



4 SIMPLE NATURAL SOLUTIONS FOR
STRESSFUL+ANXIOUS FEELINGS



By Jade Balden

Stress & Anxiety

4 NATURAL SOLUTIONS

Feeling overwhelmed?

Want to just bury yourself and give up? I totally understand.

Stress and anxiety are very common and serious issues that plague many people today. We may feel helpless and hopeless in this noisy, bright, over-stimulating, high-tech, high-speed society. When life gets so overwhelming, we often feel like hiding, giving up and doing nothing!

I bet, you've got big dreams, goals and things to do. When things don't seem to be going your way fast enough, it can be stressful, right? Argh! When we are too stressed about things, we tend to self-sabotage and deal with the stress and anxiety with unsupportive coping mechanisms such as food, alcohol, addictions, and distractions.

Sometimes you feel like you are running so hard but feel like you are not getting anywhere. It's so frustrating. In fact, you may feel like you are getting more crazy, more bloated, more fatigued, and depressed. And also, you can't get enough sleep.

You don't know why you get so distracted by the wrong things and have such a hard time saying, 'no'! How can we stop, take the time and be still, clear-minded, and self-reflective when there is so much to do?

In this ebook, I will show you how to create new habits with natural solutions to live life even more productively but calmly, without the stress and anxiety. I hope you are excited because this is life changing! There are 4 easy solutions I discovered.

About 10 years ago, I didn't realize I had any form of 'anxiety'. I assumed that everyone was stressed like me. The common, normal response was to push through and work harder. Now I know that there is a smarter way to live.

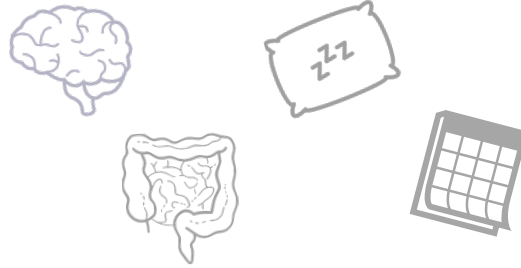
We all *can* have more peace and joy in this life without the need to mindlessly react to the world's every stimulus. We can create a happy, peaceful life and show our loved ones how to do so too.

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In this book, we are going to talk about:

1. Detoxing and feeding the brain
2. Effectively cleansing the gut
3. Getting restorative sleep
4. Resetting the mind



We are dynamic beings where every aspect of our lives is connected to another. Taking care of ourselves from many different angles is called taking the *holistic approach*.

If you are sick and tired of being stressed and anxious, then let's take a new approach to get a different result. Are you ready to take responsibility for your health? Please choose to commit to the holistic approach. Implement one thing at a time but commit to doing it all. If others can live a happy peaceful life, then you can too. Don't let yourself make any excuses.

In this book, I will give you important tips and suggestions. One of the suggestions I will give you is to use pure essential oils. The high-grade pure essential oils I use is from dōTERRA. What I suggest you do with dōTERRA products should not be applied to other brand of essential oils, because I can't guarantee its purity, potency or safety.

Let's get the basics down of what essential oils are and how to use them first.

What are essential oils?

- Pure extracts from plants (50-70 times more powerful than herbs)
- Acquired from careful steam distillation or cold pressed extraction
- Highly concentrated
- Nature's defense mechanism (its the immunity of the plant)
- Safe, effective, & affordable alternative to synthetic health remedies

How do you use them?

1. **Smell them.** Diffuse in a diffuser (get them up your nose and into the brain)
2. **Apply them.** Massage them on where you need them. Dilute when necessary.
3. **Drink them.** Some essential oils you can take internally in water, capsule, or just under the tongue.

For more info go to <https://jadebalden.com/intro/>





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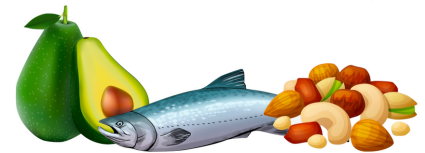
#1 Support Brain Health

Sometimes our brain just can't produce enough of the happy hormonal chemicals for relaxation and rest, so we continue to suffer and operate from the stress and anxiety mode. Let's fix this now. Let's give our brain the necessary building blocks to function optimally! Looking back I could see *that* was the problem with my brain.

