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Take control of worry, stress, distraction and forgetfulness with the help of this *new, all-natural* 'massage in a bottle'

Dear Reader,

There are precious few things the entire medical community - conventional MDs, osteopaths, and alternative medicine practitioners alike - unanimously agree on. But one of them is this:

Stress is a killer.

It affects every part of your health: Mind, body, heart, and digestion - even your sex drive. *Everything* . Now this shouldn't be news to you. You've no doubt heard this a million times before on the front page of your local paper, from your doctor, or on the TV or radio...

But here's a *real* news flash: There are many safe, proven ways to naturally *beat back stress* without over priced therapy - and without any harmful substances like drugs and alcohol that so many of us turn to for relief. And as an added benefit, a few of these natural therapies for peace and serenity can actually *boost your memory and cognition*.

Some of these secrets are recent, exciting breakthroughs in diet

and nutrition. Others have been in use for *thousands of years* - yet have faded into obscurity in today's high-tech, drug-for-everything western medical mainstream. But when combined in the right forms and dosages, their synergistic effects are impressive. To discover how these natural relaxers can help you stay rested, focused, and feeling your well-balanced best every day, keep reading...

Stress: A serious health problem that affects every stage of your life

When I ask people in their 30s and 40s what causes the stress in their lives, they usually cite just the kinds of things you'd expect: the hustle-bustle of life, debt concerns, on-the-job pressure, and the strain of parenting. These responses aren't remarkable at all - people in this age group are juggling more responsibilities, pressures and demands than at any other point in their lives...

What *is* remarkable, in my opinion, is the almost universal perception that relief from the stresses of life comes *automatically with age* ; that along with a mystical thing called 'retirement' comes a blissful condition in which no stress exists - or at least one in which those stresses that do exist are of a more easily managed nature...

But is *real stress* something that's only experienced by the under-50 set?

Of course it isn't. As we all discover with aging, that soft-focused image of retirement life as a stress-free euphoria is a fallacy. Truth is, there are plenty of things that can create *tremendous tension* for those of us in our golden years. In fact, as a practicing psychiatrist I can tell you that as we age, our levels of felt stress - and our

physical reactions to it - can skyrocket *even higher* than back when our parental and professional tribulations seemed most daunting (more on this a little later)...

But it *doesn't have to be this way for you* . I'll explain exactly what I mean - but first, I need to tell you...

Why your 'Golden Years' could be *even more stressful* than your hectic 30s and 40s

How could life be *more stressful* after retirement than before? For two reasons:

First, because like it or not, our bodies and minds become *less effective* at dealing with the rigors of stress as the years roll onward. Remember, even though many 30- and 40-somethings are grappling with the highest levels of stress they ever will, they're also in the prime of life - both physically and mentally. From a medical perspective, they're able to cope with stress *better* than both younger and older people...

And secondly, because as life concerns of one kind (work, kids, money, debt, etc.) recede, other types of stressors step up to take their place. Some of these are every bit as challenging - or even *more* so - to your health, energy levels, and mental wellness as the ones they replaced. Among these are:

- **Health worries** - One study shows that those who worry about developing health conditions are *25% more likely to develop them* . This means many of us who are supposed to be enjoying the best years of our lives are actually worrying ourselves sick! Talk about stress.

- **Physical deterioration** - Aging carries with it a certain amount of deterioration of the joints, eyes, bones, soft tissue, and brain. But even though we may be aware of the fact that these things are inevitable, it can still be extremely stressful when we actually begin to *feel these changes happening to us*.
- **Diminished sleep** - Whether from worry, preoccupation, or physical ailments, a lack of quality sleep is a primary factor in why many mature adults can't manage stress as well as those in the prime of life.

Do any of these issues sound familiar to you? If you're like most people, you're facing at least a few of these stress-inducing conditions right now. And the real tragedy is that most people resign themselves to suffering these ill effects because they believe that they're 'just part of getting older.' Or worse yet - they *may not even realize* they're stressed out...

They just know they feel tense, distracted, and worried *all the time* .

But you don't have to be one of those people anymore. Because once you finally recognize the extent of the killer stress in your own life, there's a *safe and affordable solution* for helping you manage it - and all the health problems that goes with it. Here's how...

The first step toward conquering stress is realizing that it isn't just *all in your head*

As a psychiatrist, I've seen time and again the *very real* physical manifestations of stress - the dizziness, muscle tension, fatigue, excessive perspiration, and sleeplessness. These are just the immediate, *observable* symptoms of a typical stress. Recognize

any of them?

