



JJ VIRGIN

# STRESS RELIEF GUIDE

**STRATEGIES, RECIPES &  
TIPS TO ADDRESS YOUR  
STRESS NATURALLY**

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# STRESS**RELIEF**GUIDE

When you think about stress, what do you picture? Tough work deadlines and terrible traffic? Maybe it's a difficult relationship or a scary medical diagnosis. While you can probably identify what triggers your stress, doing something about it can prove more complex.

But addressing your stress is crucial! We know stress causes leaky gut, which can lead to a host of health issues, including chronic inflammation and autoimmune disease. High stress levels also break down muscle and cause your body to hang on to fat, especially around your belly.

Stress blocks conversion and uptake of your thyroid hormones, which can cause uncomfortable symptoms like fatigue, hair loss, skin issues, and weight gain. Chronic stress also causes elevated cortisol levels that can make it hard to sleep and cause your appetite to rage out of control.

As if all that wasn't enough, stress also ages you prematurely! Research proves that stress actually shortens your telomeres, the essential genetic material that helps determine how you age and your likelihood of developing diseases like cancer. *It's not an exaggeration to say that stress kills.*

Stress is part of real life, and I'm certainly not immune! While I can't whisk you away to a tropical island with nothing but palm trees and soft breezes, I can offer you practical strategies, recipes, and tips to handle your stress so it doesn't rob you of your health or your peace.

This guide is designed to help you understand and address your stress through your diet, exercise, and easy mindset hacks. Start with the stress quiz to assess how stress impacts your life, then learn strategies to deal with it.

We're in this together!

Best,

JJ

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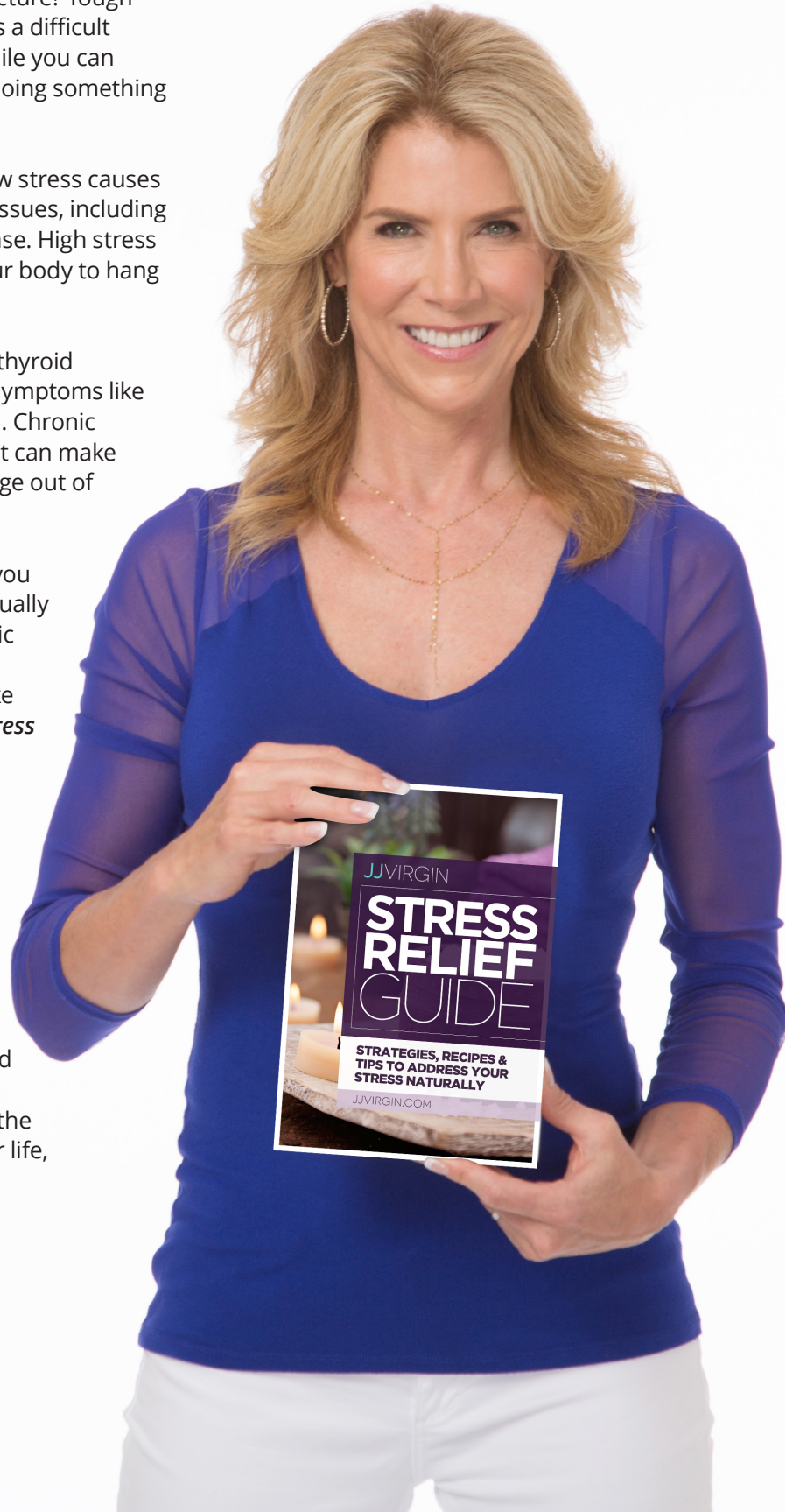
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# STRESS QUIZ:

