

Evergreen Herb Formulas for Stress Relief

Subhealth and emotional distress caused by stress

Stomach acid imbalance triggered and aggravated by stress



A

Solution

Over-stressed associated with any of the following: Stressed; Feel constrained, worry; Often long sigh; Easily irritated; Feel distended in the rib cage/chest; Sleeplessness; Hard to sleep, waking up early; Dry mouth or throat.



B

Solution

Over-stressed associated with any of the following: Stressed; Feel constrained; Restlessness, easily angered; Feel distended in the rib cage/chest; Often lips, mouth and tongue breakouts; Temperature swings, often tender red face; Prone to dry stool and/or scanty yellowish urine.



C

Solution

Over-stressed associated with any of the following: Stressed; Feel constrained with tension, irritability; Low stamina, easily exhausted; Low tolerance to heat; Dry skin, lips, eyes and hair; Light sleep; Prone to dry stools.

Stomach acid imbalance with bloating sensation associated with any of the following: Easily angered, frustrated; Tension, restlessness; Busy mind, hard to sleep; Poor digestion; Blood shot eyes; Bitter taste; Ear ringing.

E

Solution



F

Solution



Stomach acid imbalance associated with any of the following: Impatience with food craving; Prone to dry stool; Tension, irritability; Often lips, mouth and tongue breakouts; Poor digestion; Bad breath, dry mouth.

D

Solution



Target tension/low mood/worry associated with any of the following: Retardation; Lethargy, heavy and tight body, stiff joints; Feel distended in the rib cage/chest; Bloating, irregular bowel movement; Feel constrained, often long sigh; Changeable appetite.

Notes: Stress related stomach acid imbalance can also be resolved by **Tension Free I, II** and **Inner Calm I, II**. However, these formulas mainly focus on conditions arising from anxiousness/irritability including stomach acid imbalance. The stomach acid imbalance arising from poor digestion can be resolved by **Better Digestion** (refer to leaflets of each product for details).