



## ViaZen Stress WELLNESS PROGRAM



Optimal Physical, Mental and Psychological Health

Better Stress Management

Fast and Effective Relief



**ViaZen**  
*Health via Nature.*

# DIETARY RECOMMENDATIONS

## Green light

- Make sure to have your meals in a calm and stress-free environment. This is essential since digestion and digestive functions are adversely affected by stress. In turn, a better digestion will ensure that you are fully absorbing and assimilating all of the nutrients in your food and reduce the risk of nutritional deficiencies.
- Since the body requires more energy in the presence of stress, you should ideally respect set meal times in order to stabilize glycemia. In addition, each meal should include a protein source (lean meat, fish, eggs, legumes, nuts, seeds, tofu or dairy products). Since digestive functions are not optimal in times of stress, it's ideal to opt for smaller meals, interspersed with **protein snacks (see “healthy protein-rich snack ideas”)** in the morning and in the afternoon. Below is a suggested meal schedule:  
**7:30: breakfast (see “healthy breakfast suggestions”)**  
**10:00: protein-rich snack** (see “ healthy protein-rich snack ideas”)  
**12:00: lunch**  
**15:00: protein-rich snack**  
**18:00: dinner**
- Because stress is associated with an increase in oxidative stress (free radicals > antioxidants), an adequate intake of WHOLE, FRESH fruits and vegetables is essential. These are an excellent source of antioxidants and help reduce oxidative stress throughout the body. Vary your source of fruits and vegetables and eat the rainbow of vegetable and fruit colors.

- Long-chain omega-3 fatty acids are certainly among the most studied molecules. Their myriad beneficial effects on health, including stress management, are well-documented. In order to fully benefit from the therapeutic properties that long chain omega-3 fatty acids offer we recommend that each week, you include three meals featuring fatty fish, such as: salmon, mackerel, herring, sardines or sea trout.

## Red light

- Avoid eating in the evening. This can often cause disturbed sleep, which will have a detrimental effect on stress management.
- Alcohol should only be consumed in moderation – save for special occasions. As a nervous system depressant, alcohol can aggravate symptoms of stress. No more than one glass of red wine daily, with food.
- Avoid stimulants: coffee, chocolate, soft drinks and any foods containing monosodium glutamate (MSG). These all cause stress on the body and deplete nutrients.
- Smoking must be discontinued. Even if smoking “seems” to temporarily quell anxiety, the nicotine in tobacco triggers the secretion of adrenaline and norepinephrine, and thus directly generates stress in the body.

# HEALTHY, PROTEIN-RICH SNACK IDEAS

1 piece of fresh fruit and 250 ml soy, almond or rice beverage.

1 piece of fresh fruit and 1 serving\* natural seeds or nuts  
(almonds, hazelnuts, cashews, walnuts, Brazil nuts, pecans, sunflower seeds or pumpkin seeds).

1 fresh fruit and 1 cup plain yogurt sweetened with 1 tablespoon maple syrup or honey.

1 healthy muffin (no trans fats or refined sugars) with ½ cup ricotta, damablanc  
or cottage cheese or plain yogurt.

1 healthy muffin (no trans fats or refined sugars) with 1 serving\* nuts or seeds.

1 healthy muffin with 250 ml unsweetened soy, almond or rice beverage.

¼ cup sunflower seeds, 5 almonds and 4 dried apricots or figs (sulfite-free).

Crudités (carrots, celery, cucumber, bell pepper, broccoli, cauliflower, turnips, sweet potatoes, cherry tomatoes, mushrooms, green peas) with one portion\* nuts or seeds.

Crudités (carrots, celery, cucumber, bell pepper, broccoli, cauliflower, turnips, sweet potatoes, cherry tomatoes, mushrooms, green peas) with ⅓ cup tofu spread or hummus.

⅓ cup tofu spread or hummus with healthy crackers made from whole grains  
(Kavli, Rivilta, Finn Crisp, Lavash, brown rice crackers).

Crudités (carrots, celery, cucumber, bell pepper, broccoli, cauliflower, turnips, sweet potatoes, cherry tomatoes, mushrooms, green peas) with 30 g of cheddar, mozzarella or bocconcini cheese.

1 fresh smoothie: ½ cup plain yogurt, ½ cup soy, almond or rice beverage,  
1 cup frozen berries (blueberries, blackberries, raspberries, cranberries, strawberries)  
and 1 tablespoon maple syrup or honey.

1 whole grain slice of bread with 1 tablespoon natural peanut butter.

1 cup of hot water with 1 tablespoon miso paste.

