

Nutrition and Stress Management

Stress Nutrients

1. **B Vitamins:** Important for the nervous system and energy. (whole grains, dark green vegetables, some legumes, seeds, and nuts, seaweeds)
2. **Vitamins C, E, Selenium and antioxidants** environmental stressors cause oxidation in the liver, brain and heart as well as throughout the body. Oxidation = damage to the body (whole grains, olive oil, wheat germ, legumes, nuts, soy, yellow and red vegetables, many fruits.)
3. **Potassium and magnesium** Important support for the adrenals, brain and heart, as well as energy production and immunity. (Beet greens, spinach, clams, raisins, prunes, apricots, figs, bananas, trout, fennel & water chestnut.)
4. **Protein (preferably from grain and legumes)** Important for amino acids to build enzymes for digestion, energy, neurotransmitters, liver function, muscle. (whole grains, legumes, fish, poultry, some dairy, meat)
5. **Essential fatty acids (EFA's)**-important for metabolism, hormones, heart and brain function (good quality oils, fish, and seeds and nuts)
6. **Water**— Pure, clean water needed for all process and cleansing of the body.
7. **Avoid:** *caffeine, sugar and refined carbohydrates, alcohol, fried foods, allergic foods, salt, and excess fat.*

Note: A good quality, high potency multiple vitamin is needed for stress and will provide many vitamins & minerals at levels designed for stress, when food cannot.

Simple Nutrition is the key to Stress Management:

Good quality organic foods are best for non-toxic load.

Whole Grains: Brown rice, wild rice, rice bran, barley, buckwheat, oats (rolled and cut, and groats), whole wheat (unless allergic), quinoa, millet, rye, amaranth, soy. protein, B vitamins, Vitamin E, Fiber, complex carbohydrate, phytoestrogens (soy)

Vegetables: Dark green, many colors and many varieties are your best bet.

Salads should use a variety of lettuces and vegetables. Soups and stews are good place to put strong flavored vegetables like Kale, Mustard, Beet and Turnip greens. Peppers of all colors, carrots etc provide many carotenoids, flavanoids and other anti cancer anti-stress compounds and high in fiber.

Fruits: a variety of fruits are necessary for vitamin C, E, caratenoids, flavanoids, soluble fiber, as well as a source of slow acting sugar-fructose. Make shakes, with soy and yoghurt, many healthful desserts, and of course, eat them whole.

Legumes: peas, beans of all kinds, high in protein to complete the amino acids provided by grains, fiber, complex carbohydrates.

Oils: Soy, canola, olive, flaxseed and many others (cold pressed) EFA's, Vit.E etc.

Meats and Dairy: Use in small quantity. Calcium can be found in many dark green vegetables and fish. Use low fat forms. Yoghurt is good for bowels if live culture.

Use all these groups. Rotate and provide lots of water and some juices.