We’ve all seen it before. Another weight loss program; a diet gimmick; a new fad. Project b3 is none of the above. It’s a simple wellness program created from my passion to create a healthier, happier you.

Over the years, we’ve been thinking about stress eating and metabolism all wrong. We’ve always put it in the “body” category. Restricting what we eat, dieting and continuing this destructive cycle of counting calories for every little thing. Stop. Don’t do it.

The truth is these body issues are actually related to the brain (mental wellness), the biome (gut health), and the connection between them. So, they’re actually part of something bigger — our body, brain and biome. That’s why we called this system Project b3. We’re incorporating all three, not just one, because that’s what it takes to get a healthy lifestyle.

By naturally addressing all three aspects that are out of balance, we can help people feel better. By boosting their mental wellness, they can finally achieve the health they’ve been missing in their physical wellness. Mental wellness is not only in the brain, but also in the gut and that’s how we need to approach our physical well-being.

In this book, you’ll learn how you can optimize your mental and physical wellness with Project b3. Through a step-by-step approach I’ve been utilizing for years called SENSE, you’ll find effective techniques and tips to create a healthier, happier you. SENSE, which stands for Supplementation, Exercise, Nutrition, Stress Management and Evaluation is not just a short-term program, but rather a lifestyle system. It’s something you have to commit to in order to make a real change in your daily habits.

Project b3 is your guide to optimized wellness. The mission is to improve your mental well-being, your physical wellness, and create a more invigorated, well-balanced you.

Shawn Talbott, PhD
Amare Chief Science Officer
Founding Executive
Dr. Shawn Talbott has brought more than 20 years of experience and research to the development of the Project b3 program and Amare products. An athlete himself, Dr. Shawn has competed at the national and international level in rowing, cycling and triathlons. He is a Fellow of the American College of Nutrition (ACN), the American College of Sports Medicine (ACSM), and the American Institute of Stress (AIS). Dr. Shawn has been featured on The “Dr. Oz Show,” the TED stage and the White House.
“As a devoted husband, father, and entrepreneur, it can be difficult at times to ensure I always take the best care of myself and my health. After some challenging years, my health became my top priority when I founded Amare Global. I knew I had to take care of my well-being, and not just say it, but take action and do it. When Dr. Shawn and our R&D team began developing our amazing products, I made sure we were formulating products that we at the Home Office, including myself, would want to take in order to live happier, healthier lives. I loved our products so much that I immediately incorporated them into my daily routine.

As I started taking our products, I also increased my exercise, learned how to breathe more effectively and I opened up more about my struggles. I was finally able to be more present at work with our team and at home with my family. I found my anxiety was reduced, and I felt lighter — like a heaviness had lifted. I lost weight, I felt more purposeful than ever, and I found my story really helped others while at the same time, sharing it was healing for me as well. Now, my passion for life is back and it brings me joy to share my experience with others. I’m happier than I’ve ever been, not because I only look healthier, but I feel better too.

At Amare Global, we will continue to create high quality, all-natural mental wellness products that connect and inspire people around the world. Our products vitalize the mind and body, while our passion promotes a healthy lifestyle and inspires personal growth. I’m the living example of our commitment to all of the above, and I can’t wait to see you experience and share your own results!”

-Hiep Tran
Amare Global Founder & CEO
Project b³

A fit **body** begins with mental wellness, and the key to a healthy **brain** is the gut **microbiome**. 


A healthy **body** is dependent on more than just dieting. Our levels of stress, mental wellness and gut health all play a role in our physical well-being.

Cutting-edge science has increasingly shown that our **brain** and mental health, along with our overall stress, are greatly impacted by the health of our microbiome.

The gut **microbiome** forms the foundation of both brain and body health.

