

# DISTRESS OR DE-STRESS

## STRESS-BUSTING FOODS

Food can help fight stress in several ways. Some foods can reduce levels of cortisol and adrenaline – stress hormones that take a toll on the body over time. A balanced diet can counteract the impact of stress by strengthening the immune system and lowering blood pressure.

### THE BEST FOODS TO FIGHT OFF STRESS



**MAGNESIUM.** Too little **magnesium** may trigger headaches and fatigue, compounding the effects of stress. One cup of spinach goes a long way toward replenishing magnesium stores. Not a spinach lover? Try cooked soybeans or a salmon filet, also high in magnesium. Green leafy vegetables are also a rich source.



**VITAMIN C.** Studies suggest that **Vitamin C** can reduce levels of stress hormones while strengthening the immune system. In one study, in people with high blood pressure, blood pressure and cortisol levels returned to normal more quickly when people took Vitamin C before a stressful task.



**OMEGA 3 FATS.** **Omega-3 fatty acids**, found in fish such as salmon and tuna, can prevent surges in stress hormones and protect against heart disease, depression, and premenstrual syndrome. For a steady supply of Omega-3s, eat 3 ounces of fatty fish at least three times per week.



**COMPLEX CARBOHYDRATES.** **Serotonin** is the body's calming brain chemical and can be boosted by eating complex carbohydrates. Good choices include whole-grain cereals, breads, pasta, and oatmeal. Complex carbohydrates are digested slowly and help to stabilize blood sugar.



**HOT TEA.** Consider going **green**. Coffee raises levels of the stress hormone (cortisol), whereas green tea contains high levels of antioxidants and theanine (amino acid). Theanine helps to relieve stress and promote relaxation. **Chamomile tea** is also a traditional favourite for calming the mind.

#### ORANGE FLAX BOOSTER SMOOTHIE

With stress-busting ingredients, this is a great, stress-free way to start your day!

##### Ingredients:

- 2 cups frozen peach slices
- 1 cup each of orange and carrot juice
- 2 tbsp ground flaxseed
- 1 tbsp chopped fresh ginger

##### Directions

- Blend until smooth.
- Makes 2 servings



Source: [www.eatingwell.com](http://www.eatingwell.com)