While we're quick to notice when others act stressed, stress can be surprisingly hard to identify in your own life! Take the assessment below to find out what impact stress is having on your wellbeing.

## IS STRESS DAMAGING YOUR HEALTH?

### PART A: STRESS RELIEVERS

Do you have a close support network of family and friends?  Yes  No

Do you have a spiritual foundation that you draw strength and faith from?  Yes  No

Do you feel like you have control over your life and its direction?  Yes  No

Are you happy in your career or job?  Yes  No

Do you do burst train (i.e. interval training) regularly three times per week?  Yes  No

Do you eat three meals per day at least 6 days out of the week?  Yes  No

Do you take downtime each day to experience your own personal bliss?  Yes  No

Are you comfortable financially?  Yes  No

Do you keep your body within your ideal weight range and body fat composition?  Yes  No

Do you regularly get 7-9 hours of quality sleep per night?  Yes  No

**Total number of "No" answers is \_\_\_\_\_**



## PART B: STRESS PROVOKERS & INDICATORS

Do you regularly consume caffeine, alcohol, sugar, and refined carbohydrates?  Yes  No

Do you frequently feel fearful and/or that things are beyond your control?  Yes  No

Do you struggle to remember things?  Yes  No

Do you suffer from allergies, chronic fatigue, fibromyalgia, asthma, or headaches?  Yes  No

Do you suffer from stomach issues including heartburn, gas, bloating, diarrhea, or constipation?  Yes  No

Do you engage in endurance training (cardio exercise 45+ minutes a day, 3 or more times a week)?  Yes  No

Does it take you 30 minutes or longer to fall asleep at night?  Yes  No

Do you have difficulty sleeping through the night?  Yes  No

Are you sensitive to smells?  Yes  No

Are you impatient or easily irritated?  Yes  No

Have you lost interest in sex?  Yes  No

Are you more tired after you workout?  Yes  No

Have you experienced any major life stressor (positive or negative) in the past year (death of a loved one, major illness, divorce, marriage, birth of a child, move, change of job, financial change)?  Yes  No

Do you need caffeine to wake you up in the morning or to help you make it through the day?  Yes  No

Do you get sick more three or more times a year?  Yes  No

Do you crave carbohydrates or sugary foods?  Yes  No

Do you crave salty foods?  Yes  No

**Total number of "Yes" answers is \_\_\_\_\_**

### **GRAND TOTAL:** \_\_\_\_\_

If you scored three or more in either part or four or more overall, you definitely need to address your stress! Ideally, no matter what you scored, you will want to rectify any "No" answers in Part A or "Yes" answers in Part B.

