



Sign up for a free Stress check-in!

Do you currently experience any of the following symptoms?

- Chronic fatigue /exhaustion
- Irritability
- Disturbed sleep or insomnia
- Energy dips through the day
- Weight gain
- Low mood/ confidence
- Mood swings
- Headaches
- Loss of libido
- Poor concentration/ memory
- Frequent infections
- Teeth grinding
- Greater dependency on caffeine/alcohol
- Poor digestion/ digestive concerns
- PMS

Depending on the individual, stress can manifest itself in many different ways. All the pressures of modern lifestyle such as working long hours, deadlines, eating on the run and the sheer speed at which we live can cause strain and stress on the body.

Whilst the body does have excellent regulatory systems, unrelenting chronic stress, in the long run, may give raise to a whole host of ailments and can contribute to a long list of health problems.

Contact me for a free 30min discovery call to find out more about the effects of stress on your overall health.

Take away some helpful tips and nutritional steps you can take to improve your stress tolerance Or You might decide to take a functional test to determine your stress hormone levels (secreted by your adrenal glands)

Contact Juliana at Nutri Insight to arrange your STRESS CHECK-IN Tel. 07971 923 773

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