

A DEEP-DIVE BY Arvera

# THE ULTIMATE HOW-TO GUIDE TO REDUCE (YOUR) STRESS

AND WHY THIS METHOD WORKS

# A quick word before...



## 2 Things:

1. "This short e-book will share 5 easy and practical ways to reduce your daily stress without the need for an expensive getaway or sacrificing valuable work time. After all, the last thing we want is for this guide to add more stress to your already busy life!"

2. I am giving you the WHY behind these simple techniques.

Understanding this is the key to staying consistent and making it a habit without a lot of effort. Get ready, because once you grasp it, real transformation is just around the corner!"

*Jana Jung*

In this Guide you can expect

Vagus Nerve Activation

The 4-Vitamin Routine

Nervine & Adaptogens

Binaural Beats

Perfect "Morning-Rewind"

My private message to you

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## **DISCLAIMER:**

None of this is medical advice. This ebook is strictly educational and is not health advice or a solicitation to make any personal health care decisions. Please be careful and do your own research.

## Vagus-nerve activation

Today's most important takeaway will be for you to learn how to activate your **vagus nerve!**

The Vagus nerve is an extensive network of fibers, running from the brain stem to our abdomen.

It is also the longest nerve in your entire body.

It is activating your **parasympathetic nervous system**, also referred to as our **“Rest and Digest” mode**.

It positively influences the function of your heart, lungs, and all organs of your digestive tract. It basically **initiates relaxation** by slowing down your heart rate, increasing digestive capacity, and regulating your immune responses.

Ideally, should our “Rest and Digest” mode be activated most of the time to give our body the ability to **repair and rebuild**.



## Did you know?

**Muscles grow the fastest** and most efficiently during rest periods and the same applies to our digestion.

A constantly stressed person is in a so called “Fight and Flight” mode and most likely has already experienced problems with digestion eg. IBS, constipation, or food intolerances.

So how do you stimulate your vagus nerve? It sounds simple, but proper breathing is the best way to activate the nerve.

You can try this in bed in the morning upon waking. Five minutes will help your brain waves to start shifting from +++ brain waves into accessing eventually Theta Waves (4-8 Hz). It is a state of **deep relaxation, creativity, and deep meditative states**.

Once reached it will enhance creativity, intuition, and emotional healing - setting you up for a stress-free day.

Stimulate your vagus nerve in less than 5 min

Take 5 min to focus on a **5-sec inhale, holding for 5 sec and a 5-sec exhale.**

Make sure that you take air into your belly by extending on the INHALE and expelling it on the EXHALE - only then your **diaphragm should sink and your belly becomes flat.**

It sounds so simple but it's not evident for most of us!

Many patients of mine don't know how to breathe properly. Taking only 5 min of your day will activate your vagus nerve automatically and proper digestion begins instantly.

Another technique is a breathing pattern of:

