

**Hello!**

Spring should feel fresh and fun, but if you're feeling more stressed than usual, it can be hard to enjoy it.

Most doctors won't ask about stress because there's no prescription for it. But in functional medicine, I know that stress affects your entire body (and I have lots of tools to help your body respond better!)

So let's get into this month's news, insights, and tips for stress resilience.

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### **Full Moon Parasite Cleanse**

If it has been a while since you have done any parasite killing, ask yourself: "Do I need a maintenance cleanse?"

If the answer is yes, join the 7 day full moon cleanse starting on April 10! 🌕

The deadline to sign up is April 3, so that I can make sure you get your supplements in time.

Link to register 🖱️ <https://l.bttr.to/N1lHy>

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### **In the News**

Stress may be a cancer risk

Have you ever known someone who was diagnosed with cancer after a period of intense stress?

A new study found that stress disrupted immune function in women with breast cancer—in ways that favor cancer growth.

Stress is inevitable, but how we manage it matters.

So take a deep breath, move your body, or connect with a friend today.

 **Did You Know?** 

Stress is not only in your head

There's a lot of bad advice out there about stress management. Maybe you've been told you just need to...

💥 Shift your mindset!

💥 Workout harder!

💥 Power through with coffee!

When the reality is that stress is not just in your head. It's in your body and nervous system too.

Stress resilience is something that takes time to cultivate—with nourishing foods, breathwork, movement, and deep rest.

April is Stress Awareness month, so I'll be sharing a lot more over on Instagram—including specific nutrients that stress robs from your body, herbs to help your body handle stress, and more tips to strengthen your resilience to stress.

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 **Health Tip** 

Mushrooms can boost stress resilience

Did you know some mushrooms help your body handle stress?

Adaptogenic mushrooms like Reishi, Shiitake, Maitake, and Cordyceps support stress resilience, immune function, and energy.

Some ways to use adaptogenic mushrooms:

- Fresh: add to soups, stir-fries, or creative new recipes!
- Capsules: take as a supplement or mix into smoothies.
- Powdered: brew as a tea or try mushroom-infused coffee for balanced energy.

And in case you're wondering: No, these are not the types that make you hallucinate!

### **A Quote to Ponder**

"Stress should be a powerful driving force, not an obstacle."

-Bill Phillips

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Wishing you a happy (and low-stress) April!

**Dr. Kimber**

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