

Stress

Susan Washburn—New Mexico, April 2003

After taking jiaogulan capsules, three per day in a.m. on empty stomach, for about four months I noticed a definite change in my physiological responses to stressors. Fewer adrenalin rushes, less muscular tension, more energy at the end of the day. It seemed as if the jiaogulan moderated the sympathetic nervous system's over-reactions and allowed the parasympathetic system to kick in more quickly to return things to normal. The effect is subtle, but certainly noticeable, and since I didn't expect anything from the pills, probably not a placebo phenomenon.

Benét Leigh—California, August 2003

I've gotten my first good night's sleep in 5 years, in spite of all the stress in my life, and without changing anything else. Thank you.