

*Informational Newsletter teaching how to chew through difficult emotions. Offers 5-HTP Griffonia supplement at the end.*

## **Feeling blue? Distressed? Even gut-wrenching, painful emotions? Here are 7 steps how to chew through any difficult emotion and be happy, strong and healthy once again!**

Morning Jenny!

Going through rough times?

Maybe it's your asshole boss... Toxic family... Or even a rough breakup...

Big stressful changes or other tragic personal events (like death of a loved one) can take a severe toll on your well-being...

In times like this, It's *crucial* you have a genuine support system... Kindhearted people and meaningful habits.

Below is a list of 7 actions that'll help you chew through tough emotions. Don't wait. Start feeling more like yourself — your REAL self, today! The happy, healthy and strong Jenny that you were before all the shit hit the fan.

### **1. Take Bubble Baths or Long Steamy Showers**

In times of distress, we often forget about our needs. I mean, who has the time? Yet, by doing something for yourself, you show that you do care. And your body will thank you.

So today, take time for a bubble bath or a looooong steamy-hot shower.

### **2. Eat a Healthy Diet**

After your bubble bath, grab a big, juicy bowl of the finest Caesar Salad in town.

Guts and brains are intimately connected. More than 90% of happy Serotonin molecules are produced in your belly. And low levels of serotonin result in depression, lethargy, melancholy, agitation, impulsivity, insomnia, poor memory, and other negative moods...

### **3. Go Volunteer**

The happiest people in the world? Those who help others!

If you're a people's person, go help someone. Become a part of the National Domestic Violence Hotline. Be there for other people going through hell.

Being a pillar for other people will lift your mood and fill your life with meaning.

Or, if you prefer the company of animals, help the kittens and puppies in your local pet shelter!

## 4. Deep Breathing

Many blue moods can be fixed by tweaking some daily habits... Yet more severe traumatic events need extra attention.

Sitting with your *pain-body* while breathing deeply has been used for centuries to help people deal with the tragedies of life.

**The pain-body hates being observed. It shrivels in the presence of light.**

Sit or lie in a comfortable position. Breathe deeply (4 in, 6 out). Start to feel every inch of your body — from head to toe. Carefully observe the suffering. Realize it's in you, but not a part of you.

Getting sucked into the negative chatter? Gently return your attention to the pain-body.

Depending on the tragedy of life, you will have to do this a lot...

But that's the only way to transmute the negative energy back into your true nature.

## 5. Running in Nature

Nature and running have long been cherished by war veterans dealing with difficult emotions from deployment.

Forest is our most natural habitat — and running our most natural activity.

Running will release all sorts of endorphins and other endo-cannabinoid molecules. These will hug your distressed brain and protect it from pain.

The extra oxidation will further help regeneration. And improve your cognitive functions!

## 6. Embrace Time and Silence

Despite all, time and silence are the ultimate healers.

Together with the five steps described above, they will heal any tragedy of life — and help you find meaning in pain.

However...

*There is a short-cut.*

## 7. Griffonia Simplicifolia

*(This one is last because nothing beats a healthy lifestyle...)*

Griffonia is a woody climbing shrub, with greenish flowers and tiny black pods.

The pods contain a molecule called 5-HTP, which is metabolized into Pure Serotonin. (The *happy molecule* from before, remember?)

And you know low levels of serotonin are linked to depression, melancholy, agitation, insomnia, poor memory, negative mind chatter...

Which means...

That this beautiful African flower cleanses your body of negativity and distress. And supports a positive bodily environment.

It'll relieve some of your pain... Make you more optimistic, hopeful, tolerant... And grant you the strength to deal with your emotions.

It will silence the burdensome negative chatter, help you sleep, relax and take meaningful action.

Eaten with food, it'll also help you feel full much faster, while still maintaining a healthy appetite.

Griffonia helped thousands of young lovers deal with gut-wrenching heartbreaks. Depressive melancholic moods. Tragic personal events. Or the negativity of the fast-paced, unemphatic modern society...

Griffonia uplifts your spirit when it's needed the most. It will...

- Make you happier.
- **Relieve distressing emotions.**
- Silence negative mind-chatter.
- **Help you deal with toxic people.**
- Grant you with optimism.
- **Nudge you towards positive action.**
- Help you break down negative habit loops.
- **Give you more self-control.**
- Improve your sleep.
- **Protect you against fear and anxiety.**
- Reduce stress.
- **Reduce junk-food cravings.**
- Induce feelings of satiation after eating.
- **Prevent binge-eating and over-eating.**
- Ease addiction and withdrawal symptoms.

**Click the link below and read more about Griffonia.**

**[Link Redacted]**

Try 5-HTP Griffonia supplement 100% Risk-Free for 30 days. If you're not satisfied, simply return the unused portion — or even just the empty bottle.

**Moneyback guaranteed with no questions asked.**

And don't worry... these emotions won't last forever :-)

Stay strong!

Mihael D. Čačić

P.S. Please! If you choose to take advantage of this offer — don't forget about the 6 steps we discussed earlier. It is crucial to live a balanced lifestyle. Use Griffonia as a *tool* (not replacement) to positive action — and become happy, strong and healthy once again!