*\*1 serving equals the amount that fits into the palm of your hand.*

# HEALTHY BREAKFAST SUGGESTIONS

1 piece of fresh fruit  
1 to 2 slices of whole grain bread (kamut, rye, buckwheat, spelt, quinoa...)  
Nut butter (other than peanut)

1 piece of fresh fruit  
1 to 2 slices of whole grain bread (kamut, rye, buckwheat, spelt, quinoa...)  
Cheese

1 piece of fresh fruit  
Whole grain breakfast cereal  
Soy, rice or almond beverage or goat's milk

Berries (strawberries, blueberries, raspberries, blackberries, cranberries) fresh or frozen  
1 banana  
Soy, rice or almond beverage or goat's milk or soft tofu (blend ingredients in mixer)

Fresh fruit salad  
1 healthy muffin  
Plain yogurt sweetened with honey or maple syrup

1 piece of fresh fruit  
1 to 2 boiled or poached eggs  
1 to 2 slices of whole grain bread

2 oatmeal pancakes  
Fresh berries (strawberries, blueberries, raspberries ...)  
Plain yogurt (or soy yogurt)

Plain yogurt (or goat's milk yogurt or soy yogurt)  
1 sliced banana  
Fresh grapes

Ground sunflower, sesame or flax seeds  
1 piece of fresh fruit  
Hot cereal (rice, barley, oatmeal, quinoa, kamut, etc.) cooked in a plant-based beverage  
- Garnish with raisins just prior to serving  
- Sprinkle with cinnamon

# LIFESTYLE HYGIENE

- **Don't wait until you're thirsty to drink!**

Optimal water intake in the presence of stress will allow for better transport of water-soluble nutrients, as well as help eliminate metabolic toxins. Your daily water intake should be 1.5 to 2 liters per day. You should start drinking water first thing in the morning to compensate for water loss during the night via breathing, sweating and urine formation. Water consumption should be continued throughout the morning and afternoon. The target for each of these periods is 500 to 750 ml. Finally, before going to bed, make a habit of having another 250 ml of water. Never leave the house without your water bottle. This way, it will be easier to meet your daily hydration needs. You can also choose to liven things up by adding a slice of orange or a lemon wedge to your water, or even some fresh mint leaves!

- **Start moving!**

Regular physical activity (a minimum of three hours weekly) optimizes the body's use of nutrients by stimulating circulation. Being physically active also helps dissipate psychological stress and reduces muscle tension. Exercise further promotes the secretion of endorphins which have a calming effect on the central nervous system. Physical activity is also associated with improved cardiac capacity, better peripheral circulation, improved brain oxygenation, restful sleep, reduced anxiety and nervousness and better weight management. Brisk walking, jogging, stationary cycling, rollerblading and cross-country skiing are all excellent choices.

- **Restful sleep helps boost the immune system** and stimulates the secretion of growth hormone. You should aim for an average of seven to eight hours per night. Our stressful modern lifestyles can sometimes make it difficult to respect the body's natural sleep rhythms, however, respecting one's natural rhythm can greatly reduce the body's overall stress load. Make sure you go to bed at fixed times every night – including weekends. This healthy habit will reduce stress levels and help to reduce sleep latency (how long it takes you to fall asleep). In addition, try to avoid watching television in the bedroom. Doing a little light reading can however be calming before bed.

- **Integrating a daily relaxation activity for 15 to 30 minutes can significantly bolster the body's ability to manage stress.**

Whether it's yoga, meditation, relaxation, visualization, music therapy or massage therapy, the beneficial effects of practising daily relaxation techniques are guaranteed to reduce stress in the short to medium term. Making changes to one's overall lifestyle hygiene and diet can take time and a little getting used to. An adjustment period is thus to be expected, so don't put additional stress on yourself. Take the time you need to gradually get used to your new healthy habits.

# 10 VIAZEN STRESS HEALTH TIPS TO INTEGRATE DAILY!

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- 1** Have your meals in a **calm environment**, conducive to an efficient digestion.
  - 2** Eat three **complete** meals at set times, interspersed with a **PROTEIN** snack in the morning and afternoon. Avoid eating in the evenings.
  - 3** Plan **three weekly meals featuring fatty fish** (wild salmon, sea trout, herring, sardines, mackerel).
  - 4** Consume a **MAXIMUM** of one glass of alcohol (ideally red wine) per day, with a meal. Enjoy!
  - 5** Replace coffee with **green tea**.
  - 6** Eat **2 to 3 WHOLE fruits** and **8 to 10 servings of FRESH vegetables** daily: raw, salads, fresh pressed juice, steamed, sautéed in olive oil.
  - 7** Drink **6 to 8 glasses (250 ml) of water** daily.
  - 8** Get in **one hour of physical activity** three times a week.
  - 9** Allow yourself a **15-minute relaxation period** daily.
  - 10** Take one capsule of ViaZen Stress with each meal.
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