

# Bazaar

Harper's

JULIANNE  
MOORE

## Reduce Your Stress

Once the festivities are over, the return to reality can cause anxiety. **Oz Garcia** (212-362-5569), a Manhattan-based nutritional consultant with a top-secret A-list client roster, offers these simple methods for keeping your cool and achieving relaxation:

- Substitute caffeine-free green tea for coffee. It contains theanine, an amino acid known to calm and help remedy sleeplessness. If you don't like tea, try a theanine supplement (from health-food stores).
- If you can, spend 15 to 20 minutes in a steam bath or sauna two or three times a week. "Twenty minutes of either releases the same amount of endorphins as a 20-minute run."
- If you're having trouble sleeping, try NutriCology ZenMind supplement ([nutricology.com](http://nutricology.com)). "It's a natural combination of GABA, an amino acid that helps you fall asleep, and theanine, and it reduces the effect of stress hormones," explains **Garcia**. He also advises not sleeping with the television on: "Your body secretes melatonin at night to induce sleep; light turns off that secretion, so by keeping the TV on, you're reducing your melatonin production."

# Fashion

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