



10 Foods That Fight Stress

kimcubitt.alphalifestyleacademy.com

It's easy to forget the importance of everything we put into our bodies. While you can't always eat a completely balanced diet, you *can* reduce your stress levels simply by choosing stress-fighting foods.

Since everyone is different, some stress-relieving foods might work for you while others may not. Your best bet will be to try them all and then incorporate the ones that work for you into your regular diet.

Here are some foods that can help alleviate your stress:

- 1. Green Leafy Vegetables.** Leafy greens contain a lot of magnesium. Magnesium is an important mineral that has the power to relax muscles.
- 2. Fish Oil.** Fish oil contains essential fatty acids that help with serotonin uptake in the brain. ***Serotonin makes you feel good*** mentally and enables your brain to better cope with stress. You can get your fish oil from certain kinds of fish, such as salmon, or from supplements.
- 3. Milk.** There is a reason that milk is sometimes referred to as a "*wind down*" food. The proteins in milk can help reduce anxiety while the ***calcium is another mineral that can help with muscle relaxation.***
- 4. Chocolate.** A small piece of dark chocolate each day can actually provide you with many health benefits. Chocolate has a stimulating effect. The caffeine also helps to increase serotonin. It's okay to indulge in chocolate in small amounts!

5. **Red Wine.** Many experts believe that a glass of red wine each day provides health benefits. The only drawback is that it's easy to overdo it when drinking alcoholic beverages. ***Wine is packed with beneficial antioxidants and can temporarily lower blood pressure*** and help you relax.
6. **Oatmeal.** Oatmeal and other carbohydrates also help increase serotonin levels in the brain. In fact, your brain needs carbohydrates in order to function normally. This is why it's essential to include good carbohydrates like oatmeal in your regular diet.
7. **Lean Meats.** Lean meats can help you combat stress by providing a good source of protein. Turkey, eggs, chicken and fish are all good choices because they contain necessary amino acids for healthy brain function. ***Remember not to eat fatty meats*** because the fat can interfere with proper digestion of the amino acids.
8. **Coffee.** Yes, caffeine is a stimulant and there is also a risk of developing an unhealthy habit. However, moderation is the key. Coffee can help stimulate the brain into working with more energy and efficiency, helping you feel more motivated and less stressed.
9. **Nuts.** Nuts help you maintain your proper blood sugar. They also contain plenty of the vitamin B complex, which combats fatigue.
10. **Spinach.** ***Spinach is one of the world's super foods.*** It contains many vitamins, antioxidants and omega 3's. This means it would be hard to eat spinach and *not* feel good!

Vitamins & Supplements

Of course, it's always best to ***get your nutrients from the natural source.*** If this isn't possible, or if you can't stomach a certain food, it's best to look for vitamin supplements so you can still derive some benefits from it.

Vitamin supplements help your body get the nutrients it might be missing. Once you start consuming these necessary nutrients, ***you'll be on your way to feeling healthier and stress-free.***