

## Easy Pha-max



Using the knowledge and experience of experts in the field of natural and indigenous medicine, microbiology and biochemistry, Easy Pha-Max has developed a unique formula called **Relaxall**, which contains a total of four active **B.E.E.** ingredients to help enhance relaxation and calmness.

Manufactured using the proprietary **B.E.E.** (Bio-Enhanced Extaction) technology, **Relaxall** offers optimal benefits whereby only the beneficial constituent of the herb is isolated by weight and structure, which quickly releases the active ingredients into the bloodstream for superior, fast results.

## **How Relaxall Works:**

### **Stress**

Stress is the “wear and tear” our bodies experience as we adjust to our continually changing environment. Stress is the state of physical or mental tension (pressure) that occurs in response to real or imagined events, which occur within our lives. It has physical and emotional effects on us and can create positive or negative feelings. As a positive influence, stress can help compel us to action; it can result in a new awareness and an exciting new perspective. As a negative influence, it can result in feelings of distrust, rejection, anger, and depression, which in turn can lead to health problems such as headaches, upset stomach, rashes insomnia, ulcers, high blood pressure, heart disease, and stroke. With the death of a loved one, the birth of a child, a job promotion, or a new relationship, we experience stress as we readjust our lives. In so adjusting to different circumstances, stress will help or hinder us depending on how we react to it.

Causes of stress are known as stressors. Stressors can be physical or emotional, internally or externally generated. Stressors can be events situations, people or demands the individual perceives to be the source of stress. The most common stressor is change, such as lost of a loved one; career change; illness or injury and lifestyle changes. Stressors also vary amongst people; children, teens and adults are all capable of experiencing stress yet there are some stressor that are specific to the age or type of person.

Everyone sees situations differently and has different coping skills. For this reason, no two people will respond exactly the same way to a given situation. Some situations in life are stress-provoking, but it is our thoughts about situations that determine whether they are a problem to us.

How we perceive a stress-provoking event and how we react to it determines its impact on our health. We may be motivated and invigorated by the events in our lives, or we may see some as “stressful” and respond in a manner that may have a negative effect on our physical, mental and social well-being. If we always respond in a negative way our health and happiness may suffer.

Too much stress is not good. The acute stress of evading a predator is life saving. However, waiting to hear about whether a grant is funded or tenure is awarded are examples of sustained stressors that often cause adverse effects. Stress is one of the primary reasons for referrals of psychiatrists. While the stress response is vital for our survival, too much stress has deleterious effects on many aspects of our physiology, including immune responses, the cardiovascular system, and our reproductive abilities. It is less well appreciated that excessive stress also compromises the nervous system.

### **Anxiety**

The essential characteristic of Generalized Anxiety Disorder is excessive uncontrollable worry about everyday things. The constant worry affects daily functioning and can cause physical symptoms. GAD can occur with other anxiety disorders, depressive disorders, or substance abuse. GAD is often difficult to diagnose because it lacks some of the dramatic symptoms, such as unprovoked Panic Attacks, that are seen with other anxiety disorders;

for a diagnosis to be made, worry must be present more days than not for at least 6 months.

The focus of GAD worry can shift, usually focusing on issues like job, finances, health of both self and family; but it can also include more mundane issues such as chores, car repairs and being late for appointments. The intensity, duration and frequency of the worry are disproportionate to the issue and interfere with the sufferer's performance of tasks and ability to concentrate.

Physical symptoms include:

Muscle Tension	Difficulty swallowing
Sweating	Jumpiness
Nausea	Gastrointestinal discomfort or diarrhea
Cold, clammy hands	

Sufferers tend to be irritable and complain about feeling on edge, are easily tired and have trouble sleeping.