Of course, you can only tackle what's possible to change, but now you can focus on short- and long-term strategies to correct these stressful life areas because you know they're a big detriment to your health and metabolism.

# TOP 5 WAYS TO NATURALLY REDUCE STRESS

No matter what time of year it is, stress can always creep in. Winter holidays often deliver depression along with the gift wrap and gingerbread, while schedule changes during summer vacation can bring on anxiety instead of relaxation. All that tension takes a toll on our physical and mental health, as rates of anxiety disorders and stress-related illness continue to climb.<sup>1</sup>

Fortunately, there are some quick, natural steps you can take to address your stress levels and maintain your sense of calm. You can't keep your father-in-law from telling awful jokes at the dinner table or magically melt away traffic jams! But you can definitely take steps to meet the day's challenges well-rested, calm, and strong.

My top 5 stress-busting strategies:

1

**Green tea:** Green tea has been proven to boost your health in so many ways, from fighting cardiovascular disease and obesity to preventing type 2 diabetes and some types of cancer.<sup>2</sup> As if all that wasn't enough, it also makes you feel good!<sup>3</sup> (Turn to page 12 now to learn more about green tea's benefits and get a delicious recipe for Chai Green Tea with Whipped Coconut Cream.)

2

**Exercise:** Want to feel better fast? Get moving! Studies show that people who exercise at least 2-3 times a week experience significantly less depression, anger, and stress than folks who exercise less frequently or not at all.<sup>4</sup> And you don't have to spend hours in the gym to get those mood-boosting benefits – flip to page 15 to find out how to get a complete workout in just 10 minutes a day.

3

**Gratitude:** Research proves that the more gratitude you show, the more positive you feel about your life.<sup>5</sup> And it turns out that sticking to your gratitude journal can actually make you produce less ghrelin and cortisol, the hormones that help determine whether you feel hungry or stressed.<sup>6-8</sup> For an easy way to fight stress with gratitude, check out the gratitude challenge on page 19.

4

**Chocolate:** This one sounds too good to be true, doesn't it? When the going gets tough, if your gut instinct is to reach for chocolate, you might be on to something! The flavanols in dark chocolate enhance your brain function and lower stress hormones, making you feel more focused and calm.<sup>9</sup> (Want more good news? Keep reading on page 21 for the Top 5 Reasons to Eat Chocolate Every Day and some amazing chocolate recipes...)

5

**Omega 3-s:** You don't have to work hard to make a case for getting plenty of omega-3s in your diet, stressed or not! These powerful fatty acids have been proven to boost brain health, fight inflammation, and help burn fat and build muscle.<sup>10-12</sup> Omega-3s also show enormous promise in treating mood and behavior disorders and healing traumatic brain injuries.<sup>13,14</sup> Find out the top 15 foods for omega-3s on page 26.

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# STRESS FACTS: CAVEMEN AND CORTISOL

**Your body's instinct for self-preservation is a beautiful thing.** We have hundreds of built-in chemical responses ready to help us through the hard times. And when it comes to finding the energy and strength you need to survive stress, cortisol is your number one ally.

Cortisol is the primary stress hormone produced by your adrenal system, and it's responsible for so many important tasks – from maintaining your sleep schedule and appetite to deciding your mood and whether you burn fat and build muscle.<sup>1-4</sup>

For your ancient ancestors, extra cortisol and adrenaline helped create a sudden burst of speed when they were being chased by a wild animal. Their adrenal system also had the smarts to make more cortisol so they could hang on to body fat during the winter, when mealtimes were less predictable.

**Unfortunately, today's world simulates those times of stress and deprivation 24/7.** As you juggle a hectic schedule, work deadlines, and family obligations, your body gets the message that you're in constant danger, and it produces more cortisol to protect you. The result? Anxiety and depression, trouble sleeping, a huge appetite, and extra belly fat that won't budge.

That additional cortisol also increases inflammation, putting you at risk for major disease, including heart disease, cancer, and autoimmune disorders.<sup>5</sup> Addressing your stress can save your life!