#### **Inhale 5 - Retain 5 - Exhale 8**

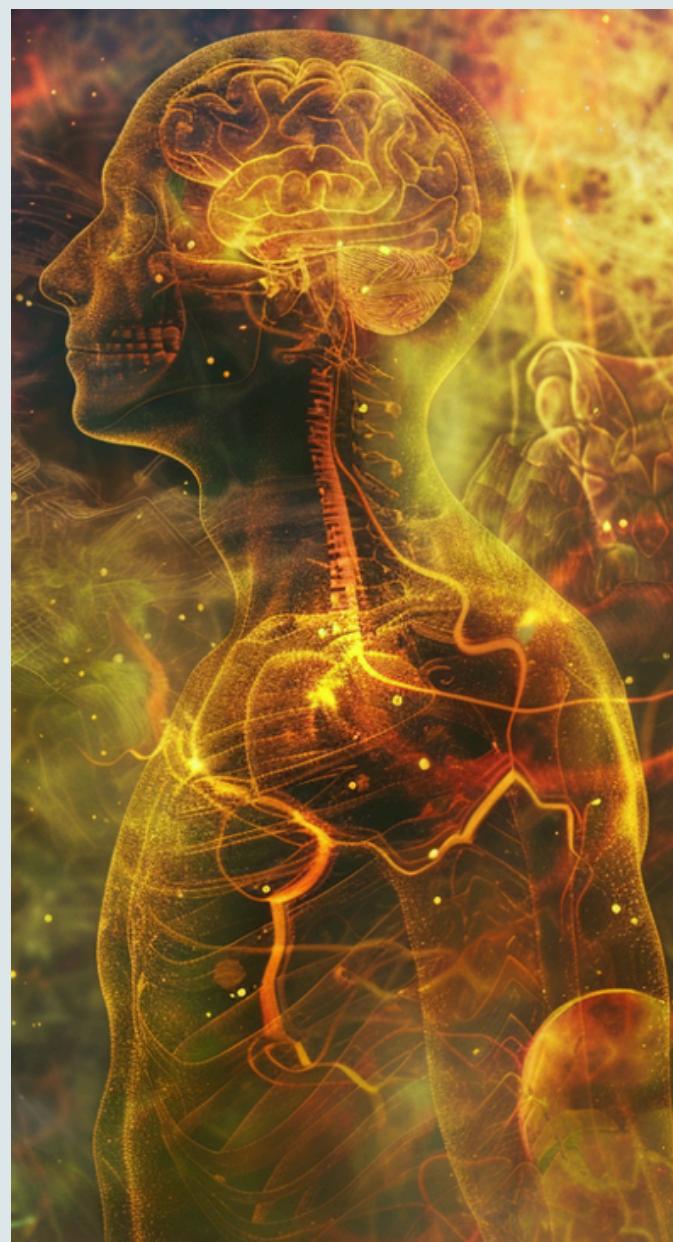
Repeat this 10 times and you are good to go.

This always gets me ready for:

- the next big talk on stage
- a tough conversation
- dealing with a partner who's driving you crazy
- a presentation in front of many people
- a stressful day at work

etc...

You can even practice it while taking a walk!





And of course lastly, without claiming that meditation is the answer to everything:

If you want to reduce stress in your daily life instantly, start with a 15-minute morning meditation.

This will set your day, **diminishes the possibility for a cortisol spike in the morning** (don't get me wrong, cortisol is necessary in the morning hours) and regulates your HPA axis to stay calm and focused on producing plenty of sex hormones.

**Tipp:** If you are a beginner to the meditation practice I recommend simply listening to sounds of nature and observing your breath coming in and out. This is the best way to **slowly dissipate your mind** into eventually nirvana.



## The 4-Vitamin routine

I want to introduce to you my magic formula of 4 vitamins that will help your body become more resilient to stress and **reduce your rate of aging.**

But first I would like to quickly explain why you should consider taking these supplements: compliance and consistency.

When talking about “stress management” - Naturopath and Herbalist are most likely always focusing in depth on what **your adrenals are doing and what they actually are?**

**In a nutshell:**

If you haven’t heard of these miraculous organs before or you are not sure where they are:

The Adrenals are two pyramid-shaped organs on top of your kidneys that **help you to actually CREATE a stress response.**

If we didn’t have adrenals we would behave like “vegetables” - not being able to get out of bed, absolutely no sexual desire, lust, and an absent immune system.

Living a stressful life demands these wonder organs to produce certain steroid hormones eg. adrenaline and cortisol to **push** the body to execute a certain task.

The adrenals are vital to the basic function of living and navigating through our world because they **help us to perform on the spot!**

In other words: **We need cortisol and adrenaline produced by the adrenals to give us our superpowers.** However, if we constantly ask for these stress hormones our glands will get tired and strained, and we may end up using our body’s last resources to keep up with the daily grind.



And this leads to the acceleration of aging, feeling mentally drained, headaches, anxiety and panic attacks, inflammation, autoimmunity, and on so on.

