

LOS ANGELES, CA, August 21, 2014 **/24-7PressRelease/** -- East West Essentials, a leading line of doctor's wellness supplements, has introduced its new Optimal Repair Blend, a unique combination of adaptogenic herbs, superfoods, powerful greens, and hemp protein powder. Designed to combat the effects of adrenal fatigue, Optimal Repair Blend is a proprietary combination of adaptogens, which come from powerful tonic herbs that have traditionally been used for adrenal restoration to build the body and restore what has been lost due to stress and fatigue.

The adrenal glands, which sit atop the kidneys, produce a number of key hormones--including estrogen, cortisol, adrenaline, and aldosterone--that help the body deal with stress, regulate metabolism, and control blood pressure. But over time they become depleted from stress, exercise, our environment and daily life. When the resulting "adrenal fatigue" sets in the body becomes sluggish, tired to the point of exhaustion, weight gain may present itself in some cases, and skin becomes dull. Many people suffering from adrenal exhaustion also report "brain fog," insomnia and a weakened immune system.

Optimal Repair Blend's unique combination of adaptogenic and tonic herbs helps the body handle stress, while allowing the adrenal glands to gain strength, resulting in an increase in energy levels and improved sleep cycles. The formula provides the additional benefit of free radical damage protection and anti-aging properties. Optimal Repair Blend supports the body's core energy, which can enable the immune system to operate at optimum levels. Furthermore, Optimal Repair Blend helps balance the body's overall function to enhance the ability to lose weight and support natural detoxification.

"We have seen tremendous success in our East West Essentials' clinics with our patients taking Optimal Repair Blend," said Heather Wilson, holistic nutritionist and co-founder of East West Essentials. "Many have sought treatment for the ailments resulting from adrenal fatigue for years from western medicine, with no relief. By incorporating the practice of Chinese Medicine into western treatment we have been able to bridge these two practices to create a formula that finally treats these overwhelming symptoms and brings the body back to a state of balance and good health."

East West Essentials offers a variety of nutritional supplements that boost the overall health and well being of men and women. The products support the body in categories ranging from lowering blood pressure and cholesterol, supporting hormone balance in the body, enhancing the immune system, stabilizing blood sugar and more. Optimal Repair Blend, like all products in the East West Essentials line, are completely pure and void of any fillers.

## East West Essentials Introduces New Optimal Repair Blend With Adaptogens To Treat Adrenal Fatigue

Written by Australian Business

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East West Essentials has been creating nutritional programs favored by Hollywood A-Listers, including Jennifer Lopez, for more than 15 years and has been featured in magazines and TV shows including Access Hollywood, Marie Claire, People, E! News, Extra and many more. East West Essentials is home of the famous Optimal Cleanse programs. The new [Optimal Repair Blend](#) is available in a 30-serving supply for \$86. It can be purchased through select doctors and pharmacies, at any of the East West Essentials' clinics or online at [www.EastWestEssentials.com](http://www.EastWestEssentials.com)

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About East West Essentials East West Essentials is a family-owned and operated line of nutritional wellness supplements. The line treats all aspects of the body with the goal of achieving optimal health for men and women. All products in the East West Essentials line are completely pure and clean, and void of any fillers. There are more than 30 products, programs and supplements in the line, designed to assist with a variety of health challenges and ailments. For more information, please visit [www.EastWestEssentials.com](http://www.EastWestEssentials.com) .