

Stress is normal. It's even healthy, because it keeps us active, motivated, and productive. But too much stress isn't healthy or normal, even though it's become commonplace in America.

TODAY, WE'RE DRIVEN BY THE RELENTLESS DEMANDS OF CAREER, FAMILY, CONSUMERISM, AND MORE. IN AN EFFORT TO KEEP UP WITH OUR FAST-PACED LIVES, WE'RE GETTING STRESSED OUT AND WE CAN'T SEEM TO CONTROL IT. AND OUR STRESS-RELATED PAINS SURPASS HEADACHES AND STIFF SHOULDERS—STRESS IS ACTUALLY EXPOSING US TO CANCER, HEART DISEASE, DIABETES, AND OTHER LIFE-THREATENING ILLNESS. NUTRITION AND HEALTH PLAY AN IMPORTANT ROLE IN STRESS MANAGEMENT THAT JUST MIGHT SURPRISE YOU. LEARN THE UNTOLD TRUTH AND BEAT STRESS FOREVER!

Are you stressed out? Learn more! Take our life stress test:

Mark each event that has happened to you within the past 24 months. Total your point values, then read what your score indicates in the summary below.

Event	Point Value	Your Score
Death of spouse	100	
Divorce	73	
Marital separation from partner	65	
Jail term	63	
Death of close family member	63	
Personal injury or illness	53	
Marriage	50	
Fired from work	47	
Marital reconciliation	45	
Retirement	45	
Change in family member's health	44	
Pregnancy	40	
Sex difficulties	39	
Addition to family	39	
Business readjustment	39	
Change in financial status	38	
Death of close friend	37	

Event	Point Value	Your Score
Change to a different line of work	36	
Change in number of marital arguments	35	
Mortgage or loan over \$80,000	31	
Foreclosure of mortgage or loan	30	
Change in work responsibilities	29	
Trouble with in-laws	29	
Outstanding personal achievement	28	
Spouse begins or stops work	26	
Starting or finishing school	26	
Change in living conditions	25	
Revision of personal habits	24	
Trouble with boss	23	
Change in work hours or conditions	20	
Change in residence	20	
Change in schools	20	
Change in recreational habits	19	
Change in church activities	19	
Change in social activities	18	
Mortgage or loan under \$50,000	17	
Change in sleeping habits	16	
Change in number of family gatherings	15	
Change in eating habits	15	
Vacation	13	
Christmas season	12	
Minor violations of the law	11	
Your total score		

SCORING

0-149 points: Low susceptibility to stress-related illness.
 150-299 points: Moderate risk for stress-related illness.
 300+ points: High risk for stress-related illness. You are likely a powder keg for emotional and physical breakdown.
 If you're balancing too much stress, you must reduce your burden to save your health

For more information on this topic, please contact the person who sent this information to you. To order more detailed information, go to www.naturestools.com, or dial 1-888-225-6601.