Physiological researchers suspect a chemical imbalance in the brain may be involved in the development of an anxiety disorder. However, it's still uncertain whether this imbalance is the cause or result of the disorder. The DSM IV (diagnostic manual) mentions a genetic pre-disposition as panic attacks can quite often be traced through families. A behaviorist favors the view that disorders are a learned behavior, while psychoanalysts take the view the anxiety stems from unresolved issues from the past. Each case is different, but a mixture of all these explanations may be appropriate in considering treatment. A disorder can occur when panic attacks and/or anxiety symptoms are not successfully managed.

Panic attacks are associated with either a build-up of stress, or a major life stress. The onset of attacks does not necessarily occur immediately following a major life stress, but can occur some time later. Major stressors include: death in the family, major trauma or illness, use of illicit drugs, pregnancy, childbirth, divorce, financial difficulties, job loss, unemployment and traffic accident. In the case of a build-up of stress, the first attack (especially spontaneous panic attacks) may even occur where there appears to be no obvious trigger such as when watching television. A person's inability to connect the attack to a stressful event contributes their fear of having another attack.

### **Fight or Flight response**

The flight or fight response also called the "acute stress response", was first described by Walter Cannon in the 1920's as a theory that animals react to threats with a general discharge of the sympathetic nervous system. The response was later recognized as the first stage of a general adaptation syndrome that regulates stress responses among vertebrates and other organisms.

The onset of stress response is associated with specific physiological actions in the sympathetic nervous system, both directly and indirectly through the release of epinephrine and to a lesser extent norepinephrine from the medulla of the adrenal glands, The release is triggered by acetylcholine released from preganglionic sympathetic nerves. These

catecholamine hormones facilitate immediate physical reactions by triggering increases in heart rate and breathing, constricting blood vessels in many parts of the body - but not in muscles (vasodilation), brain, lungs and heart - and tightening muscles. An abundance of catecholamines at neuroreceptor sites facilitates reliance on spontaneous or intuitive behaviors often related to combat or escape.

Normally, when a person is in a serene, unstimulated state, the “firing” of neurons in the locus ceruleus is minimal. A novel stimulus, once perceived, is relayed from the sensory cortex of the brain through the thalamus to the brain stem. That route of signaling increases the rate of noradrenergic activity in the locus ceruleus, and the person becomes alert and attentive to the environment.

If a stimulus is perceived as a threat, a more intense and prolonged discharge of locus ceruleus activates the sympathetic division of the autonomic nervous system. The activation of sympathetic nervous system leads to the release of norepinephrine from nerve endings acting on the heart, blood vessels, respiratory centers, and other sites. The ensuing physiological changes constitute a major part of the acute stress response. The other major player in the acute stress response is the hypothalamic-pituitary-adrenal axis.

When our flight or fight response is activated and there is no real emergency, and we call these physical reactions ‘anxiety symptoms’. Here are just a few:

- rapid heartbeat
- dizziness
- muscle tension
- numbness
- sweating
- shortness of breath
- nausea or abdominal distress
- trembling or shaking

There is a psychological side to the fight or flight response too. When our fight or flight system is activated, our fear and our perception of dangers tend to be exaggerated. That's because the fight or flight response bypasses our rational mind in an effort to protect us from possible harm. This results in the psychological side of anxiety: for example, apprehension and worry, fear, feeling detached from your body or that you are dying. Our rational minds are turned off and our falsely activated fight or flight response has its own ‘explanation’ of what's happening to you.

## **Adrenals**

The adrenal or “stress glands” are small, triangular shaped glands located on the top of the kidneys. Their function is to prepare the body's resources to run or fight through the releasing of specific hormones. When this primitive, instinctive response is activated, blood is diverted from digestive system while our blood pressure, pulse, blood sugar levels increase. At the same time, our pupils dilate and the speed of reflexes increases. All of this happens as a way to ensure our survival.

In modern times we don't have to worry about becoming dinner for a hungry tiger or being trampled by a herd of buffalo. Our bodies, however, automatically respond the same way when we are under physical, emotional or mental stress. Many of us live in a state of constant stress that strains our bodies to the point of exhaustion. Over time, and through repetition, this can impact the way the adrenal glands function, causing us to experience adrenal insufficiency or burnout.

