

## **YOU WOULD NEVER GUESS, WHY DESTRESSING BEFORE BED IS SO IMPORTANT!**

### **READ THIS.**

For majority of people stress is unfortunately part of our life, well I'm one of them as well. It just happens; if it's not boss, then there are children, or traffic jam, money issues,...

But why is it so important to take care of stress each and every single day and not letting that it accumulates during time?

Let's talk about hormones now. I'm sure, you have already heard of the hormone cortisol, 'famous stress hormone', right? When we are stressed, the level of this hormone rises. Well, let's be frankly. It's not all bad about this hormone. During the day, this helps us, that we cope with our stressed situations. It gives us energy. BUT, if we don't lower cortisol in the EVENING, it messes another very important hormone, and that is melatonin hormone. And this is the hormone, that body produces ONLY at night, BUT only if the level of cortisol is LOW. Hormone Melatonin helps you with sleep, but it has also another VERY IMPORTANT function. And that is, that without it, growth hormone can not be produced. And GROWTH hormone is the one that is in charge for reparation and rejuvenation of the body. So, that means, if we don't take care of our cortisol level and lower it BEFORE we go to SLEEP, our body will not be able to repair our cells and rejuvenate our body. That's why it's so important to release stress daily.

This also means, that whatever good you do for the body during the day (exercises, food,...), body can not 'use' since it has no growth hormone.

So, our first job is, to enable our body, to produce growth hormone. And that means, to get rid of stress EACH and EVERY DAY.

OK, now that you know it, just have to do it, right? But you don't know how?

Hey, I can help you with that! Just when I was writing this, I realised this is where everything begins. With taking care of stress. All the other good stuff comes next. And because I wanna help you achieving that , I created a 4 weeks program, where I teach you one short, easy exercise each week, how to release stress in just 5 minutes.

How about taking 5 minutes for yourself and let's **FLUSH your stress away!**

Come on and join my new program. Let's lower your cortisol level and make sure, your body will get this growth hormone to repair and to rejuvenate during the night!