



My Best Kept Secret for Stress Relief

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I have several things I do to help relieve stress like taking yoga classes, journaling every morning, and praying, but my best kept secret is [RESCUE Remedy](#). I heard about RESCUE Remedy years ago on the Dr. Oz show. I had to quit watching Dr. Oz otherwise I would currently own a small pharmacy, but thatâ€™s a whole other story for a different day. The thing that caught my attention about RESCUE Remedy was that Dr. Oz said his family has been using it for years. He gave it to his children if they felt anxious about a test or other life experiences that might cause mild stress and anxiety.

The one question I always asked my pediatrician whenever they recommended something is, â€œWould you give it to your child?â€ It could be the flu shot or even something as basic as a vitamin. My husband says I like to question everything, but I like to think of myself as wanting to be an

educated consumer. Do I have trust issues? Possibly!

I got online and immediately ordered Bach's RESCUE Remedy drops. If Dr. Oz gives this to his children I determined it had to be good stuff. If you read my blog regularly you know I love to share my favorite finds. I was excited about this opportunity to try some of the other products in the [RESCUE Remedy line](#). I carried the drops with me while traveling because I have a bit of travel anxiety, but I'll be taking the pastilles with me from now on. I'm claustrophobic and if I get on a small plane or I feel cramped in a plane seat I get anxious. I had to pull out RESCUE Remedy when I was in the last row of a plane in the middle seat with a large man next to me invading my space. It quickly helped to take the edge off especially when it was going to be an hour or so before beverage service started.

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[RESCUE Remedy](#) has been a life saver for me during many travels. I love to travel, but there are certain things like riding in taxis around NYC, large crowds, long lines, and close quarters that increase my stress level. I carry RESCUE Remedy in my purse and it has helped me stress less and feel a little more relaxed. The best part is it's natural, safe and non-habit forming with no side effects. Trust me when I say my husband and kids are a lot happier when I've remembered to pack RESCUE Remedy on trips.

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I picked up the RESCUE Pastilles at Walgreens which will be even easier to travel with and are a gummy chewable. I also purchased the RESCUE Sleep Liquid Melts because I also often have trouble falling asleep in hotel rooms. I know by now your probably thinking, sheâ€™s a joy to travel with. While I may have a few more anxious quirks than some people I know Iâ€™m not alone. Travel and stress often go hand in hand, but I donâ€™t want to let that stop me from seeing the world. Iâ€™m headed to the Dominican Republic with my family for Spring Break and [RESCUE products](#) will be traveling with us. RESCUE Stress Relief products are available now in the United States at CVS, Walgreens, Whole Foods, Sprouts and wherever you find natural products. Click [HERE](#) for a coupon so you can try it for yourself.

What are some ways you handle stress, especially during times of travel? Please leave a comment.

I was selected for this opportunity as a member of [Clever Girls](#) and the content and opinions expressed here are all my own.

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Author

queenie

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