### Project b³ Benefits

- Improved gut health
- Balanced microbiome
- Optimized gut-brain axis function
- Reduced stress
- Improved vigor
- Boosted energy
- Maximized sleep quality
- Sharpened mental clarity
- Enhanced skin tone
- Reduced cravings
- Improved body composition, fat loss

**REMEMBER!** Benefits come in phases and some results will be evident faster than others. Stay consistent. Focus on small steps. Soon you’ll be seeing big benefits!
We all know what we put in our body is important, but did you know we’ve been thinking about stress eating, cravings and metabolism all wrong? Endless diets, food restrictions and calorie counting — we need to stop the destructive cycle. Instead, we need to invest our time in a well-balanced lifestyle (nutrition, supplementation and exercise), and refocus on the real issues.

Thanks to science, we’ve discovered our body issues are actually related to our brain, not just our body. What does this mean? In order to allow our body to function at optimal levels, our mental health needs to be balanced. How do we accomplish this? With a plan to connect our body with not only our brain, but also with our biome.

The biome — our gut health — is the primary aspect that influences our body issues. Body. Brain. Biome. The connection between them is why we created this specific system. By addressing all three, we are able to get back in balance and start feeling better. With the Amare Project b3 supplements, a healthy diet and moderate exercise, you’ll be able to optimize not only your mental health, but your physical wellness too.

Welcome to Project b3.
Congratulations on taking the first step to a happier, healthier you. Project b3 will help guide you with tips and tools to put you on the path to a sustainably holistic lifestyle.

1. What's in the Project b³ Pack?

Take these core supplements daily for optimal microbiome support:
- Amare FundaMentals Pack (1), VitaGBX (1), GBX Protein (2), GBX SeedFiber (1), GBX SuperFood (1)

What’s NOT in the box? Add these other supplements as needed:
- Highly recommended: Mood+, Sleep+, Energy+
- Encouraged: OmMega, Digestive, Probiotics

The Smartest Way to Buy! Try Bundle & Save.
When you purchase Project b3 on Subscribe & Save, you can Bundle & Save up to three additional products. Use this to save big on the other recommended supplements, personalize your Project b3 program and optimize your wellness.

2. Days 1-3: Reboot Your Microbiome

Begin by priming your microbiome for optimal wellness.
Follow the three-day Reboot+ program. Learn more on page 17.

3. Day 4: Begin SENSE

Supplementation  Begin taking your core Project b3 products daily. For optimal results, add other supplements as needed. Find the supplement usage chart on page 15.

Exercise  Aim for three days of cardio and two days of weights each week.

Nutrition  Eat 1,200–1,800 calories balancing protein, carbs, fats and fiber.

Stress Management  Sleep well and take time to meditate or breathe deeply.

Evaluation  Adjust your routine for your changing mental wellness needs.
Supplementation

From a practical point of view, many of us simply do not have the ability, time, or inclination to live the “perfect” anti-stress lifestyle to enhance our mental wellness — this is where supplements play a prominent role.

Begin your microbiome balancing with a few, poignant core supplements. Note how you feel with the Project b3 regimen. Feel like something’s still missing? Further optimize your mental wellness and nutrition by adding in additional supplements as necessary.

Core Supplements

Found in your Project b3 pack, these primary supplements should be consumed daily to set the foundation for a healthy microbiome:

**Amare FundaMentals Pack®**
- Promotes a healthy gut*
- Boosts cognitive function and clarity*
- Connects the gut and brain to enhance the communication between them*
- Shown to improve mood and reduce tension in human clinical trials*
- Supports the growth and vitality of a range of beneficial gut bacteria*
- Improves psychological vigor (physical energy, mental acuity, emotional well-being)*

**Reboot+ — the best way start to your Project b3 lifestyle**
- Prepares the body’s gut microbiome for optimized mental wellness*
- Supports a healthy digestive system*
- Helps remove built-up waste and toxins from the body*
- Supports natural functions of the liver, kidneys and colon*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
VitaGBX®

- Contains key nutrients essential for daily overall wellness*
- Supports bone health with calcium, magnesium, zinc and vitamin D*
- Supports healthy immune function*
- Packed with free-radical fighting antioxidants*
- Proper physiological ingredient amounts — no mega doses*
- Improves concentration, attention and alertness*

