Stress Reduction Module #2:

Kuara Supplements Guide: Enhancing Stress Resilience Naturally

### Stakeholder Sign Off

| **Name** | **Role\*** | **Initials** | **Date** |
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**\*\*Roles**: Approver, Reviewer, Author

### Version Update Management

| **Editor Name** | **Purpose of Revision(s)** | **Stakeholder(s) Notified?** | **Date** |
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### **Kuara Health Stress Reduction: Module 2**

#### **Kuara Supplements Guide: Enhancing Stress Resilience Naturally**

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#### **Learning Objectives:**

##### By the end of this module, participants will:

##### Understand the science behind how supplements can improve stress resilience.

##### Gain familiarity with key supplements included in the Kuara Stress Reduction program.

##### Learn the correct usage, dosages, and timings for supplements to maximize benefits.

##### Identify potential risks, side effects, and how to manage them when starting new supplements.

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### **Introduction: Why Supplementation is Essential in Stress Management**

##### Stress depletes essential nutrients and disrupts hormonal balance. The Kuara Health Stress Reduction program includes specific supplements that restore balance to your body, improving your resilience to stress.

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### **How Supplements Work: The Science and Evidence Behind the Solution**

##### Each supplement in the Kuara Stress Reduction Program works by targeting a physiological imbalance caused by stress. Here’s the science behind how these supplements help reduce stress and improve overall well-being, along with scientific references.

| **Supplement** | **How it Works** | **Scientific Evidence** |
| --- | --- | --- |
| **Magnesium (Glycinate/Citrate)** | Magnesium helps reduce cortisol levels and regulates neurotransmitters that promote relaxation, such as GABA. | A systematic review found that magnesium supplementation significantly reduces subjective anxiety in stressed individuals (*Nutrients*, 2017) [link.](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5452159/) |
| **Omega-3 Fatty Acids (EPA/DHA)** | Omega-3s reduce inflammation and improve brain function, helping to alleviate anxiety and mood disorders linked to stress. | A meta-analysis in *The American Journal of Clinical Nutrition* found that omega-3s significantly improve mood and reduce symptoms of anxiety [link.](https://www.researchgate.net/publication/381518592_Efficacy_and_safety_of_omega-3_fatty_acids_supplementation_for_anxiety_symptoms_a_systematic_review_and_dose-response_meta-analysis_of_randomized_controlled_trials#:~:text=Conclusions%20The%20present%20dose%2Dresponse,to%20reach%20more%20robust%20evidence.) |
| **Ashwagandha** | An adaptogen that reduces cortisol levels and supports the body in coping with prolonged stress. | A study published in *Medicine* reported that participants supplementing with ashwagandha saw a 27.9% reduction in cortisol levels and improved stress resilience [link.](https://ods.od.nih.gov/factsheets/Ashwagandha-HealthProfessional/) |
| **L-Theanine** | L-Theanine promotes relaxation by increasing alpha brain waves and reduces the physiological response to stress. | A study in *Biological Psychology* showed that L-Theanine reduces both psychological and physiological stress responses [link.](https://pubmed.ncbi.nlm.nih.gov/16930802/) |
| **B Vitamins (B6, B12, Folate)** | B vitamins support nervous system health, energy production, and mood regulation, making them essential for managing stress and fatigue. | A 2010 study in *Psychopharmacology* found that high doses of B-complex vitamins reduced stress and improved mood in participants [link.](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6770181/) |
| **Rhodiola rosea** | Works to reduce stress by balancing the body’s stress response system, helping regular cortisol levels and enhancing resilience to physical and mental stressors | A 2022 study in *Molecules* showed clinical evidence for Rhodiola rosea in alleviation of stress [The Effectiveness of Rhodiola rosea L. Preparations in Alleviating Various Aspects of Life-Stress Symptoms and Stress-Induced Conditions—Encouraging Clinical Evidence - PMC](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9228580/) |
| **Vitamin D** | Vitamin D supports mood through many pathways including serotonin production, which reduces anxiety and depression. | A meta-analysis in *The British Journal of Psychiatry* showed that low levels of vitamin D are linked to increased anxiety and depression [link.](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9468237/) |

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### **Key Supplements in Kuara’s Stress Reduction Program**