I'm sure you know that the brain is composed of mostly **fat** and **water**. Let's feed the brain with a healthy variety of omega oil sources. Your brain needs a spectrum of omega 3, 6, and 9s. Also, keep the body hydrated for optimal brain function. I learned that a few drops of 100% pure citrus essential oils in water can help the body absorb water molecules better.

The following are very simple solutions; so make them part of your lifestyle. Start by carrying a glass water bottle with you everywhere you go and sip water throughout the day. Some people are so beyond dehydrated they don't feel thirsty, so you should drink anyways even if you don't feel thirsty. When the brain is fed and hydrated, it will function properly, producing happy healing chemicals. The color of your urine should give you a good indication of the level of hydration in your body.

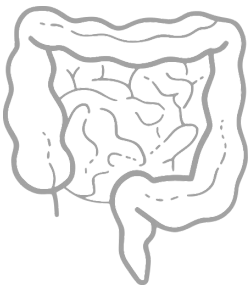
Here are my simple suggestions for feeding the brain.



- **Eat omega oil rich foods:** Eat more fatty fish, avocado, coconut oil, & nuts.
- **Consume high antioxidant food & antioxidant essential oils daily:** Eat more blueberries, raspberries, blackberries, strawberries, spinach, kale, and cranberries. Cassia, Cinnamon, Copaiba, Clove, Black Pepper, Juniper Berry essential oils are great sources of antioxidants.
- **Drink water:** Add 1-2 drops of your favorite citrus oil to your water. My favorite essential oils in water are Lemon, Wild Orange, Grapefruit, and Green Mandarin.
- **Supplement your diet:** I recommend the dōTERRA Lifelong Vitality Supplements. These supplements are world class! This is a fundamental part of my daily self care routine. Take Adaptiv capsules for calming support.



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#2 Gut Health

Let's talk about your 'second brain' now. The gut is considered a second brain because there are more neurotransmitters (brain chemicals) in your gut than in your brain. 90% of serotonin and other feel-good chemicals are produced in the gut.

When our gut has an overgrowth of fungus, toxins and other junk, it can't absorb food nutrients effectively, let alone produce the calming and happy chemicals we need. If left unchecked, we may end up having inflamed and rotting gut. You know when you have toxic overload in the gut when you feel bloated, tired, unmotivated, and experience brain-fog.

Keep the gut clean and healthy so it can keep producing those brain chemicals. Make sure you have 2-4 quick bowel movements a day so you don't get fungus overgrowth and toxic buildup. When your gut is clean, you not only think better and feel happier, but your skin will look great and you will have healthier weight too.

The following suggestions will help you go more if you aren't having regular bowel movements.

- **Take enzymes:** Along with a healthy diet. I like to use the dōTERRA brand of enzyme blend called TerraZyme to assist in digestion & tissue repair. It helps break down fats, sugars, gluten, fibers, proteins and starches. Take 1-2 capsules with each meal.
- **Cleanse & protect the gut:** Ingest 2-3 drops of one or a combination of Lemon, Wild Orange, DigestZen digestive blend, Cardamom, Grapefruit, Ginger essential oils 2-3 times a day in water. Use dōTERRA probiotics, the PB Assist+ or PB Assist Jr. for optimal digestive functions.
- **Eat a clean whole food diet:** Eat food as unprocessed as possible. Reduce wheat, sugar, bad fats, soy, dairy and corn.
- **Movement:** Even if you can't exercise intensely. At least move your body. Stretch and go for a walk. Breathe in the air. The idea is to get the blood to flow and nutrients to be delivered to all parts of your body. The body easily eliminates solid and liquid waste when the body has movement.





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#3 Sleep & Repair

When you make the time to get restorative sleep, you will be able to be more productive. Deep, quality sleep improves your brain functions, gut health, and immune system.

This restorative sleep is the naturally induced NREM sleep that puts your body into a state of self repair. Studies show that deep sleep & quality rest repairs and cleanses the brain and body. The brain organizes information and processes thoughts while you sleep.