If stress is interfering with your moods, sleep, or appetite, you need to hit the reset button. Try the tips in this guide, and consider an all-natural supplement to help. The botanicals, vitamins, and minerals in vegetarian [Stress Reset](#) can help restore your natural balance of stress hormones like cortisol so your body can manage stress safely and healthily.\*

**You're not a caveman in danger, and it's time your body got the message!**

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# 5 WAYS GREEN TEA HELPS YOU LOSE WEIGHT & FEEL HEALTHY

Green tea has been part of my daily routine for years and for good reason! Research shows that green tea is great for weight loss, reducing stress, improving focus, and numerous other health benefits.

Whether you wait for your tea kettle to whistle or grab an iced matcha at your local coffee shop, be sure it's unsweetened. You don't want to undo the anti-inflammatory benefits of green tea by loading it down with sugar! (Not a fan of the taste? Try taking green tea extract in [Metabolic Reset](#) instead.)

Read on to learn more about how green tea helps you...

1

### Feel calm.

Green tea contains L-theanine, an amino acid that has been shown to relax the brain and reduce blood pressure.<sup>4,9</sup> When you're calm, you are less likely to fall prey to emotional eating, so pour yourself a mug and de-stress. (Just make sure to stick to decaf after lunch to prevent sleep issues.)

2

### Lose weight.

Catechins are the powerful antioxidants in green tea that have been proven to protect against obesity and type 2 diabetes.<sup>1</sup> New research also shows that [green tea](#) promotes fat loss by increasing obesity-fighting enzymes.<sup>2</sup> If you're looking for help with weight loss, green tea is a great ally!

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3

### **Prevent disease.**

Green tea is a natural detoxifier that's been linked to the prevention of many types of cancer and degenerative diseases.<sup>1,3</sup> In fact, studies show that drinking at least 2 cups of green tea a day can even help reduce your risk of cardiovascular disease by as much as 44%!<sup>4,5</sup>

4

### **Stop inflammation.**

Chronic inflammation can cause a host of problems, including premature aging, weight gain, and weight loss resistance. Research shows that EGCG, the most abundant catechin in green tea, stops the cycle of inflammation.<sup>6</sup>

5

### **Fight infection.**

Studies prove that green tea is a natural antibacterial, antiviral, and antifungal.<sup>7</sup> Ever heard that you should take vitamin C to fight a cold? Green tea is an even more powerful antioxidant than vitamins C and E!<sup>8</sup>

Now that you know the benefits of this amazing beverage, there's only one thing left to do: enjoy a cup of Chai Green Tea with Whipped Coconut Cream (recipe up next) and experience all the good that green tea has to offer!



## RECIPES

# CHAI GREEN TEA WITH WHIPPED COCONUT CREAM

This drink recipe is zen in a mug. Antioxidant-rich green tea blends with chai spices and creamy coconut for a healthy, soothing drink. Top it with a cloud of whipped coconut cream and a dash of green matcha powder for a real showstopper. Great flavor and great health benefits!



MAKES 1 SERVING

- **2 scoops** [Chai JJ Virgin Plant-Based All-In-One Protein Shake powder](#)
- **4 oz.** unsweetened coconut milk
- **6 oz.** brewed green tea (hot)
- Whipped coconut cream (recipe on page 13)
- **dash** of ground matcha powder

**In a small bowl, whisk together the coconut milk and chai shake powder until smooth and well-combined. Pour into the hot green tea and stir.**

**Top with a spoonful of whipped coconut cream and a dash of ground matcha powder.**

## RECIPES

# WHIPPED COCONUT CREAM

This dreamy, dairy-free whipped concoction makes the perfect topping for any drink or treat. It's a beautiful cloud of naturally sweet coconut.



MAKES 1/2 CUP

- 1 (14 oz.) can full-fat unsweetened coconut milk, refrigerated at least 12 hours

**Open the can and drain off the liquid. (Save it to use in protein shakes!) Then scoop the firm coconut meat into a medium bowl.**

**Beat with an electric mixer on medium-high speed until completely whipped and thick. Refrigerate until ready to use.**

# MY FAVORITE MINDSET HACK: TAPPING

**What do you do when you're feeling overwhelmed and about to lose your cool?** We've all been there, and counting to ten isn't much help. [Mindset hacks](#) to the rescue!