GBX Foods™

GBX Protein (Chocolate/Vanilla), GBX SuperFood†, GBX SeedFiber†

- Nourishes good gut bacteria*
- Improves microbiome balance*
- Helps control appetite*
- Supports healthy muscle mass*
- Increases energy levels*
- Provides three, high-quality servings of fruit and vegetables*
- Delivers cellular anti-stress benefits*
- Helps manage feelings of tension and anxiety*
- Naturally modulates microRNA signaling*

†If you consume these products per the recommended serving amount, they will last 15 days. Remember to place your next order ahead of time, to ensure you receive your necessary products per your program schedule.

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Highly Recommended

When you purchase Project b3 on Subscribe & Save you can Bundle & Save up to three additional products.

Mood+
- Enhances feelings of well-being and supports a healthy, positive mood*
- Lessens occasional anxiousness and feelings of sadness*
- Supports natural serotonin and dopamine production for enhanced mood benefits*
- Reduces feelings of negativity and stress*
- Promotes a calming, relaxing state of mind*
- Increases motivation and drive*

Sleep+
- Relieves occasional sleeplessness*
  Improves quality of sleep and ease of falling asleep*
- Decreases the number of nighttime awakenings and sleepless nights*
- Provides a soothing and refreshing nights sleep without morning grogginess*
- Encourages restful sleep, calms the nervous system, and helps reduce stress*

Energy+
- Increases energy levels and endurance*
- Rapid improvements in mental acuity and alertness*
- Long-lasting stamina without the jitters or crash*
- Helps to regulate epinephrine production*
- Improves brain performance*
- Sip throughout the day for maximum mental energy benefits*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
Encouraged

Use Bundle & Save to save big on other recommended supplements, personalize your Project b3 program and optimize your wellness.

OmMega™
- Provides a healthy balance of all-natural, pure omega-3 fatty acids*
- Promotes healthy cardiovascular, nervous, and immune system function*
- Promotes normal memory, attention control, alertness, mental acuity, and positive mood*
- Helps to regulate the body's natural inflammatory response*

Digestive
- Delivers a balanced and comprehensive blend of digestive enzymes to support normal digestive processes*
- Helps to digest many enzyme-deficient, processed foods*
- Speeds conversion of food nutrients to cellular energy*
- Promotes gastrointestinal comfort and food tolerance*
- Reduces feelings of discomfort and bloating after meals*
- Decreases uncomfortable gas during digestion*

Probiotics
- Supports healthy functioning of the immune system*
- Maintains healthy intestinal microflora balance*
- Helps support optimal metabolism and absorption of food*
- Supports normal inflammatory balance*
- Promotes positive balance and proliferation of beneficial bacteria*
- Helps nourish beneficial bacteria in your gut*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
### When Do I Take the Products?

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<th>MORNING</th>
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<tbody>
<tr>
<td>MentaBiotics®</td>
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<td>OmMEGA™</td>
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<td>Probiotics™</td>
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<td>GBX SeedFiber™†</td>
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- **✓** Recommended
- **•** Additional Serving for Optimal Results
- **○** As Needed

†If you consume these products per the recommended serving amount, they will last 15 days. Remember to place your next order ahead of time, to ensure you receive your necessary products per your program schedule.

**Do I need to take the products with food?**

Most nutrients in capsules are better absorbed with food. VitaGBX is the only product that requires food for optimal absorption.*

**Can I take all of the Amare products?**

Yes, you can! Amare’s products are formulated to complement each other, providing holistic benefits. Follow the recommended dosage and usage instructions for each product.

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DID YOU KNOW? Cortisol is the body’s primary stress hormone. Normal levels are good but too much cortisol for too long leads to problems, including poor physical health. Project b3 is especially designed to help you regulate your cortisol levels.
PRO TIP: While not a must, taking Reboot+ before starting the FundaMentals program amplifies the beneficial effects in your gut-brain axis.*

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Reboot+
reset your gut-brain axis with this 3-day system.*

A new beginning in mental wellness starts with a healthy microbiome.

