



**For immediate release**

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**HEALTHGUARD WELLNESS ANNOUNCES BE HAPPY AN  
IMPORTANT BREAKTHROUGH TO HELP FIGHT THE  
EFFECTS OF STRESS AND ANXIETY**

**Monterey, CA (September 20, 2010)** – HealthGuard Wellness, a division of Starlight International, develops a first-of-its kind, natural way to help reduce stress and anxiety. The 17 year old company brings its years of health and nutritional expertise to help overcome what is being called, “American’s Silent Epidemic.” The Company is introducing **BE HAPPY**, the doctor recommended, drug-free, natural, chocolate/cherry flavored drink -- a mood booster that helps people to brush away the doldrums and put them in a more positive, optimistic mood.

**40 million Americans are coping with stress and anxiety, yet feel helpless to get back on an even keel.** And yet, most don’t want to turn to destructive habits or depend on prescription drugs as the answer. With natural, clinically-tested ingredients including Chocomine, L-Theanine, and GABA, **BE HAPPY** is a safe, effective, proprietary formula that has not been available until now. Those using the product report that life is simply better now. Sharon Sanders said, “With two kids, my life is not calm yet Be Happy gives me a sense of calm that I normally do not have. I love the Chocolate Cherry taste.”\*\*

**Only 2 ounces helps creates a positive mood and mental outlook; helps reduce stress and anxiety; and helps promotes a sense of calm. And the effects last for hours.**

In an interview with Dr. Jolanta Lukawski, MD, Diplomat of the American Board of Internal Medicine, she said “Stress and anxiety are taking a terrible toll on people today causing countless health and emotional problems. **BE HAPPY** is the natural mood enhancing formula that helps counteract stress, restoring an overall positive sense of clarity and well being. I highly recommend it to my patients.”\*  
**HealthGuard is launching a National TV campaign in September** to raise awareness and help Americans take their lives back with **BE HAPPY**.

**BE HAPPY is available direct from HealthGuard** by visiting [www.healthguardwellness.com](http://www.healthguardwellness.com) or calling 1-877-685-1122.

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These statements have not been evaluated by the  
Food and Drug Administration. This product is not intended  
to diagnose, treat, cure or prevent any disease.

Please carefully read the product label for instructions, cautions and warnings

\*Dr. Lukawski is a compensated spokesperson

\*\*These results are not typical and not everyone will experience these results.