If you do, here's the bad news: The short-term effects of stress include impaired immune function, lower metabolism, slow healing, and nutrient depletion. And over the long term, excessive stress can cause accelerated aging, digestive problems and weight gain (along with all the risks associated with it).

That's right - there's a *direct link* between stress levels and physical health...

But now, here's the good news: As I said before, there are some perfectly safe things you can do to beat stress naturally - and to keep it from *beating you*. By far, the *most crucial* of these is re-stocking your body with the vital nutrients stress can deplete - plus some time-proven secrets I've pioneered for natural stress *relief* ...

See the *silver lining* in every cloud when you pamper yourself with this array of mood-stabilizing stress relievers...

At the heart of my **Daily Calm** formula is a group of powerful natural substances that *work together* to regulate your brain's chemistry to stabilize your mood, manage stress, and help you see the bright side of things once more. And they do it all without, impairment, drowsiness, or loss of judgment. They are:

L-Theanine: The 'instant massage'

As the active substance in one of the oldest calming mood-stabilizers known to man, (green tea from China) powerful *theanine* increases alpha wave production in the brain. This helps put in a

state most closely associated with enhanced focus, concentration, learning, and memory - all while providing a whole-body sense of 'alert relaxation' and well-being that I've often heard described as being like a full-body massage. I find that it works by shutting off the 'worry' impulse in the brain, *theanine* can help lower feelings of stress and, in turn, help manage its related effects on blood pressure. I've also combined it with...

GABA (gamma-aminobutyric acid): The 'hot bath'

Lower levels of *GABA* in the brain and nervous system are linked to tension, and stress. As an important chemical 'messenger,' *GABA* helps regulate brain and nerve cell functioning, producing a calming and focusing effect that's kind of like taking a hot bath. Within your nervous system, it protects against neural overloads - and against over-excitement or impulsive lapses in judgment. And activity of *GABA* is supported by...

L-glutamine: The brain booster

The amino acid L-Glutamine is used directly by the brain as fuel. It has been shown to both enhance mental performance. Supplementing glutamine, which the brain uses to build and balance the calming neurotransmitter, *GABA*, can help promote memory. I have successfully recommended it to patients for nearly instantly relief of cravings for sugar, stimulants, or relaxants.

L-Taurine: The 'glass of wine'

As a brain chemistry regulator, *taurine* calms and stabilizes your mind in a way that's been described as feeling like the effects of a glass of wine - but without any impairment or hangover. In fact, for

some people *taurine* can actually help chase away the feelings of stress that can lead to all kinds of health problems. And like *theanine*, *taurine's* stress relieving effects can, in turn, help manage blood pressure. Now that's a side effect worth having, don't you think?

The backbone of my new **Daily Calm** formula, these powerfully calming natural substances work to help you manage felt levels of stress (not to mention the effects of stress, on your blood pressure) - and to promote the positive, mellow frame of mind needed for your body's *#1 defense against stress...*

A deep, restful night's sleep...

Say 'Good morning!' to that alarm clock. With these 3 natural relaxers, you'll feel like you've awakened from *days of slumber...*

A key component to fighting stress is to fortify your body and mind with good-quality rest. But if you're stressed-out, this can be a real challenge - leading to a vicious cycle of low energy, poor stress resistance. But the 3 natural sleep aids I've included in my new **Daily Calm** formula can help you get the deep, energizing, high-quality sleep you need to *break this cycle...*

Some of these substances might even ring familiar to you:

Hops - As a primary component in many beers, *hops* has been used as a mild sleep aid since the 1400s. Directly affecting the central nervous system, *hops* relaxes your muscles - setting the stage for the whole-body slumber your body and mind so desperately need. *Hops* can be very useful for controlling 'nervous

stomach' and other minor stress-related digestive issues. High-quality organic *hops* works especially well in conjunction with...

Passionflower - Abundant research in both humans and animals has confirmed that natural *passionflower* promotes deep, restful, and uninterrupted sleep - without the grogginess and other side effects of many modern sleep aids. It's also one of my best secrets for treating a lack of concentration in people of all ages - but especially in schoolchildren. And both *passionflower* and *hops* are perfect complements to...

Lemon Balm - Another soothing natural mood-enhancing herb we owe to the Far East, *lemon balm* relaxes the nervous system and promotes sleep. *Lemon balm* has also been used for any number of rest-robbing intestinal maladies, including gas. It's also especially therapeutic for women suffering from PMS.