Reboot+ is the first step in ridding your body of the imbalances in gut bacteria that can be the source of digestive problems, unbalanced inflammation, and nagging mental wellness issues such as fatigue, tension and depressed mood.*

Days 1-3: Reboot Your Microbiome

Directions: Beginning the morning of day 1, start the Reboot+ dietary program, and then take 2 capsules with 8 oz. of water with the following meals:

► Day 1: Dinner  ► Day 2: Breakfast, Dinner  ► Day 3: Breakfast, Lunch, Dinner

**WATER**
Due to the high fiber content of the reboot boosters, make sure to drink plenty of water to support normal digestive processes.

Refer to the chart below:

<table>
<thead>
<tr>
<th>Body Weight (lbs)</th>
<th>Water (oz)</th>
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<tr>
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<td>240</td>
<td>120</td>
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<td>260+</td>
<td>128</td>
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**ENJOY! Reboot Boosters**

- **Booster Vegetables**: broccoli, cauliflower, kale, cabbage, brussels sprouts, red and green lettuce, romaine, spinach, endives, artichokes, dandelion greens, arugula, asparagus, beets, collard greens, celery, parsley, carrots, onions, yams/sweet potatoes, mushrooms, bok choy
- **Booster Fruits**: apples, pears, raspberries, açai, blueberries, blackberries, grapefruits, kiwi, lemons, pomegranates, bananas, tomatoes
- **Legumes**: lentils, peas, chickpeas/hummus, beans (except refined beans)
- **Nuts and Seeds**: hemp, flax, pumpkin, sunflower seeds, almonds, walnuts, cashews, nut butters (avoid peanuts)
- **Booster Oils/Fats**: coconut oil, olive oil, avocados, coconut meat
- **Herbal teas**: chamomile, mint, rooibos, ginger, dandelion root, hibiscus
- **Milks**: almond, coconut, hemp or rice (all unsweetened)

**AVOID! Reboot Busters**

- **Alcohol and Caffeine**
- **Sweeteners**: sugar, foods with refined sugars (especially sodas), cane sugar/juice, corn syrup, maple syrup, honey, artificial and/or added sweeteners (stevia is permitted)
- **Processed Foods**: fast food, packaged food
- **Dairy**: milk, cheese, cottage cheese, cream cheese, sour cream, yogurt, ice cream, butter
- **All Animal Products**: meat, poultry, eggs, fish
- **Soy Products**: tempeh, tofu, soy milk
- **Buster Oils**: vegetable oil, canola oil, soybean oil, anything partially hydrogenated
- **Buster Fruits**: fruit juices, spreads/preserves with added sugar
- **Grains**: rice, quinoa, wheat, oats, barley, pasta, bread, cereal, tortillas, oatmeal, granola
- **Buster Vegetables**: potatoes, corn, creamed vegetables

Order your Reboot+, and find the recipes and more at reboot-plus.com.

**Reboot+ Friendly**

Having trouble getting enough fruits, veggies and protein? Don’t have the time to prepare meals? Take advantage of the Reboot+ friendly GBX Foods for a nutritious quick-fix!
It’s important to understand that the key benefits of exercise have as much to do with mental wellness as they do with physical health. Regular physical activity has profound effects on modulating levels of cortisol, testosterone, growth hormone, serotonin, dopamine, insulin, blood glucose and a wide range of related metabolic changes responsible for many of the “feel good” effects of moving our bodies.

The high-stress/low-sleep/no-exercise cycle is a vicious one — breaking it, even by doing a small amount of exercise a few times each week, can yield dramatic benefits. The key point here is that you don’t need to become an Ironman triathlete or start training for a marathon. With Project b3, a simple game of racquetball, a walk around the block, or a quick circuit of sit-ups and push-ups before you head out the door to work will go a long way toward getting your mental wellness index back into a healthy range. Even light physical activity in small, manageable doses will trigger a cascade of stress-busting benefits, from lowering blood pressure to improving mood.