If you think about it, our adrenal glands can be likened to the batteries in a flashlight. They are filled with a charge that is used to run the body and give us that extra edge in times of need. Each time we use our flashlight, we drain some of the charge from our batteries. Fortunately for us, our batteries are automatically recharged when we eat healthy and get lots of rest. If, on the other hand, we use our flashlight all of the time, and don't recharge our batteries regularly, it is only a matter of time before the light starts to dim and eventually go out all together.

Technically speaking adrenal insufficiency refers to the inability of adrenal glands to produce the proper quantity of hormones needed to run the body. It should not be confused with Addison's disease, which is when the adrenal glands fail to produce hormones or shutdown completely. The most common symptom of adrenal insufficiency is fatigue. Other symptoms include: not feeling rested after sleep, inability to deal with life stressors, poor memory, a low sex drive, frequent infections due to a suppressed immune system, inability to concentrate, depression, mood swings, irritability, weight gain, weakness and hormonal imbalances.

There are a number of reasons why people experience adrenal insufficiency. It can be from a genetic or congenital abnormality, but the most common one is stress. Some of us force our bodies to run or fight all the time. Life challenges, financial pressures, relationship issues and unresolved emotional concerns will eventually deplete your adrenal glands. Internal stressors such as allergies, physical disease, nutritional deficiencies, food and environmental toxins can also put pressure on the body's natural reserves. In addition, stimulants, such as sugar, white flour, caffeine, as well as constant exposure to loud music, loud noise or EM radiation can take a toll on our adrenal glands.

The adrenal glands function in the body to help handle stress. They act as our body's "shock-absorbers". When the body encounters stress or has low blood sugar, the adrenal glands release the hormone adrenaline into the blood. This hormone immediately increases blood pressure, stimulates the heart, and relaxes the muscles in the lungs. Adrenaline is ideally supposed to be released in situation where "fight or flight" decisions are being made. In modern society, however, high stress levels cause adrenaline to constantly circulate in the body. This can contribute to nervousness, anxiousness, and insomnia. Exercise, dance, walking, and high-energy work help diminish levels of adrenaline in the blood. Increased levels of hormones and their metabolites, and other stress-related chemical left circulating in the blood awaiting removal, can leave a person feeling anxious, irritable, tense and nervous.

The multiple stresses of modern day life combined with the standard American diet, along with the consumption or use of sugar, caffeine, alcohol, tobacco, and prescription or recreational drugs can over stimulate and place stress on the adrenal glands. When the intensity and frequency of stress overcomes the level at which a person can cope with such

stressors, something is bound to break down. At this point, people exhibit adrenal gland stress or exhaustion in a variety of ways, some of which can even seem conflicting. Some people exhibit anxiety, nervousness, hyperactivity, or insomnia, while others experience only fatigue or low energy. Some unfortunate individuals experience both. Other signs include overreacting to noises or sudden stimuli, or a craving for salt. One of the most obvious signs of adrenal fatigue is when a person wakes up tired even after a good night's sleep. Because adrenal fatigue and exhaustion have a negative effect on the immune system, these are often the individuals who catch every cold and flu that goes around or are sick during every flu season.

**Relaxall** works by regulating and balancing certain hormones and providing proper nutritional support to the body in order to support the hypothalamus-pituitary-adrenal axis.

**Relaxall** is designed to relieve nervous tension, calm anxiety, reduce stress and promote sound sleep without causing next-day grogginess by mildly regulating the irritability of the nervous system.