##### The Kuara Stress Reduction Program includes several targeted supplements to address nutrient and hormonal imbalances caused by stress. Here’s a detailed breakdown:

| **Supplement** | **Function** | **Dosage** | **Consideration** | **AM/PM** |
| --- | --- | --- | --- | --- |
| **Magnesium (Glycinate/Citrate)** | Lowers cortisol, relaxes muscles, regulates nervous system. | 200-400 mg daily | Start with a lower dose to avoid digestive upset. | PM |
| **Omega-3 Fatty Acids (EPA/DHA)** | Reduces inflammation, improves brain health, decreases anxiety. | 1000-2000 mg daily | Take with meals to enhance absorption. | AM |
| **Ashwagandha** | Lowers cortisol, supports adrenal health, boosts stress resilience. | 300-500 mg twice daily | Monitor thyroid levels if you have thyroid issues. | AM |
| **L-Theanine** | Promotes relaxation without drowsiness, improves focus. | 100-200 mg as needed | Can be taken with or without food; safe for daily use. | PM |
| **B Vitamins (B6, B12, Folate)** | Supports nervous system health, improves energy and mood. | Daily B-complex | Take with breakfast to avoid afternoon energy dips. | AM |
| **Rhodiola rosea** | Helps the body reduce stress by balancing cortisol levels and improving mood. | 200-400 mg per day | Best taken for several weeks. | PM |
| **Vitamin D** | Supports mood regulation, boosts immune function. | 1000-2000 IU daily | Take with a fat-containing meal for better absorption. | AM |

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### **Smart Supplementation: How to Use These Supplements Correctly**

#### **Timing and Dosing:**

##### Consistency is essential. Stick to the suggested AM/PM schedule for the best results. Supplement pack regimen is as follows:

##### **Morning (AM):** Ashwagandha, Omega-3, B Vitamins, Vitamin D

##### **Afternoon or Evening (PM):** Magnesium, Rhodiola, L-Theanine

#### **How to Avoid Common Pitfalls:**

##### **Start Slowly:** Please take your supplements according to the AM and PM packs. Please do not take AM/PM packs all at once.

##### **Monitor for Side Effects:** Common side effects like digestive upset or headaches are usually mild, temporary, and can be managed by adjusting dosages. If you experience side effects with your supplement regimen, consider first trying a reduced dosage to see if that helps minimize symptoms. If side effects persist or become severe, discontinue use and consult your doctor for further guidance.

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### **What to Expect When Starting a New Supplement Regimen**

#### **Positive Outcomes:**

##### Improved sleep quality and duration

##### Reduced anxiety and muscle tension

##### Increased focus and energy

#### **Potential Side Effects:**

##### **Magnesium:** May cause upset stomach and or diarrhea in some individuals

##### **Ashwagandha:** Monitor thyroid hormone levels if you have pre-existing thyroid concerns.

#### **Tracking Your Progress:**

##### Record any changes in mood, sleep, and stress levels each week. Adjustments can be made with guidance from your health coach.

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### **Activity: Daily Dose Tracker – Your Supplements Log**

**Objective:** This activity will help you establish a consistent supplement routine, while also tracking its effects on your mood, energy, and stress. Keeping a record helps you stay accountable and ensures you’re following the regimen correctly, so you get the best results. Tracking also helps you identify what works best for you and adjust your routine for optimal benefits.

**Instructions:**

* Log your supplements daily– you can do this using a pen and paper, on your phone or computer, or even in your Kuara Health chat.
* Each time you take a supplement, track the following–
  + Date
  + Supplement Name
  + Time of Day
  + Quantity
  + Noticeable Effects: What changes, if any, did you notice in your mood? Energy? Stress? Were there any other differences you noticed?

**Here’s an example:**

| **Date** | **Supplement Name** | **Time of Day** | **Quantity** | **Noticeable Effects: Mood, Stress, Energy** |
| --- | --- | --- | --- | --- |
| 04/20/24 | Magnesium | 9:00 AM | 1 | Felt more relaxed |

* At the end of each week, review your log and reflect on the following. Share your insights with your coach for feedback or adjustments.
  + **Patterns**: Did you notice any patterns in how certain supplements affect your mood, energy, or stress?
  + **Consistency**: Were you able to take your supplements regularly, as intended? If there were days you missed taking your supplements, how did those days compare to the ones when you stayed on track?
  + **Adjustments**: Based on your reflections, are there any adjustments you’d like to make in the timing or frequency of your supplement intake to improve your experience?

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### **Quiz:**

##### Which supplement is known for lowering cortisol levels? a) Magnesium b) Omega-3 c) Ashwagandha d) L-Theanine

##### Did you take your supplements as recommended this week?

##### a) Yes, every day

##### b) Most days (4-6 days)

##### c) Some days (1-3 days)

##### d) No, I did not take them this week

##### e)I have not received supplements yet

##### Have you noticed any changes in how you feel since starting these supplements?

##### I feel significantly better

##### I feel a little better

##### I feel no different

##### I feel worse

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### **Planning Activity: Supplement Adherence Plan**

**Objective**: Assess participants’ past experience with supplement adherence and help them identify strategies to remember to take their supplements.

**Instructions**:

Answer the following questions to assess your readiness for creating new habits to reduce stress:

* Have you ever taken a supplement before?
* If so, did you experience barriers to adhering to your supplement schedule?
* What barriers do you anticipate might make impact successfully adhering to your supplement schedule? List at least one.
* How might you plan to overcome this barrier? What’s one strategy action you could implement? (ideas: set an alarm, make a calendar event, use a pill organizer, place your supplements in a location that will remind you to take them)