Also, our **sexual lust and performance decline if we are constantly pushing our bodies with these hormones to the edge.**



### So what to do?

The combination of these 4 supplements is my top recommendation to everyone who is under constant stress:

- **Vitamin C 500mg** (morning, helps with the production of cortisol in the morning)
- **NAC 600mg x2** (reduces inflammation, regulates hormones, enhances detoxification, antioxidant)
- **Zinc 25mg** (supports immune function, increases hormone production of adrenals, reduces stress response)
- **500mg Magnesium Glycinate** (nighttime, regulates steroid hormone output, involved in energy metabolism, supports relaxation and restful sleep)



## Nervines & Adaptogens from the Plant Kingdom

Did you know that there is even something like a “magic pill” or “potion” you could take and you would **automatically reduce your stress levels?**

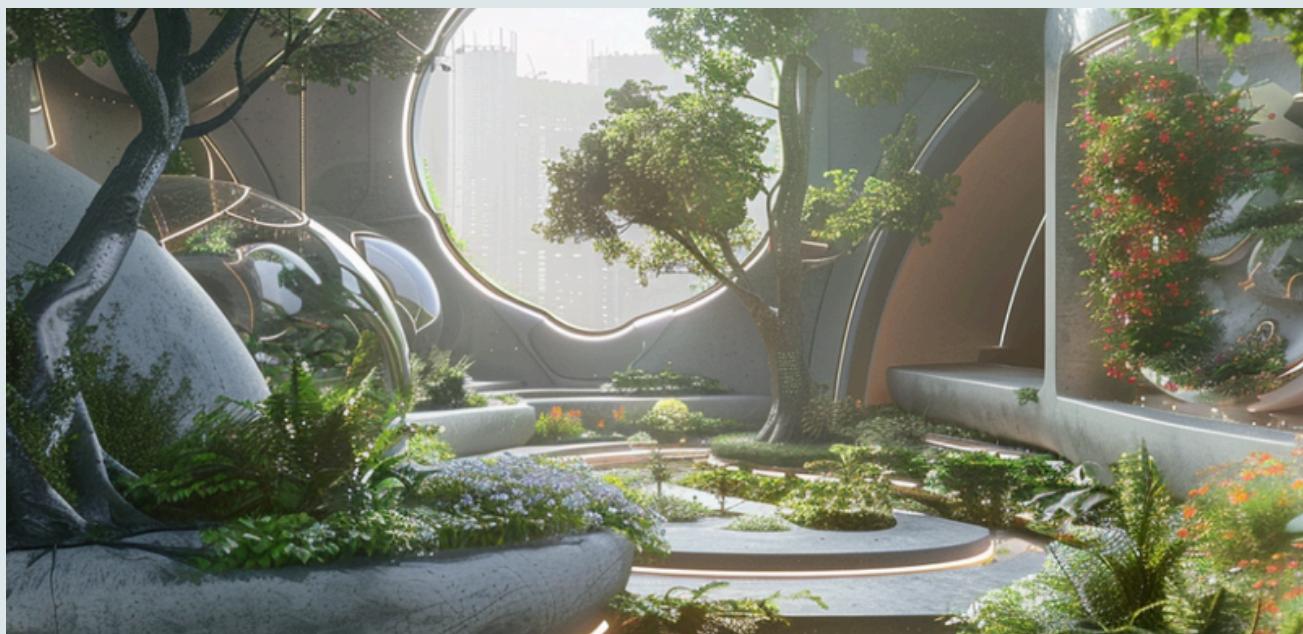
This approach is not holistic - I want to reinforce that we can’t “fix” a problem by simply taking a pill.

However, sometimes it can be as simple as including a herb into your daily routine which will literally “feed” your nervous system and take care of your adrenals.

Certain plants have been praised for centuries for **restoring the vital essence of the human body and soul.** They have the ability to improve and restore adrenal function and promote longevity and general life quality.

It is so fascinating to unravel that herbs truly can support you in every single situation of your life by helping to combat stress and **reinforcing your mental, physical, and spiritual performance.**

On the next page, you will find a small selection of herbs that can support your nervous system.



# Nervines & Adaptogens from the Plant Kingdom



## Schisandra chinensis

Helps to improve physical, mental and sensory performance and regarded as as the perfect “tonic”.