Mindset hacks are quick and easy ways to hit the reset button when you're feeling stressed or anxious. They include prayer or meditation, deep breathing, humor, music, or hugs – anything that helps you refocus on the positive.

One of my favorite mindset hacks is tapping. Tapping is related to the ancient Chinese tradition of acupressure and offers you a quick way to regain your balance when you're feeling emotionally unsteady. I use it every day as one of my go-to ways to cope with stress.

If you'd like to find out more about tapping, you can [download this free e-book from Nick Ortner](#), a good friend of mine who is an expert on the subject.



## BURST TRAINING

# GOT 8 MINUTES? HOW TO BUILD A STRESS-BUSTING BURST TRAINING WORKOUT

Exercise is one of the best ways to stay healthy, and that includes your mental and emotional health. Burst training – i.e. high-intensity interval training – helps lower stress hormones that make you feel tense and interfere with sleep. In fact, regular exercise has been proven to help with both anxiety and depression.<sup>1,2</sup>

### **Why Burst Training?**

If you're used to spending long hours on the treadmill or bike, get ready to change your idea of working out! Long, steady endurance cardio is officially out the window. In fact, that slow plodding away on the elliptical machine or stair-climber may actually be making you lose muscle, store fat, and feel moody and hungry.<sup>3</sup>

### **Burst train for just 8 minutes a day, 3 times a week to:**

- Better handle stress (Bursting lowers your stress hormones.)
- Boost your metabolism (Your body keeps working long after you finish bursting.)
- Burn away fat (You won't believe how fast it melts away!)
- Boost your growth hormone (Bursting helps build muscle.)

Burst training is fun, fast, and can be done anywhere, from hotel stairways to your backyard. The main reason people give for not working out regularly is not having the time. That excuse is officially off limits with this type of training because you can do an entire workout in 8 minutes!

## BURST TRAINING

# HOW TO BURST TRAIN

Here's the quick, simple steps to putting together a burst training session:

1

**Pick a fun activity that gets your heart pumping.** The options are really endless here: running up and down the stairs, using an [X-iser](#), jumping air rope, sprinting in the swimming pool, jumping jacks, dancing, burpees (dropping into a squat, then standing back up quickly), running in place as fast as you can or up a nearby hill... Almost anything works!

2

**Go at your own pace.** The idea with burst training is to do your chosen activity in bursts of 30-60 seconds as hard and fast as you can. If you can race up and down a neighborhood hill, then go for it! If just walking slowly up and down the steps is a major challenge, then that's fine, too. Maybe going from sitting to standing is taxing – as long as you're working hard, the level of activity isn't the point. The beauty of interval training is that it meets you where you are.

3

**Burst, then recover.** Do your chosen activity for 30-60 seconds as fast and hard as you can. You should feel the burn! Then actively recover for twice as long. "Actively recovering" means doing the same activity, but at a slower pace so your muscles can recover. If you were sprinting, then active recovery would be walking. Jumping as high and fast as you can for 60 seconds? Actively recover by hopping slowly for two minutes.

4

**Four bursts and done.** That's right: four bursts of 30-60 seconds, four sets of active recovery that are twice as long, and you're finished. Your interval training sessions should never be longer than 12 minutes!

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## BURST TRAINING

# EXAMPLE BURST WORKOUT

This is just one example of a possible burst training session. Remember to tailor your activity choices to your own fitness level. And don't get bored! Change out your burst training activities often to keep things fun and interesting.



**I start by warming up for 3 minutes – typically I walk for 2 minutes, then run for 1. The idea is to get the blood flowing in your muscles so they are warm and ready for the burst training to come. Again, choose a warm-up that fits your needs.**

THEN...

