

## **Tips on managing stress – Dr Maureen Allem from Skin Renewal**

High levels of stress affect all of us and keeping it under control is easier said than done.

In order to manage stress, you essentially want to keep your adrenalin, cortisone and melatonin levels under control. Here, Dr. Maureen Allem, founder and medical director at Skin, Body and Health Renewal, shares a few easy tips to follow.

**To read the full article visit: [Stress Management!](#)**