Protects the liver from **oxidative damage** and is able to restore normal function to the liver by balancing CYP 450 enzymes.

It is well-known for its ability to improve energy levels and enhance vitality, while at the same time having a **calming effect on the body**, making it an excellent tonic for constantly stressed out individuals.



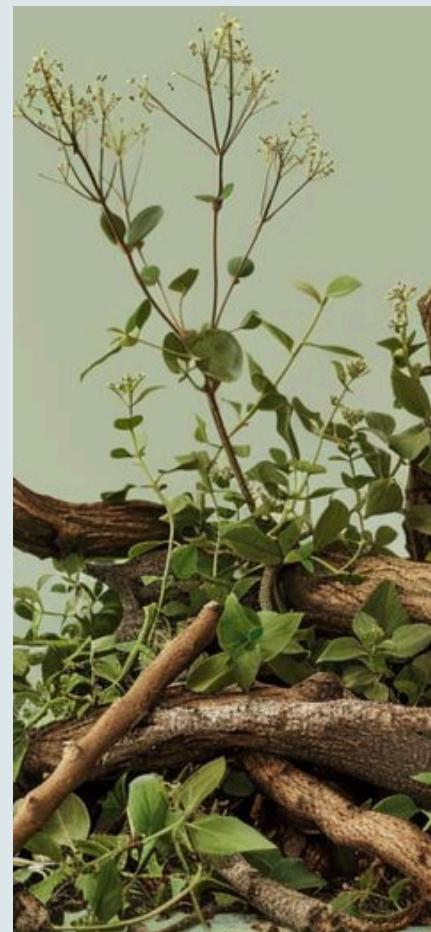
## Eleutherococcus senticosus

The **King of all Adaptogens as it** fortifies energy and stamina by balancing blood sugar and regulating the output of stress hormones.

Used for general **debility, fatigue, depression** and **insomnia**.

It is regarded as a “bone marrow tonic” as it fortifies the blood and works on the **deepest level of the immune** system.

Well-known for **protecting** cells against **radiation** exposure.



## Glycyrrhiza glabra (Licorice)

It hold the title of “synergist” and “Great Detoxifier”, sweeping through the body to cleanse the lungs and combat any stress-induced damage.

It has an **adrenal-sparing** effect on the body, as it can replace corticosteroid hormones of the body eg. cortisol.

# Nervines & Adaptogens from the Plant Kingdom



**Scutellaria lateriflora**

As a relaxing tropho-restorative which refers to its ability to **restore** the function of the **nervous system**.

It helps to promote good digestive secretions, while enhancing cognitive activity.

It **reduces** physiological **hyper-reactions** of an extremely **sensitive** nervous system eg. cases of **IBS, eczema**.

It restores nervous system from physical and mental overwork.

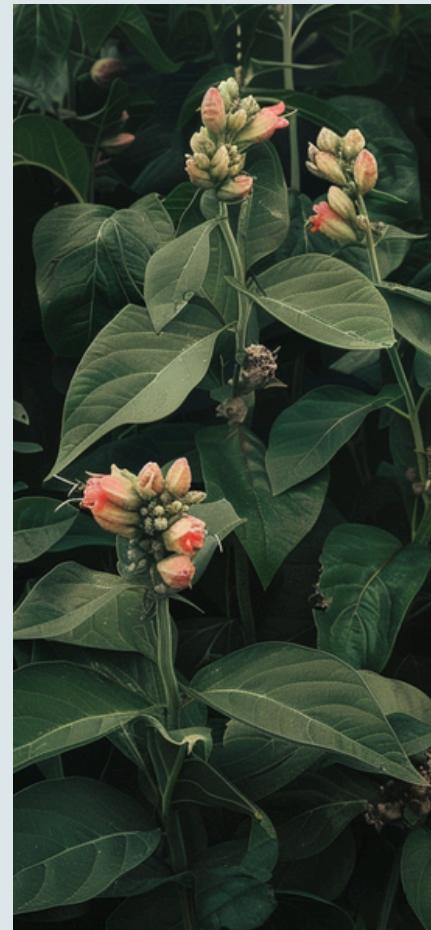


**Borago officinalis**

The Starflower, or we also refer to this plant as: “Borage for courage”  
- This herb is an excellent **adrenal tonic** as it regulates your **HPA axis**, which is a pathway in your body that is activated during a stress response.