- **Sprint for 30 seconds.**
- **Walk for 1 min.**
- **Run up the stairs for 1 min. (I love hotel stairwells for this!)**
- **Walk down the stairs for 2 mins.**
- **Take the stairs up two at a time for 1 min.**
- **Walk the stairs down for 2 mins.**
- **Run up the stairs for 1 min.**
- **Walk down the stairs for 2 mins.**
- **Cool down for 3 mins by walking or doing another slow, steady activity.**

For every burst, push yourself as hard as you can. You should be feeling it by the end of every 30-60 seconds of bursting. If you feel like you could have gone longer than 60 seconds with your bursting activity, pick a harder one or go faster. Once you're in great shape, you can go up to six bursts and active recovery periods, but never more than that.

You'll be amazed at how quickly you see results from burst training! No more making time for long aerobics classes that never really trim inches or help your stress. Instead, take a few minutes to burn fat, build energy, and decrease your risk of disease with burst training.



The number one reason people give for not working out? Not enough time. If you're tired of feeling out of shape, it's time to do something about it – fast!



**THE FAST FITNESS ONLINE PROGRAM IS EVERYTHING YOU NEED TO BUILD A COMPLETE, FULL-BODY WORKOUT ROUTINE THAT SETS YOU UP TO SUCCEED IN JUST MINUTES A DAY: NO GYM REQUIRED.**

**The Fast Fitness Online Program includes:**

- 25 step-by-step workout videos by JJ Virgin for both high-intensity interval training and resistance training
- downloadable Getting Started Guide e-book with dozens of informative articles and tips
- downloadable Measurement Tracking Journal PDF to record your progress and help you stay motivated
- downloadable Recommended Workout Schedules PDF to take the pain out of planning your workouts
- downloadable Exercise Nutrition Tips Cheat Sheet PDF to make the most of your hard work

Compare the cost of Fast Fitness to just one session with a personal trainer or a visit to the doctor...

If you've been putting off exercise because it feels too boring or intimidating, Fast Fitness is the answer.

**GET STARTED TODAY! [CLICK HERE](#)**

# THE POWER OF GRATITUDE: THE G.A.M. CHALLENGE

Saying “thank you” can help you live longer! One of the fastest ways to shift your outlook and address your stress is with gratitude. And science proves that showing gratitude not only decreases stress hormones and inflammation that can cause aging and disease, being thankful can also boost the release of endorphins, your body’s natural feel-good chemicals.

### Need help getting there?

### Follow my quick and easy 3-step G.A.M. formula:

**Gratitude:** Every morning, right down 3 things you’re grateful for. (Coffee and sunshine make regular appearances on my list...) Starting your day focused on the positive will train your brain to keep looking for it throughout your day.

**Affirmation:** Every afternoon, make it a point to be kind to someone else. Tell your bestie what a great listener she is or compliment your neighbor’s beautiful yard. There’s no better way to stop paying attention to your own stress than by focusing on someone else’s great qualities.

**Miracles:** Every night, list 3 wins from your day – I call these my “little miracles.” They don’t have to be monumental to have a big impact on your mindset and help relieve stress. Hint: I can guarantee 3 wins for today are that you’re breathing, you’re making a deliberate effort to transform your health, and you have the support of my team and I along the way...

If you’d like to learn other ways to master a strong, positive mindset so you can stay resilient and reach your biggest goals, please check out [Miracle Mindset Academy](#).

*“Miracle Mindset Academy has given me a new take on life. In a few short months I have been able to shift from years of a downward spiral emotionally to one on solid ground with increasing confidence and joy each day. By working through the program, participating in the community and changing my habits, I have been able to develop a different perspective and remove the mental blocks that were holding me back. JJ Virgin has put together an amazing program that can change our mental, emotional, and physical health. Today I wake up with a Miracle Mindset that is excited to live the day and hopeful for the future.”*

- Robin M.



## STRESS FACTS: RELAX WITH LAVENDER

Did you know lavender is a powerful natural stress reliever? When [my son Grant](#) was in the hospital, I witnessed the power of lavender firsthand. Even when he was in a deep coma, rubbing his feet with lavender essential oil reduced his blood pressure and heart rate.

