

# The De-Stress Effect: Rebalance Your Body's Systems For Vibrant Health And Happiness By Charlotte Watts

By Charlotte Watts

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About Charlotte Watts. and has culminated in her new book The De-Stress Effect: Rebalance Your Body's Systems for Vibrant Health; Happiness; Fitness;  
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<http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-symptoms/art-20050987>

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<http://www.healthista.com/want-to-relieve-stress-heres-the-one-thing-you-probably-havent-thought-about-it-could-make-you-look-and-feel-younger-too/>

from distress to de-stress. Home; Who we are; Factsheets; Stress at work; Meet the team ; Events; Effects of stress on bodily functions. Normal (relaxed) blood

<http://www.stress.org.uk/How-stress-could-effect-your-life.aspx>

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