

Does caffeine energize you?



Do you have....

dry eyes?

dry nose?

and/or dry mouth?



**I DON'T ALWAYS BRUSH
MY TONGUE**

Do you gag
easily?



**BUT WHEN I DO,
I ALMOST VOMIT**



New Vitality

Holistic health from a biblical perspective

Staying Youthful Longer: A Holistic Approach to Aging

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If you answered YES to one or more of these questions, then you are likely SYMPATHETIC dominant.

The following list of herbs will assist with:

- Physical Endurance- used by high performance athletes
- Mental Clarity & Concentration/ Focus
- Mood Elevation
- Immune Function
- Sexual Performance
- Sleep

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Stress Management Herbs:

SYMPATHETIC DOMINANT		PARASYMPATHETIC DOMINANT
Eleuthero (Siberian Ginseng)	Nature's Sunshine Adaptamax	Ephedra (ma huang)
Ashwaganda		Kola Nut
Rodiola Rosea		Green Tea, Coffee, Chocolate, Tea
Suma		Citrus Oils (lemon, grapefruit, etc.)
Passionflower	Nature's Sunshine Nutri-Calm	Bitter Orange
Hops		Licorice
Valerian		Iodine
B-Complex (incl. Pantothenic Acid= B5)		Red meat for breakfast
Lavender		Adrenal Support
Lobelia		
Kava Kava		
Skullcap		
Chamomile		
Magnesium		

**\$10 ZYTO Organ Stress Mini-Scan
+
Adaptogenic Herbs & Essential Oils**