### **Application**

**Relaxall** has been used to:

- Relieve nervous tension
- Calm anxiety
- Promote sound sleep
- Relax the body without causing grogginess
- Regulate the entire nervous system
- Provide support to the adrenal glands
- Balance certain hormone levels in the body
- Reduce various body pain

### **Ingredients:**

**Chamomile Flower B.E.E.:** contains volatile oils including alpha-bisabolol, alpha-bisabolol oxides A & B and matricin (usually converted to chamazulene). Other active constituents include the flavonoids apigenin, luteolin and quercetin. These active ingredients contribute to Chamomile's anti-inflammatory, antispasmodic and smooth muscle relaxing action, particularly in the gastrointestinal tract. These active compounds in Chamomile work similar to anti-anxiety medications, which promote relaxation in the brain and nervous system. Besides being beneficial for the digestive system, Chamomile is also helpful with anxiety and insomnia. It has been found that Chamomile can be especially helpful in relieving the symptoms of mild insomnia (a.k.a. transient insomnia). Chrysin, a flavonoid component of Chamomile, is the chemical attributed to Chamomile's ability to relieve anxiety and promote sleep. Chamomile is known for its sedative and hypnotic effects. In a psychological study, images were used to induce slight negative and positive moods in 22 subjects. Subjects visualized 20 positive and 20 negative scenes while under the influence of either Chamomile oil or a placebo. Chamomile oil significantly increased the latency of all images and shifted the mood ratings and frequency judgments in a positive direction. Other studies have shown that Chamomile exhibits anxiolytic (anti-anxiety) and anti-spasmodic activity as well as anti-inflammatory properties. Chamomile has also shown to be an extremely

efficacious remedy for hysterical and nervous affections in women and is used also as an emmenagogue. It has a wonderfully soothing sedative and absolutely harmless effect. It is considered a preventive and the sole certain remedy for nightmares. It will also cut short an attack of delirium tremens in the early stage. Chamomile's action and influence is rapid upon the circulation, stomach and uterus, and also relaxes nerves. It promotes normal monthly periods and relieves muscular pain and spasms, including colic. It's also soothing to babies, but is also beneficial as a general tonic, assisting the appetite, digestion, and relieving some cases of lumbago, neuralgia, insomnia and rheumatic problems. The Germans state that the curative powers of Chamomile are immense and call it *alles zutraut*, which means capable of anything. Apigenin may also be responsible for Chamomile's anti-anxiety and sedative effects. A recent clinical review of apigenin suggests that it acts similar to a sedative and may possess anti-anxiety properties in the central nervous system that may be partially responsible for the soothing and calming effects of this herb when orally ingested. The anti-spasmodic effects of the other Chamomile flavonoids may help calm some types of stress. There are far reaching benefits with Chamomile as a calming agent for children with control problems involving impulsivity and hyperactivity behavior.

**Passion Flower Herb B.E.E.:** contains a group of alkaloids and flavonoids that have relaxing and anti-anxiety effects on the body. The most well-known and studied constituents in Passion Flower are vitexin, chrysin, orientin and isovitexin, all of which are believed to contribute to Passion Flower's synergistic, anti-anxiety effects. It primarily works on the nervous system. Particularly for anxiety due to mental worry and overwork. It is also good for insomnia and several varieties of pain. Passion Flower is a very effective herb for many nerve conditions. It sedates, soothes and relaxes and helps relieve the muscular spasms. Passion Flower assists in insomnia, with no associated side effects such as stupor, depression, and confusion; as often occurs with various drugs used to treat insomnia. Nervous tensions, nervous agitation, anxiety, hysterical behavior, hyper-activity in children, poor mental concentration, Parkinson's disease, epilepsy, neuralgia, shingles, high blood pressure, spasmodic asthma and nervous conditions associated with menstrual periods, child birth and menopause may all be relieved by this wonderful, safe, gentle nervine herb. For many years, plant researchers believed that a group of Harman alkaloids were the active constituents in Passion Flower. Recent studies, however, have pointed to the flavonoids in Passion Flower as the primary constituents responsible for its relaxing and anti-anxiety effects. The European literature involving Passion Flower recommends it primarily for the treatment of mild to moderate anxiety. Passion Flower is a wonderfully relaxing remedy and one of the best tranquilizing herbs for chronic insomnia, having no addictive effects and allowing you to awake refreshed and alert in the morning. Passion Flower has a sedative and antispasmodic action, relaxing spasm and tension in the muscles, and calming the nerves and lessening pain. Passion Flower exerts its beneficial effects on nutrition to the nerves by toning the sympathetic nerve center, and improving circulation and nutrition to the nerves. Occasionally, it is also used for convulsions. Its ability to reduce anxiety makes Passion Flower valuable for many nervous states, and Passion Flower is used to treat conditions as diverse as asthma, palpitations, high blood pressure, and muscle cramps. In each case, its antispasmodic and tranquilizing properties are the key to its usefulness, reducing the over activity responsible for the disorder. One multi center, double-blind, placebo controlled study with patients who experienced anxious mood and symptoms of anxiety as measured by HAM-A suggests that Passion Flower was superior to placebo and confirmed its effectiveness as an anxiolytic. The study was conducted over a period of twenty-eight days. A subsequent study published in the Journal