No surprise that a series of studies has shown lavender is a natural antidepressant that not only stabilizes your mood, but also relieves pain and can even prevent seizures and migraines! The next time you're feeling overwhelmed, try taking a bath with several drops of lavender essential oil in the water.

## **TOP 5 REASONS TO EAT CHOCOLATE EVERY DAY: WHY DARK CHOCOLATE IS GOOD FOR YOU**

I don't know about you, but I'm a huge chocolate fan! So I was pretty thrilled as research studies started pouring in over the last decade that prove the health benefits of eating cacao every day. "I have to eat my chocolate: doctor's orders."

There are plenty of reasons to make chocolate a part of your daily supplement regimen, including its benefits for stress and your brain health. (Remember, we're talking about dark chocolate here, with at least 75% cacao content.)

### **REASONS FOR ONGOING CHOCOLATE BLISS INCLUDE:**

#### Better brain function.

Flavanols are chemicals found in large quantities in cocoa and chocolate, and they've been proven to enhance cognitive function and blood flow to your brain. In fact, test subjects in one study showed remarkably increased brain activity while they drank flavanol-rich cacao.<sup>1</sup> (Wouldn't you love to be a paid subject for that study?) The results show real promise for treatment of stroke and dementia patients.

#### A healthier heart.

A large-scale study by the National Heart, Lung, & Blood Institute demonstrated that people who consume more dark chocolate are 51% less likely to suffer from coronary disease!<sup>2</sup> The results may be due in part to flavanols' ability to lower blood pressure, but they mean one thing for sure: pass the chocolate bar!

## Improved cholesterol levels.

Another possible reason for dark chocolate's positive effects on heart disease risk is that flavanols help lower LDLs and raise HDLs. Not only does flavanol-rich cacao consumption increase the body's ability to process harmful cholesterol particles, it does so without negative effects on prostaglandins, the hormones that help regulate inflammation.<sup>3</sup>

## Skin protection.

Believe it or not, eating chocolate every day is a great way to protect your skin from the sun's harmful UV rays!<sup>4</sup> Multiple studies show that eating flavanol-rich chocolate every day for 12 weeks cut the impact of UV exposure on skin by at least 25%. It also results in smoother, thicker skin for women, which translates to fewer wrinkles and skin issues.<sup>5</sup> It's worth noting that study participants who ate low-flavanol chocolate (like Hershey's or other low-cacao, high-sugar chocolate) showed none of the same positive effects...

## Decreased insulin resistance.

Your insulin sensitivity measures how well your body is able to respond to blood glucose changes. Long-term exposure to stress, sugar, and harmful foods can result in insulin intolerance, which puts you at higher risk for hypertension, type 2 diabetes, and system-wide inflammation.<sup>6-8</sup> Chocolate to the rescue! Research proves that just 15 days of eating high-flavanol dark chocolate can improve insulin sensitivity and decrease insulin resistance.<sup>9</sup>

A 2-ounce serving a day of high-flavanol dark chocolate or raw cacao powder is definitely a tasty way to take better care of yourself! Check out the trio of decadent chocolate recipes below to get your chocolate fix...

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## RECIPES

# CHOCOLATE AVOCADO MOUSSE WITH CACAO NIBS

How about a rich chocolate mousse for dessert without any dairy or blood sugar spikes? Sound too good to be true? The next time you have a chocolate craving or need a five-star end to your meal, reach for this amazing recipe with with avocados and dark chocolate, proven stress fighters.



### MAKES 4 SERVINGS

- **2 oz.** dark chocolate, 75 percent cacao or higher, chopped
- **1** avocado, peeled and pitted
- **3/4 cup** plain cultured coconut milk (found in the dairy aisle with yogurt)
- **1 1/2 tsp** monk fruit extract
- **1/2 tsp** real vanilla extract
- **4 tsp** cacao nibs

**Melt chocolate over a double boiler on medium heat. Let cool for 3 minutes.**

**Combine the avocado, cultured coconut milk, monk fruit extract, and vanilla extract in a medium bowl. Beat with an electric mixer on the highest setting until well combined. Add the melted chocolate and beat it in until the mixture is light and fluffy.**

**Divide among four bowls and refrigerate for at least 20 minutes. Just before serving, sprinkle with the cacao nibs.**

## RECIPES

# TRIPLE CHOCOLATE BLUEBERRY OVERNIGHT OATS

Three kinds of chocolate and berries come together in this quick, convenient overnight oats recipe. It's a rich, gluten-free breakfast full of protein, fiber, and vitamins! The stress-fighting power of dark chocolate is just another reason to love this recipe...



