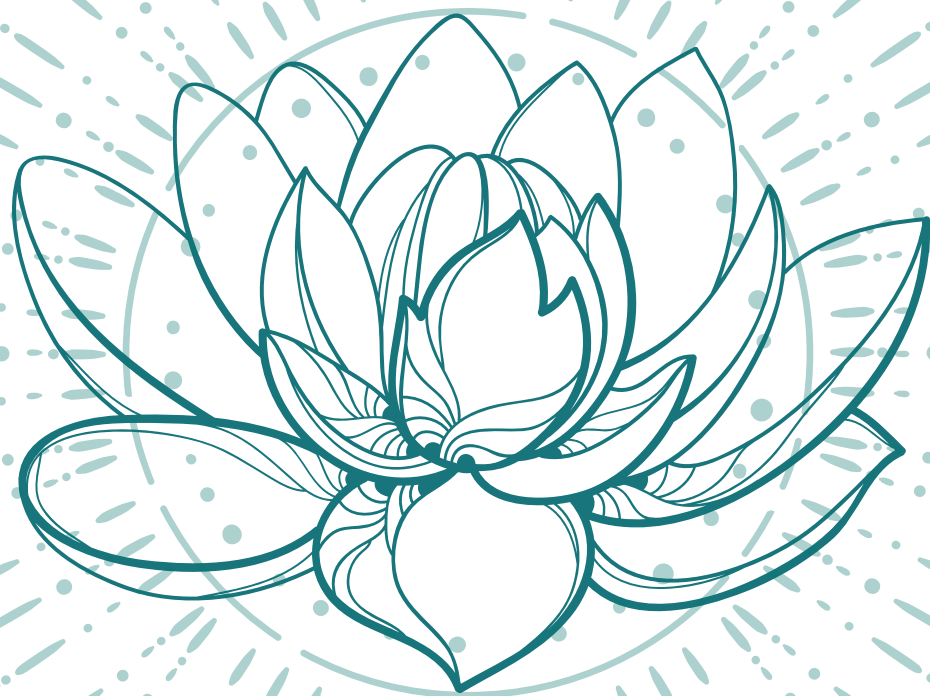


# SOOTHE Stress PROTOCOL



Support relaxation, calm,  
and ease with targeted  
nutrients and herbs

## Disclaimer

This is a general protocol based on research that applies to most people dealing with stress and anxiety..

This is not an individualized protocol. There are unique recommendations based on individual health needs, medical conditions, and stages of life.

Supplements can never replace a balanced diet! As you follow this supplement protocol, it is essential to pair it with an Anti-inflammatory Diet to achieve sustainable, lasting results.

While the supplements in this protocol are very safe with little to no risk for most individuals, it is always possible to have an adverse reaction. If that is the case, please discontinue the supplement and contact a trusted health professional.


Herbs can have interactions, especially if you are on medications. Please make sure to check interactions and do your research. If you are unsure of how to work with herbs or supplements, please contact a health professional.

Vanessa offers limited wellness programs, herbal & supplement consultations, and/or can recommend a practitioner that is aligned for you.

# Starting Your PROTOCOL

There are various key nutrients needed for a healthy, calm mind and body. Many people with chronic pain, anxiety or high stress levels are often deficient in nutrients. Eating inflammatory foods can perpetuate poor mental health and pain.

This protocol addresses the root cause of nutritional imbalances leading to greater inflammation, stress and dysregulation of the nervous system.



✦ Take these supplements and herbs daily for a few months to replete your nutrition status and gradually address the root cause of your issues.

✦ Continue taking these nutrients long-term for best results.

✦ Check with a health practitioner to customize a protocol if you are not improving on this protocol.



Supplements are most potent with lifestyle shifts.

✦ Pair these supplements with an Anti-inflammatory Diet for the best results!

✦ Refer to the Nervous System class for more holistic information on lifestyle practices that can support you!



**This protocol bundle is  
designed for**

supporting high stress, anxiety,  
chronic pain or overwhelm.

This protocol contains nervous  
system focused nutrients,  
adaptogens and nervine herbs to  
synergistically support your nervous  
system.

**This protocol bundle  
contains:**



## **Biotonic Adaptogen Blend**

These adaptogenic herbs support a healthy stress response and have been helpful in balancing mood.

**This protocol bundle  
contains:**

## **Enhanced Stress Relief**



Lemon Balm and L-Theanine help calm the nervous system during periods of grief or heart break. They also support healthy sleep, which can often be affected during the grieving process.



**This protocol bundle  
contains:**

## **PureGenomics Multivitamin**



Multivitamin with nutrients in their active, most bioavailable form support overall immune system function and prevention of illness.

**This protocol bundle  
contains:**

## **Omega Monopure**

is a fish oil blend with a therapeutic dosage of omegas that are essential to balancing mood and the nervous system.



# This protocol bundle contains:

## Active B Complex



supports healthy nerve function, energy production and mood. Many people with mood disorders, anxiety, depression and inflammatory conditions have difficulty absorbing B vitamins from their food.

# Protocol Schedule

**Time of day**

**Brand name**

**Supplement**

**Dosage**

**AM  
upon waking  
(empty stomach)**

**Breakfast**

Klaire Labs

Active B Complex

1 cap

Life Extension

Enhanced  
Stress Relief

1 cap

Xymogen

Omega Monopure

2 caps

Pure  
Encapsulations

PureGenomics  
Multivitamin

1 cap

**Lunch**


**Dinner**

**Bedtime  
(empty  
stomach)**

Life Extension

Enhanced  
Stress Relief

1 cap



✦ May this protocol help you manage stress with ease, get healthier, improve your mood and feel more empowered and energized to do what you love!

✦ If you have been taking these nutrients for 2 months and are still having anxiety or pain, it may be related to other imbalances or more serious health issues.

✦ In that case, please reach out to Vanessa for a consultation or see a functional medicine specialist.



**Vanessa Berenstein, MA RD FMN CCH**  
Integrative Dietitian & Clinical Herbalist  
Heart Math Resilience Mentor

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