of clinical Pharmacy and Therapeutics involved patients who are diagnosed with generalized anxiety. Over a four-week period, 38 patients took either Passiflora extract or Oxazepam, a medication used to treat anxiety. The study concluded that the effectiveness of Passiflora extract as an anxiolytic agent was very similar to that of the benzodiazepine, Oxazepam. On the other hand, significantly more subjects on oxazepam. The results suggest that Passion Flower extract is an effective herb for the management of generalized anxiety disorder, and the low incidence of impairment of job performance with Passion Flower extract compared to oxazepam is an advantage. Based on pharmacological data, the experiences of traditional use and the use in combinations, Passiflora extracts are an important factor in the phytotherapy of tenseness, restlessness and irritability with difficulty in falling asleep. Many pharmacological investigations have been able to confirm the sedative effects. In clinical tests, chrysin has been shown to possess anxiolytic activity without inducing sedation or muscle relaxation. And, though the exact mechanism of chrysin's action is not yet known, researchers believe that its natural monoflavonoid is an agonist of the central benzodiazepine receptors in the brain.

**Hops Herb B.E.E.:** is high in two bitter constituents, humulone and lupulone. Other primary chemical constituents of this herb include valerianic acid, flavonoids (*quercetin*, *rutin*), choline, phytoestrogens, and tannin. Hops is rich in vitamin C and B-complex, and also contains various minerals. It also contains volatile oils. It has sedative and anti-anxiety properties and helps with insomnia, particularly for those with insomnia resulting from an upset stomach. The German Commission E recommends the use of Hops Herb for discomfort due to restlessness or anxiety and sleep disturbances. Hops Herb has also been used to improve appetite and digestion. Hops have a somewhat sedative effect and have been used to soothe and calm the nervous system.

**Albizzia Fruit B.E.E.:** Albizzia is a traditional Chinese herb that is used to relieve stress, calm the spirit and help ease sleep problems. The flowers and bark of the mimosa tree (*albizzia julibrissin*) are one of the most valued Chinese botanicals for relieving anxiety, stress and depression. Albizzia works by enhancing all aspects of neuro transmitter secretion and regulation. The active constituents of albizzia are saponins and tannins, while specifically it contains albitocin, b-sitosterol, amyirin, 3,4,7-trihydroxyflavone, spirosterylglucoside, machaerinic acid, lactone, methyl ester, acaci acid lactone. Several compounds of Albizzia Fruit called flavonol glycosides have demonstrated sedative activity. Quercetrin and isoquercetrin are also a part of its constituents. In one animal study examining the sedative effects of a methanol fresh-flower extract, two isolated compounds from albizzia, quercetrin and isoquercetrin (flavonol glycosides), were both found to increase pentobarbital-induced sleeping time in a dose-dependent manner in mice. The study seems to substantiate the sedative claims for albizzia.

#### **SUGGESTED USE:**

Take 1-2 Capsules when needed. Taking 2-3 capsules 30-60 minutes before bedtime may help with sleep.