Fortifies and strengthens the system by restoring adrenal cortex.

It is used in traditional herbal medicine in cases of **adrenal dysfunction**, sadness, grief, exhaustion and depression (Culpeper).



**Withania somnifera**

“The Bringer of Sleep” it alleviates stress and anxiety, helps with your adrenal function, **invigorates the entire system** by providing strength and stamina, while reducing stressors on the body.

A well-known **sexual tonic** from Ayurveda, by enhancing potency and libido. Studies observe increased sperm count and quality.

## Binaural beats

Using your **sense activation** to reduce your stress can be the game changer in your daily routine to calm your nervous system.

My favorite method, which never fails me is listening to **Binaural beats**

When two tones of slightly different frequencies are played simultaneously (through headphones) the human brain creates a **third frequency** - binaural beats

The **theta waves (4 to 8Hz)** induce a state of **deep relaxation**, can help to heal your **emotional** body, reduce anxiety, and also enhance **creativity** and intuitive **insights**.



*How can you reach this state?*

Find a soothing YouTube video in the theta frequency range (4-8 Hz), and you'll experience a profound sense of calm within 5 minutes, without any disruption to your daily routine.

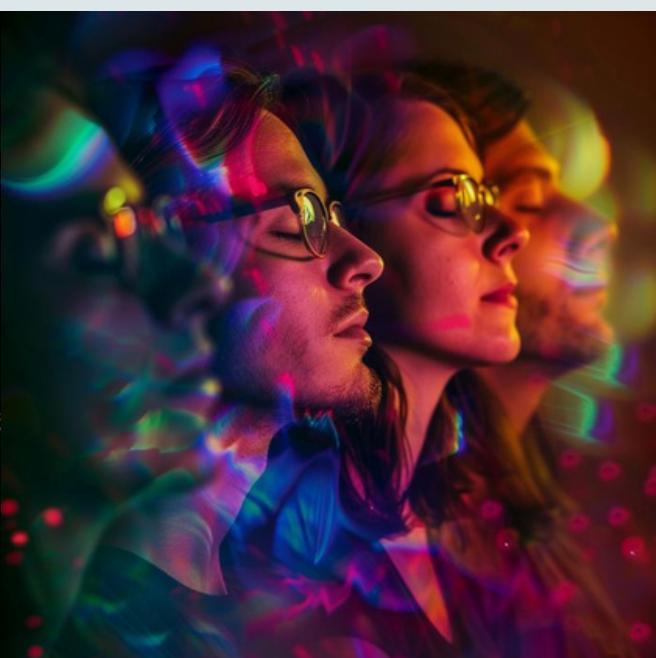
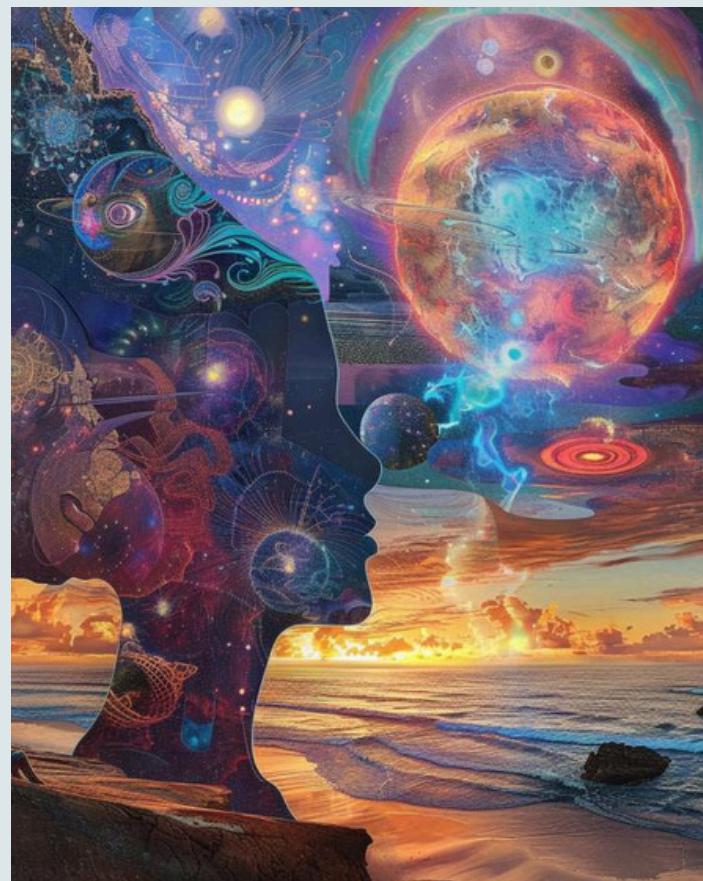
You will instantly realise how it can support the parasympathetic nervous system's role in rest and recovery. And the great thing is, you can listen to these frequencies from everywhere in the world.