Different types of exercise provide different types of benefits to your body and mind. To best utilize the Project b3 program, we recommend alternating between aerobic exercise and strength training.

### Aerobic Exercise
(30 min., three times per week)
- Raises the heart rate and improves cardiovascular health
- Helps lower blood pressure
- Aids sleep
- Strengthens the immune system

### Strength Training
(20 min., two times per week)
- Builds lean muscle mass (which increases BMR)
- Tones and defines muscles
- Improves posture
- Helps maintain bone mineral density
To maximize the metabolic benefits and mental wellness improvements within the shortest time commitment possible, for aerobic exercise, we recommend a three-times-weekly regimen of interval training (either running or walking):

6 minute warm-up (light walking or other low intensity movement)

Follow with:

- 1 minute high intensity / 1 minute low intensity†
- 2 minutes high intensity / 2 minutes low intensity
- 3 minutes high intensity / 3 minutes low intensity
- 2 minutes high intensity / 2 minutes low intensity
- 1 minute high intensity / 1 minute low intensity

6 minute cool down (light walking or stretching)

†In general, high intensity makes breathing hard enough that it’d be difficult carrying on a conversation. Low intensity allows recovery and you can talk easily without getting out of breath.

Need a pre-workout boost? Try Energy+ for rapid improvements in brain and physical performance, without the jitters or crash you might get from other energy drinks.*

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What is the first thing many of us do when the stress starts to pile up? We pile up our plates — and we usually do it with junk. Nothing stimulates our cravings for sugar, salt and fat like a stressful event, but attempting to “eat your way out” is not the right approach.

For Project b3, the focus is a good diet. It provides an array of mind and body benefits, controls cortisol (too much cortisol accelerates muscle loss), balances blood sugar (fluctuations inhibit fat metabolism) and improves thyroid efficiency (improves overall metabolism).

What is a Balanced Diet?

A balanced diet incorporates a range of 1,200–1,800 calories per day with a balance of protein, carbohydrates, fats and fiber.

**Consider Carbohydrates** for energy and metabolism

- **General rule:** Foods that are more “whole” (in their natural, unprocessed state) are preferred choices.

Carbohydrates, in and of themselves, are not “bad,” but the form of carbohydrate that you choose will determine your body’s metabolic response and your likelihood of storing that food as fat. Shoot for less refined carbs such as "whole grain" breads and pastas, or whole fruits and veggies.

**Provide Protein** for lean muscle maintenance

- **General rule:** Any form of lean protein can be used to "complete" a carbohydrate.

Protein and carbs are the “yin and yang” of nutrition. What does that mean? They have to be consumed together for proper dietary balance (which falls apart when either one is excluded or inappropriately restricted). For instance, a bagel for breakfast is not bad, but it has a poor glycemic index until you add some protein (e.g., smoked salmon, eggs, nut butter, etc.). Keep in mind, leaner sources of protein are always a better choice than fattier cuts.
General rule: A small amount of added fat at each meal is a metabolic regulator.

A bit of added fat — in the form of a pat of butter, a dash of olive oil, a square of cheese, or a handful of nuts — helps to slow the post-meal rise in cortisol and blood sugar, which in turn helps you control appetite and enhance fat burning throughout the day.

General rule: Choosing “whole” forms of grains, beans, fruits, and vegetables (as recommended earlier) will automatically satisfy your fiber needs.

Like fat, fiber helps to slow the absorption of sugar from the digestive tract into the bloodstream. In this way, fiber can also be considered a metabolic regulator to help balance cortisol and blood-sugar levels at each meal or snack. The fiber content of whole foods also make us feel fuller for longer, so we’re less likely to feel hungry. If that weren’t already enough reason to eat more fiber — perhaps the most important dietary change that any of us can make to support microbiome balance and overall gut health — is to eat more fiber.