These three wild-grown natural herbs form the cornerstone of **Daily Calm's** sleep-enhancing benefits - a crucial component in your defense against stress. Together, they can make a noticeable, difference in the amount and quality of rejuvenating, health-boosting rest you get every night.

Rounding out the **Daily Calm** formula are 5 of my best vitamin secrets for mental functioning and overall good health...

Stay sharp as a tack, but cool as a cucumber - with this 'family' of vitamins that are *crucial* for your cranium...

Being in a good frame of mind shouldn't mean walking around in a 'brain fog' - which is what some mood-elevating prescription drugs seem to do. That's why my new **Daily Calm** formula contains pure,

potent forms of five of my favorite 'all-purpose' brain-chemistry modulators: *niacin*, *folic acid*, *pantothenic acid*, and *vitamins B-6 and B-12* . All of these are part of the B-vitamin family - a group of nutrients with far-reaching health benefits of many different kinds...

But the five I've chosen to include in the **Daily Calm** formula all carry specific benefits for your sense of serenity, calmness, and mental focus. As critical co-factors in the production of chemical 'messengers' in the brain, these workhorse vitamins also aid in oxygen delivery - and help protect your brain and nervous system from toxins.

Clinical evidence (including my own experience in practice) suggests that members of the B-vitamin are essential to:

- Mental energy and problem-solving tenacity
- Enhanced mood for a positive attitude toward mental challenges
- Memory and concentration - for better cognitive performance

The safest and easiest way to do this is by taking new **Daily Calm** - the 100% natural dietary supplement formula I developed for **NorthStar Nutritionals** . This once-a-day nutrient 'shield' protects your body and mind from the havoc stress can play on your system - and your life. Combining 13 natural secrets for enhancing calmness, focus, mental sharpness and mood, new **Daily Calm** is the safe, natural alternative to the harmful medications and unhealthy 'habits' so many of us have come to depend on.

And because **Daily Calm** is a **NorthStar Nutritionals** product, I know that you'll be getting the very best quality and freshest natural

ingredients in the precise dosages, forms, and potencies I originally formulated. See below to discover how to get it for yourself - and to start feeling as calm, rested, and alert as you can feel - RISK FREE...

As an HSI member, you can *save right now* on my new **Daily Calm formula - with absolutely no risk to you!**

If you want to regain a balanced mood and healthy outlook, renew your alertness and focus, boost your concentration and memory - and once again be able to relax, enjoy life, and rejuvenate yourself with energizing rest, I urge you to try **NorthStar's** brand new **Daily Calm** dietary supplement *right now* . And if you decide that its not everything you hoped it was, you don't pay a penny for it!

...and if you're not completely satisfied, you get a *100% refund of the purchase price (less shipping & handling)!*

... and you can try new **Daily Calm** *for a 60 days* , RISK FREE. That's triple the guarantee of most other supplements.

So don't just *wonder* what it feels like to peel all that killer stress away. Start experiencing the soothing, restful optimism and the alert, positive frame of mind you need for optimum health and longevity - not to mention quality of life. Try new **Daily Calm** now, RISK FREE, and start giving your mind and body what it needs to feel as calm and stress-free as you would if you'd just gotten an hour-long massage...

After a long, hot bath and glass of fine wine!

Yours Truly,

Hyla Cass, M.D.

P.S. Remember - You risk nothing by trying **NorthStar's Daily Calm** for up to 60 days. Order today to be sure you get your supply.

Amount per serving	%	Daily Value
Niacin (as Inositol Hexaniacinate)	40 mg	200%
Vitamin B-6 (as Pyridoxine HCl)	40 mg	2,000%
Folic Acid	200 mcg	50%
Vitamin B-12 (as Methylcobalamin)	200 mcg	3,333%
Pantothenic Acid (as Calcium Pantothenate)	100 mg	1,000%
Magnesium (as Magnesium Oxide)	100 mg	25%
GABA (gamma amino butyric acid)	200 mg	*
L-Glutamine	200 mg	*
L-Theanine	200mg	*
Taurine	200 mg	*
Hops (flower)	20 mg	*
Lemon Balm (leaf)	20 mg	*
Passion Flower (aerial parts)	20 mg	*
Other Ingredients: Cellulose, vegetable stearate and silica.		

* Daily Value not established

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. As with any change in diet, consult your health care professional before using this product.

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