**Expert tip:** I recommend you to listen to the binaural beats of 40 HZ when you **require intense focus** eg. working on a project, studying for an exam, reading a difficult book, or even when trading stocks, simply because:

Researchers found in several studies that **40HZ is most beneficial for enhancing focus and improving cognition** (Colzato).

For the best results, listen to this frequency for 30 min before you start your task.

It will enhance performance and activate your “Rest and Digest” mode.



## Perfect “Morning Rewind”

How you start your day is the ultimate foundation for everything that follows, so it's crucial to get it right.

Checking your phone first thing in the morning can immediately overwhelm your nervous system, **spike your dopamine levels**, and stress your adrenals if you encounter bad news or overwhelming messages.



To stay productive and in control, aim to avoid looking at your emails for at least the first 30 minutes of your day—preferably 60.



This is what a perfect routine could look like:

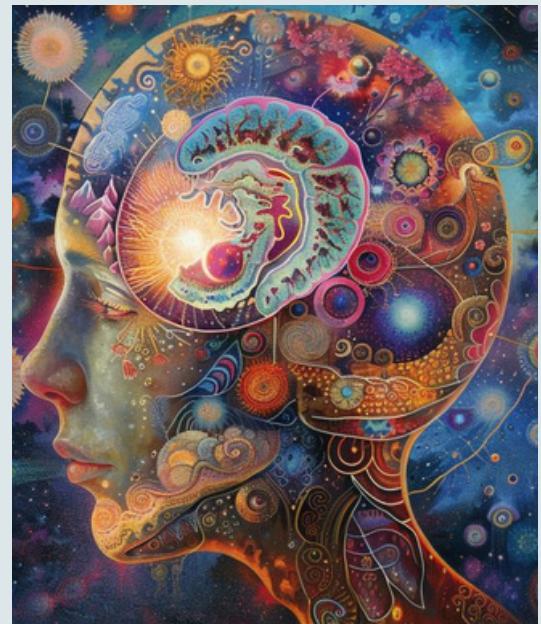
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## 1. Activate your limbic system

The limbic system is the part of the brain that gently weaves together emotion, memory, and instinct. Often called the brain's emotional heart, it responds deeply to scent, touch, and sensation. A simple ritual — cleansing the face and applying a few drops of aromatic facial oil — can awaken this inner space.

When infused with *Rosa damascena* or *Lavandula angustifolia* it can evoke calm and emotional balance.

Linking, scent, and memory in a deeply soothing ritual and **invigorate your nervous system.**



Massage your masseter muscle in **circular motions**, beginning at the corners of your mouth and moving towards your ears.

Next, activate your lymphatic system in the face by gently massaging in front of the ears to enhance the drainage of excess fluid.

This practice can enhance your well-being in multiple ways, more than just your nervous system. It regulates the HPA axis and promotes a sense of self-love.