Not getting your veggies? Try GBX SuperFood for three full servings of fruits and vegetables per serving. As an added bonus, it delivers cellular level anti-stress benefits!*
After meal discomfort? Try Digestive for a comprehensive blend of digestive enzymes to reduce feelings of bloating, promote food tolerance and support digestive processes.*

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How Much to Eat
The "Helping Hand" Approach to Eating

While you are evaluating the quality aspects of your food choices for both mental wellness and physical health, you should also be considering the second part of the nutrition equation: quantity (otherwise known as portion control). Luckily, we have a handy pair of built-in portion-control tools — our hands. We can use them to guide us in the quantity aspect of the Helping Hand approach to eating.

Carbohydrates

Fruits and vegetables (except potatoes, which count as concentrated carbs): Choose a quantity that roughly matches the size of your open hand. Select brightly colored fruits and vegetables for the highest levels of disease-fighting carotenoids (orange, red, yellow) and flavonoids (green, blue, and purple).

Concentrated carbs (e.g., starches, such as bread, cereal and pasta, including potatoes and french fries): Choose a quantity that is no larger than your tightly closed fist (e.g., a small side dish of pasta, potato salad, a dinner roll, etc.).

Protein

Lean proteins (e.g., eggs, yogurt, milk, lean ground beef, steak with visible fat trimmed, fish, chicken, pork chops, etc.): Choose an amount about the size of the palm of your hand. Keep in mind, this is likely to be about half of what’s served in many American restaurants, so be prepared to eat half and bring the other half home for leftovers.

Fat

Any source of fat will do. That means butter, olive oil, flaxseed oil, cheese, and nuts are fine. Make an okay sign with your thumb and index finger, and choose an amount about the size of the circle made by your index finger/thumb.

Gluten free, vegan or vegetarian? No problem! Make substitutions that work for you!
When it comes to managing stress there are a nearly limitless variety of programs that incorporate different aspects of mindfulness, meditation, breath work, yoga, and biofeedback.

For the sake of simplicity, Project b3 focuses on three categories: 1. avoid stress, 2. manage stress, and 3. get enough sleep. This may appear to be an overly simplistic approach to a topic as complex as stress management, but these three simple steps will provide the greatest return for the time invested, and will help lay the foundation for more intensive practices in the future.

1. Avoid Stress (Whenever You Can)

The most effective stress-management technique is to simply avoid stressful situations in the first place. No stress = no overactive stress response = no increase in cortisol levels. Obviously, the goal of avoiding all stressful situations is unrealistic, but with proper planning it may be possible to avoid some — plan effective strategies for dealing with the situations that cause you the most stress.

As an example, one of the things that causes many people stress is sitting in traffic. To avoid that stress, you can plan on staying ahead of the traffic by leaving the house as early as possible in the morning and the office as early as possible in the evening. Of course, there are days you know you’ll be sitting in traffic and you’ll need to have a backup plan. This could be listening to an audio book or podcast. The audio distraction allows you to avoid stress by enabling you to learn something new or lose yourself in a story — not stewing through a time-wasting traffic jam.

Everyone will have a different strategy for avoiding their own personal stressors; the key is to find the plan (and backup plan) that works best for you.

Still feeling stressed? Try OmMega as an addition to your daily supplements, since studies have shown that taking fish oil daily for at least three weeks gives people reduced reactions to stress.*

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2. Manage Stress (As Effectively as You Can)

Obviously, if you can’t avoid stress, you’ve got to manage it as effectively as possible. The three most important mediating factors in the body’s response to stress are:

- Whether there is any outlet for the stress
- If the stressor is predictable
- Whether you feel that you have any control over the stressor

Methods of Managing

Managing stress is a very individualized concept, and a technique that reduces stress for one person may very well increase it for another. One approach we recommend within Project b3 is managing your body’s stress response (quickly, easily and effectively). Try to Breathe in Fives, which can help calm an overactive stress response (reducing cortisol production) and activate the body’s relaxation response (parasympathetic nervous system).