MAKES 1 SERVING

- **1 scoop** [JJ Virgin Chocolate All-In-One Protein Shake powder \(your choice of Paleo or Plant-Based protein\)](#)
- **2/3 cup** unsweetened almond or coconut milk
- **1/3 cup** plain full-fat Greek yogurt or cultured coconut milk
- **1/2 cup** gluten-free rolled oats (not quick cook)
- **1/4 cup** fresh blueberries (not frozen)
- **1 Tbsp** chia seeds
- **1 Tbsp** raw cacao nibs
- **1 tsp** raw cacao powder
- **1/2 tsp** vanilla extract
- **pinch** sea salt

**In a medium-sized mixing bowl, whisk together the protein shake powder, almond or coconut milk, and yogurt until thoroughly mixed and smooth. Stir in the remaining ingredients until well-combined.**

**Spoon into a one-pint jar with a tight-fitting lid. Close and refrigerate for at least 6 hours, preferably overnight before eating.**

## RECIPES

# CHOCOLATE CHERRY CHIA PROTEIN SHAKE

This tasty recipe includes chia seeds and dark chocolate, two superfoods that provide filling, heart-healthy fiber, fat-burning protein, and stress-busting flavanols. Combine them with the immune-boosting power of cherries, and you've got the perfect meal.



MAKES 1 SERVING

- **2 scoops** [JJ Virgin Chocolate All-In-One Protein Shake powder](#) (your choice of Paleo or Plant-Based protein)
- **1 cup** frozen organic unsweetened dark cherries
- **1-2 Tbsp** chia seeds
- **1/2 cup** full-fat plain Greek yogurt or cultured coconut milk
- **1/2 cup** cold filtered water

**Blend the ingredients together until smooth. (If you're using Paleo shake mix, ramp up the blender speed slowly to keep it creamy.)**

**Your shake can be thickened by adding ice cubes or thinned by adding more cold water. So good!**



## STRESSFACTS

# THE POWER OF OMEGA-3S

**Want to know the number one way to fight stress at the dinner table?** Load up on omega-3 fatty acids. These healthy fats have been proven to fight inflammation and improve your brain health, including helping your body better handle stress.

**So how do you get omega-3's? The 15 foods below have high omega-3 content and give you plenty of yummy, natural ways to get this vital nutrient:**

- 1. Chia Seeds** (4915 mg per tablespoon)
- 2. Walnuts** (2542 mg per ounce)
- 3. Mackerel** (2371 mg per 3-oz. serving)
- 4. Flaxseed** (2350 mg per tablespoon)
- 5. Salmon** (2151 mg per 3-oz. serving)
- 6. Anchovies** (1827 mg per 3-oz serving)
- 7. Bluefin Tuna** (1457 mg per 3-oz. serving)
- 8. Oysters** (1346 mg per 3-oz. serving)
- 9. Sardines** (1090 mg per 3-oz. serving)
- 10. Hemp Seeds** (1070 mg per tablespoon)
- 11. Cooked Spinach** (352 mg per cup)
- 12. Cooked Cauliflower** (208 mg per cup)
- 13. Gluten-Free Oatmeal** (173 mg per serving)
- 14. Raw Raspberries** (155 mg per cup)
- 15. Grass-fed Beef** (48 mg per 3-oz. serving)

If you're not able to consistently get at least 1,000 mg of omega-3s per day or are coping with chronic stress, a superior-quality, non-GMO supplement like [Omega Ultra](#) will ensure you get the omega-3s you need.\* (Can't swallow capsules? [Liquid Omega Upgrade](#) is a great option, too.)

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