## The Caffeine Yes or No Debate?

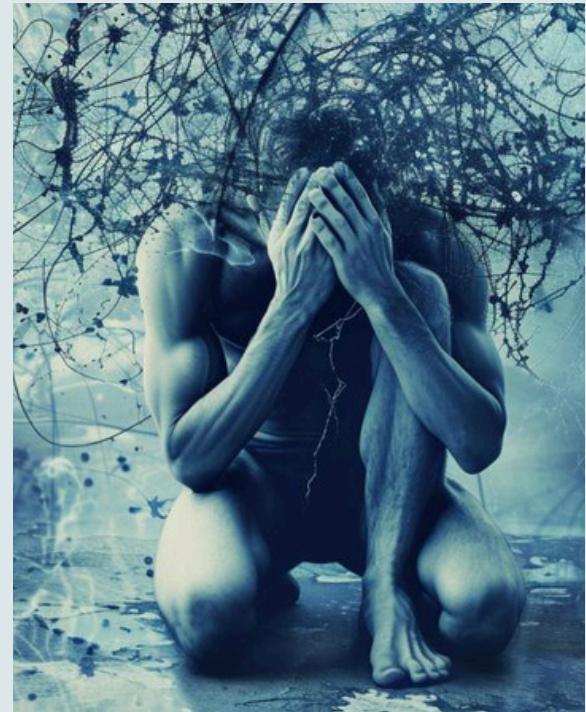
I am sure you were probably expecting me to drop one or two lines about coffee at some point and you might belong to those who don't want to give it up, but wait!

### Think about this:

Drinking coffee first thing in the morning is like firing up a jet engine when all you need is a nudge.

The caffeine rush may send your cortisol levels skyrocketing, leaving your adrenals tired in the aftermath.

I highly recommend to try this for a few days instead:



## Apple cider vinegar

A tablespoon in a glass of water acts like a gentle wake-up call, balancing your blood sugar and kickstarting your metabolism without the adrenal panic.

Plus, it will aid your digestion, stimulate the kidneys to excrete metabolic waste, and give you a steady, natural energy boost.

In many cases, apple cider can help in **losing several pounds** from your waste line, because of its invigorating effect.

Coffee, while benefitting from the **false energy rush** for the first 30 min, may also contribute to not being able to shift weight as easily as your adrenals are constantly producing cortisol, with less emphasis on manufacturing testosterone or other sex hormones.

And if you still don't want to give up your coffee, have it 2 hours after waking!

## The no 1 method that brought success to hundreds of people

I guess those who were born before the 90s know very well who Brian Tracey is.

And those who came across him before probably did not expect his name to come up in connection with stress management techniques.

*Quickly for those who don't know who he is:*

Brian Tracey is a self-development expert and motivational speaker. One of his most praised methods is the “morning list” - a productivity technique where you start each day by writing down the most important tasks you need to accomplish.



By prioritizing these tasks and focusing on them first, you can increase your efficiency and achieve your goals more effectively. He has been praised in the last 2 decades for helping people to achieve millions and became very successful.

His method not only sets the tone for the day but also provides an opportunity to organize yourself.

By sitting down and confronting the things you may want to avoid, you become your own therapist and set yourself reminders to act.

To be more specific, if you want to combat stress in your life, it's important to take a holistic look at every aspect of your life.

**Stress often starts in the mind** and can be caused by disappointment, an unorganized life, unpaid bills, or unrealistic expectations.

**By addressing your current situation, you can eliminate many psychological stressors and improve your overall well-being.**



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## **Let me leave you with one simple truth:**

We created a world out of glass and everyone in society has to face the reality that privacy is almost nonexistent.

This may also contribute to the fact that many of us, need to constantly justify our actions.

To survive this the pace of life , we need to keep our nerves sharp and stay vigilant.

Also, don't forget that **stress** is a **subjective experience**.

hope this ebook help you to find peace in the most stressful situations.

I was initially hesitant about some of the techniques, but after years of burning myself out I came to the conclusion that true strength comes from listening to what my body needs.

*Thank you for reading!*

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