- They enjoy life, but their busy and hectic lifestyle can be overwhelming. A common phrase they say to themselves and to others is “I’m so busy; I’m so busy I hardly have time for myself”. It’s rare to get a good night’s sleep. As their head hits the pillow, a chain of thoughts will immediately follow. Thinking about their **Painful Point** at night creates further stress. Both the stress and poor sleep contribute to the underlying anxiousness.



- After a long day, they are mentally and physically drained, which puts them in an irritable state. Even the slightest trigger from their loved ones can send them through the roof, angry and shouting. Afterwards, they feel so *guilty* because of their stress and uncontrollable anxiousness.
- As the years roll by, they have noticed their ability to tolerate stress has declined massively.
- Many feel the stress as heaviness in their shoulders or a knot fixed tightly in their chest.
- Email and cell phones are effective tools of communication; however, this is also an amplifier of stress because they feel constantly alert, awaiting replies and possible phone calls.
- More importantly, they find they have less and less time for themselves, time to just recharge, read a good book, sit by the pool, or take a walk in the park; simply disconnect from all the distractions and responsibilities in their life.

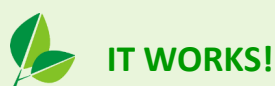
However, all of them thirst for the same things despite their differences in career, background, family and personality:

- ✓ They do not want to be burdened with anxiousness and overwhelming stress anymore;
- ✓ Their loved ones shouldn't be the victims of their anxiousness and angry outbursts.



If you are familiar with the problems mentioned above, and you've tried many remedies but their effects are always disappointing. **The sad thing is many suffering from anxiousness and stress feel life is a never-ending routine of work and stress.** Some people are more prone to it than others. Sufferings from stress and anxiousness does not happen overnight. It is due to long term physical and/or mental overwork, causing a decline in our "reserves". Over time, this gradual decline in our bodies' reserves leads to us being less able to cope with stress and we become more anxious for even mundane things.

The good news is that Evergreen Herb products can provide the relief you have been looking for. We have witnessed that most of our clients have had great benefits in managing their stress and anxiousness after taking the **Evergreen Herb stress/tension related formulas.** We are proud of creating these herbal formulas that have been able to help numerous people. Our passion for helping people to get the positive results is what gets us to continue making and improving upon these formulas.



If you or your loved ones have noticed that the stress and anxiousness is having a huge impact on your life and well-being... we ask you to make a personal commitment to take the first step towards the solution.

A note on well-being and holistic health care...

In our point of view, health is not simply an absence of illness. Our philosophy on health and of our practice is that health is a state of both mental and physical well-being.

Our modified herbal formulas aim to restore the internal imbalances of the body which result in illness and target both symptoms and root causes. This ensures holistic health care and results that actually last!