Evergreen Herb Formulas Help with Anxiousness/Low Mood and Feeling Flat

Anxiousness/Tension/Irritability associated with two or more of following:



TENSION FREE

Supports those with:

Tension, restlessness, irritability or being prone to worrying Irregular boxel movements, worsened by stress
Busy mind, difficulty designing, restless skeep
Tenseness and stiffness in the head, neck, shoulder and back



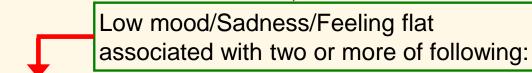
Easily angered, restless, worry; Irregular bowels worsened by stress; Comfort eating; Sweaty hands or nervousness; Tension and stiffness in head, neck, joints and shoulder; Busy mind, hard to sleep; Stomach acid imbalance with bloating sensation; Bitter taste and/or bad breath; Ringing ears, buzzing; Itchy eyes or blurred vision; Bloodshot eyes. These conditions are triggered or worsened by stress. Tension Free I is a comprehensive solution for extended use.







Restlessness, irritability, worry; Temperature swings, often tender red/hot face and sweaty night, dry mouth; Hard to sleep, waking up early; Lack of stamina, easily exhausted; Fine ear ringing; Stomach acid imbalance, impatience with food craving; Bad breath, dry mouth; Low tolerance to heat; Prone to dry stool and/or scanty yellowish urine. These conditions are triggered or worsened by stress/busy life. Tension Free II is a comprehensive solution for extended use.



Worry/sadness; Low confidence; Indecisiveness; Poor clarity and focus; Lethargy. Sleepiness; Feel distended in the rib cage or chest; Feel constrained, often long sigh; Pale and puffy face; Low tolerance to coldness; Low libido; Prone to loose bowel movement.





Tension related tense muscles and stiff joints; Feel constrained; Tension, frustrated; Irregular bowels, worsened by stress; Feel distended in the rib cage/chest; Tension and stiffness in head, neck joints and shoulder; Busy mind, hard to sleep.









Easily angered, frustrated; Tension and stiffness in head, neck, joints and shoulder; Impatience, comfort eating; Sweaty hands or nervousness; Itchy, blurred, bloodshot eyes; Ear ringing/buzzing; Busy mind, hard to sleep; Stomach acid imbalance with bloating sensation; Bad breath/bitter taste. These conditions are aggravated by emotional upset. Inner Calm I is to quickly work on conditions in short term.

Restlessness, worry; Irritability with temperature swings, often tender red hot face and sweaty night; Red and dry lips, often cracked; Often lips, mouth and tongue breakouts; Fine ear ringing; Stomach acid imbalance, impatience with food craving; Bad breath, dry mouth; Low tolerance to heat; Prone to dry stool and/or scanty yellowish urine; Acne. Inner Calm II is to quickly work on conditions in short term.



Notes: Anxiousness/Irritability (A, B) and Low mood/Sadness (E, F) have sometimes transition from one to another. Please refer to the conditions listed for Mood Lift I, II or Tension Free I, II to differentiate if majority of anxiousness or majority of low mood/sadness. If poor digestion occurs during taking Tension Free I, II and Inner Calm I, II, take Better Digestion (refer to leaflets of each product for details).