A lack of quality sleep causes disease and serious mental issues and can lead to problems such as the inability to produce happy calming chemicals, which, you guessed it, causes stress and anxiety. Poor sleep increases mood instability, depression, loss of attention, information processing failure, stimulant/sedative use, risk of a mental health crisis, memory impairment, and it reduces performance, reaction time, cognition & creativity. It lowers your immune system and leads to an increased risk of infection, cancer, cardiovascular disease, Type 2 Diabetes, and psychiatric problems.

For your sake and that of your family, let's fix this issue now.

To calm & relax the mind and body for better sleep:



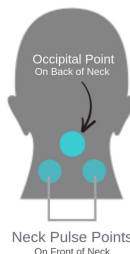
- **Diffuse in a diffuser:** The restful essential oil blend called Serenity, and/or Roman Chamomile, Adaptiv, or Ylang Ylang before bed and throughout the night.
- **Internally:** Take 2 Serenity soft-gels and 1 drop Juniper Berry under the tongue 30 minutes before bed. Juniper Berry keeps you asleep.



- **Topically:** Apply one or more of Cedarwood, Balance, Vetiver, Magnolia, and Adaptiv oils on the forehead, the back of the neck, earlobes, and the bottom of big toes. These oils calm, unwind the mind and quietens the mind-chatter. Massage AromaTouch and Copaiba oil blends on the neck and shoulders to relax the muscle tension.



Reflexology Points For The Brain



Neck Pulse Points On Front of Neck





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#4 Master Mind & Mood

The last suggestion I have for you is what will drive you to take all the actions we talked about earlier. Let's master the mind and manage the moods. Yes, this is about mind over matter AND matter over mind. In addition to feeding the brain, cleansing the gut and sleeping better, I do these 3 steps regularly.



- **Step 1 - Organize your life & home:** *When your physical world is clean and organized, your brain will be clean and organized too.* The subconscious mind keeps tabs on any undone item or project like open files or on-switches in our brain. Too many active on-switches means we are overwhelmed. Start with organizing just one thing each day and before you know it, your home and life is organized and simplified. Diffuse essential oils while decluttering the environment. Essential oils I suggest for organizing are [Lemongrass](#), [Purify](#) the cleansing blend, and [Wild Orange](#).
- **Step 2 - Organize your mind:** *Choose to believe you are a victor, not a victim by journaling about this for 5 minutes each day.* Journalling increases self-awareness and clarifies your life's purpose. You are a victor over situations, time, and life. You can create your ideal life. List out what you are stressed and anxious about and work it out on paper. Remember FEAR is False Evidence Appearing Real. Most of our fears are fantasies. Un-attach your happiness to the stressful things. Remember, you don't have to do everything all at once, perfectly, and immediately. Plan simple action steps. With this clarity we can say 'no' to things even if they are *good* things because they are not the *best* path. Only allow yourself to operate within your '[zone of genius](#)' or your calling, then you will be happy and at peace. Focus on being heart-led. Any time we are fearful, make excuses, get distracted and step out of our [zone of genius](#), we will be depressed, drained, waste time and money. To help with mental clarity use [Sandalwood](#), [Melissa](#) and [Clary Sage](#) essential oils. Apply on forehead, back of the neck, ears, big toes and inhale.
- **Step 3 - Manage Mood:** Diffuse essential oils daily for calming & uplifting. Choose your favorite oils to smell. If you don't have any favorites right now, may I suggest [Elevation](#), [Magnolia](#), [Adaptiv](#), [Breathe](#), and [Forgive](#).



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Conclusion

I hope you've enjoyed this ebook. If you commit to doing these things, I know you will find wonderful results. Peace and happiness in your life is very achievable. Please let me know how your journey is going. Watch my stress & anxiety videos.

If you need an Energy Healing session to help you figure out some things, please book a time with me on my website.

If you do not have a dōTERRA wholesale account, let me know and I'll help you get one. When you join my team, you get continual support on this awesome journey of change for as long as you need it. Please follow and connect with me for more juicy information.



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