It takes less than 90 seconds to follow these simple steps:

- Sit or stand comfortably/quietly (even if it’s in the car or standing in line at the grocery store)
- Inhale slowly/deeply through your nose for a count of five seconds
- Hold that breath for a count of five seconds
- Slowly release the breath through your mouth for a count of five seconds
- Repeat five times
It makes sense that you need to spend enough time in bed when you’re stressed; unfortunately, stress also throws a wrench in normal sleep patterns. Not to mention that modern life has us living 24/7, on-the-go schedules. Who’s got time to sleep anyway?

Aside from the bad mood and inability to concentrate that we’ve all experienced from too few hours under the covers, sleep researchers have recently linked a chronic lack of sleep to increased appetite, problems with blood-sugar control and a higher risk of diabetes and obesity. Chronically elevated cortisol is the obvious culprit. That’s why Project b3 recommends you get the necessary sleep you need on a daily basis.

Getting more sleep, of course, is easier said than done. Try out the tips below to get back on track to eight hours each night.

► Establish a regular bedtime and a regular wake-up time, and stick to them for one week (even on the weekends!). Within a week, your body clock will reset itself to the new schedule.

► Do something calming in the hour or so before bedtime — whatever provides you with a few moments of peaceful reflection.

► Avoid electronics at least one hour before bed. DO NOT bring your cellphone into the bedroom (unless you switch it to “do not disturb” mode). This includes smartphones, televisions, computers, and anything that emits blue-wavelength light which can suppress natural melatonin production (the sleep hormone).

► Exercise daily! Even if it’s something of low-intensity like walking the dog, but make sure to avoid intense exercise within three hours of bedtime.

► No caffeine consumption after 5 p.m.

► Ensure that your bedroom is COOL and DARK. Minimize light and block external light until morning. Although not always possible, try to cool the room down to 65°F.

Still struggling to get shut-eye? Try Sleep+ to encourage your body’s own production of melatonin and encourage restful, refreshing sleep without morning grogginess.*

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Evaluation

It’s important to keep in mind that neither a person’s stress levels nor the body’s response to stress is a constant. Instead, there will be periods in each of our lives when we experience more stress or less stress — just as there will be times when we feel as if we can withstand stress better than other times. Accordingly, the last step in the Project b3 and SENSE program — evaluation — reminds us that we need to alter our exercise patterns, nutrient intake and supplementation regimen according to our exposure to stress. For example, regular exercise and a balanced diet are always going to be important, but they become even more so during stressful times. Skipping breakfast during a period of low stress isn’t ideal, but it isn’t horrible. Skip that balanced breakfast during a high-stress period; however, and you’re setting yourself up for poor blood-sugar control, feelings of fatigue and problems maintaining mental wellness — each of which will be even more pronounced because of your high-stress profile.

So, how do you evaluate your current stress profile? You can take the Amare Mental Wellness Assessment to get a good gauge of your baseline mental wellness. We encourage you to take it again every three months to reevaluate where you stand. Are you experiencing higher than normal stress levels? If so, then you need to be especially careful about following each step of the Project b3 program to keep them within a healthy range. Or are you enjoying an interlude that’s relatively stress-free and tranquil? Then perhaps you can be less vigilant about every aspect of SENSE and relax and take pleasure in the welcome fruits of the healthy lifestyle you’ve created by following the sound supplementation, exercise, nutritional, and stress-management habits promoted by the Project b3 guide.

More on edge this week? Try Mood+ for a decrease in feelings of anxiousness, sadness, anger and stress.*

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Once you’ve created healthy new habits and witnessed how they’ve benefited you, you’ll be more motivated than ever to maintain Project b3 as part of your daily mental wellness routine. Remember, a healthier lifestyle takes time to develop. So, even if you have trouble at first maintaining a good routine, keep at it. You’ll find the combination that works best for you in no time!