

For a *healthy*
and *balanced* mood



We can help!



Life is tough...

Although stress is a natural part of life, it can be a major problem if it is prolonged or severe. In our frantic society, stress affects people of all ages, genders and circumstances. Stress can lead to both physical and psychological health issues.



Everyone goes through times of unbalanced mood
- you are not the only one.

Reasons for mood disorders

- Prolonged stress causing burnout
- Loss of job
- Bereavement
- Relationship problems
- Hormonal disturbances, such as menopause

Signs of mood disorders

- Feeling hopeless and helpless
- Trouble sleeping or daytime sleepiness
- Poor appetite or eating too much
- Fatigue or low energy
- Having no motivation or interest in things
- Low self-esteem

Take your life in your hands...

To keep your mind healthy, it is also important to take care of your body. The way you eat, sleep, and stay active can have a big effect on your mental health. Lifestyle changes are simple but powerful tools in treating mental disorders. Sometimes it might be all you need.

Get physical - Regular, moderate exercise helps ease tension, lift mood, and improve sleep and self-esteem. Making exercise a habit is key.

Get enough rest - Getting enough sleep can improve mood, concentration and performance at work or school.

Eat right - A varied and balanced diet provides fuel for your brain and counteracts the impact of stress on your body.

Get a dose of sunshine every day - Sunshine lifts your mood. Try to get 10 -15 minutes of sun exposure every day.

Get a pet - Pets can be great companions, as well as give you unconditional and uncomplicated love.



Getting help

Mental illnesses are very common and are among the leading causes of disability in Canada. They not only lower your quality of life but also impact those you love. Whatever the cause, if negative feelings don't go away, or are too much for you to cope with, you may need to get some professional assistance through:

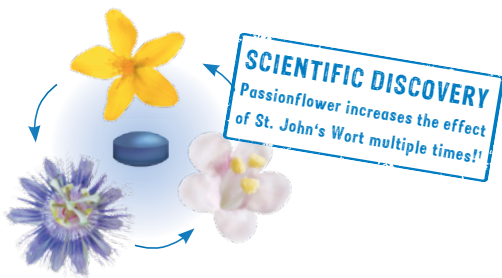
- Medications
- Psychotherapy
- Alternative therapies, e.g. biofeedback
- Natural remedies, e.g. **NEURAPAS®** *balance*

Many people now choose to use natural therapies to help them with mental health problems. These therapies can be less intrusive than medical treatments. Most of them can be used alone or with other medications. Work together with your health care provider and choose the best therapy for your unique situation.



120 Years of Excellence

- **NEURAPAS®** *balance* is the premier formula from PASCOE - a German company with 120 years of history in Natural Medicine.
- **NEURAPAS®** *balance* is made in Germany and is fully registered with Health Canada.
- **NEURAPAS®** *balance* was awarded the SELF Deutschland-Award by the European League for Safe Patient Therapy Self-Management.
- The synergy between passionflower and St. John's Wort in **NEURAPAS®** *balance* allows a high degree of efficacy with excellent tolerability.

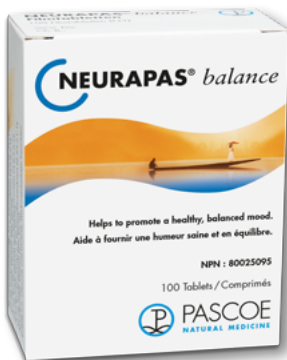


1. Fiebich, B. L., Knorle, R., Appel, K., Kammler, T., & Weiss, G. (2011). Pharmacological studies in an herbal drug combination of St. John's Wort (*Hypericum perforatum*) and passionflower (*Passiflora incarnata*): in vitro and in vivo evidence of synergy between *Hypericum* and *Passiflora* in antidepressant pharmacological models. *Fitoterapia*, 82(3), 474-480

In Canada, more than 350 licensed Naturopathic Doctors prescribe **NEURAPAS®** *balance* for their patients!

Direct help from NEURAPAS® *balance*

- Promotes a healthy mood
- Fast acting
- Excellent tolerability



Dosage:

Unless otherwise directed.

Adults and children over 12 years of age: 2 tablets 2-3 times/day; Children (6-12 years): 1 tablet 1-3 times/day

For complete product information see product insert leaflet or ask your health care provider.

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