



Congratulations on making it through your third weigh-in! Hopefully you're excited about the progress you've made.

If, on the other hand, you feel like you've been following the system closely and compliantly, but are still not making the progress that you'd like, then it might be time to examine some other potential pitfalls. In particular, it may be time to address the issue of stress.

No matter how well we eat, how often we exercise, or how hard we try to avoid certain situations, we can't escape stress. Stress affects all of us. It clouds our mind and compromises our judgment. However, a conscious approach to reducing stress, along with feeding your mind and boosting your energy levels, can do wonders in your quest to look good, feel good and enjoy life.

Just as we've talked about one particular hormone (insulin) as a primary factor in weight gain and weight loss, we're going to discuss another that is also related to these processes, but is most closely linked to stress. Often referred to as "the stress hormone," cortisol carries consequences for both mental and physical health, including optimal body composition.

To find out more about cortisol, and how it can be effectively managed, be sure to watch Stress & Your Weight on tlsSlim.com.

As a more immediate solution, if you think you're under excess stress, try one of the following for quick relief:

- Meditate. Set aside a specific time to clear your head. Use relaxing music or enjoy the silence, whichever works best for you.
- Nap. In a sense, this is simply taking relaxation one step further! Studies have shown that naps as short as 20 minutes have been effective for hormonal reset and physical restoration.
- Use TLS ACTS. Its unique blend of adaptogens is designed specifically to help alleviate the effects of occasional stress, and help to minimize stress-related issues.
- Exercise. This might seem in opposition to the above, but exercise is actually one of the best natural anti-depressants available, and contributes greatly to elevation of mood.

Whatever you do, do NOT use stress as an excuse or reason to fall off track now! It is more important than ever to STAY THE COURSE!