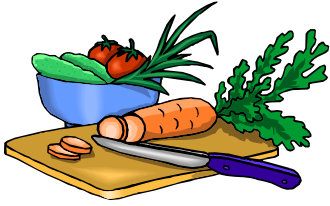
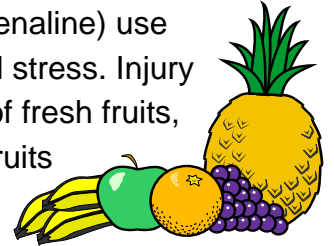


# HANDLING STRESS ... WITH NUTRITION

When we experience **STRESS**, our bodies produce more adrenaline (a stimulant) which gives us extra energy to deal with the challenge at hand. Too much stress can drain our supplies of essential nutrients, as well as reduce the body's ability to absorb essential nutrients efficiently. This can result in feelings of weakness, fatigue, and yes ... more stress! Try the following tips:



Increase your intake of **VITAMIN C**, the **B VITAMINS** and **BETA CAROTENE** (from vitamin A). The adrenal glands (which produce adrenaline) use these vitamins during episodes of physical and emotional stress. Injury or illness can also deplete these nutrients. Eat a variety of fresh fruits, vegetables and whole grains - especially citrus fruits such as oranges and grapefruits and vegetables such as kale, carrots, broccoli, and sweet potatoes.



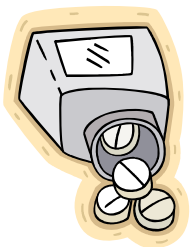
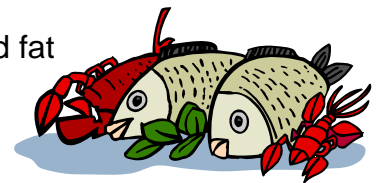
Limit **CAFFEINE**. Like adrenaline, caffeine is a stimulant. Too much caffeine acts in the same way as stress, overstimulating your nerves. Caffeine is found in coffee, tea, chocolate, many sodas and some nonprescription pain medications.

Limit **ALCOHOL** consumption. Alcohol is a depressant and can aggravate stress, as well as interfere with restorative dream sleep. Too often, people rely on caffeine to pick them up and alcohol to bring them down. Avoid this stress “see saw” by restricting your use of both caffeine and alcohol. Try drinking fresh fruit or vegetable juice, flavored seltzer or herbal tea.



Include **COMPLEX CARBOHYDRATES** in your diet such as fruits and vegetables, peas, peanuts, beans and whole grain products such as breads, rice, cereals and pasta. Avoid the refined, simple carbohydrates in sweets like cookies, cakes, and candy that provide a quick “sugar high” ... followed by an equally quick crash.

Choose low fat **PROTEIN** foods (lean red meat, skinless chicken, fish, reduced fat dairy products), and avoid harder-to-digest cream sauces, fried foods, and processed meats.



Avoid “megadoses” of **VITAMINS** and be careful with **HERBAL PRODUCTS** - neither will relieve your stress, and can actually be dangerous. Even though they are “natural”, herbal supplements still affect your body like medicine, so check with your health care provider or pharmacist before using any product that claims to relieve stress.

**WE ALL NEED HELP SOMETIMES.** It takes courage to ask for help ... to say you can't do it alone, letting go of the belief that “I should be able to take care of everything (and everyone) myself”. Talk with friends and family. Use the resources in your community - your church or synagogue, private practitioners, or social service agencies.