HOME

Food against stress and anxiety

By bestfolkmedicine · 12/01/2019 · 4 min read

If you are constantly under stress, and if you feel anxiety when presented with mostly common day to day task, you have probably been thinking of ways to deal with these issues. There is a vast number of supplements and medications out there that claim to be excellent at removing these factors from your life, but they are often filled with chemicals and potentially addictive substances.

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Due to hectic life-styles we tend to disregard the basic anti-stress remedies: physical exercise, spending time on your hobbies, socializing with positive people, and eating right. The last one being one of the most important parts of our lives, as it influences our mental and our physical health the most.

Traditional Indian medicine, or Ayurveda, says that all of our problems' roots can be found in dosha imbalance. According to this thousands of years old medicine, stress and anxiety are caused by vata accumulation in our nervous system. Vatadosha represents the elemets of air and space, and it is in control of our brain, breathing, and circulation. The key to re-balancing the vatadosha is getting into a healthy routine. Getting up early, doing yoga, listening to relaxing music, taking a stroll, these are all activitis that help this dosha restore its balance. Reducing vata in our body and mind is the key to getting rid of stress and anxiety, and you can achieve it by following the simple dietary guide.

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Brown rice

Whole grain rice with the outer shell removed is called brown rice. It is healthier and more nutritious than the white rise, and it is supposed to be your main side-dish during the autumn, the time Ayurveda suggests it should be consumed.

The primary reason brown rice helps with getting rid of stress and anxiety are the antioxidants found in it. Research shows that this type of rice has essential amino acids that reduce the ability of neurotransmitters to send the signals for stress, anxiety, and even depression. Brown rice also helps the production of serotonin, a hormone also known as the happiness hormone. Other vegetables that achieve similar are carrots and sweet potatoes, so you should also consider introducing them to your diet.

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Orange

Oranges are not only tasty, but they are also known as a natural detoxifier. They are also incredibly nutritious. This fruit calms down vata and kaphadoshas, and activates the pitta dosha. Oranges are also an important addition to the diet due to vitamin C's ability to help with absorbing iron that you're getting from the other foods listed.

The hormone responsible for causing stress and anxiety is called cortisol. The hormone is necessary for our basic functions, as it is what triggers the fight or flight reflex, but when the secretion of this hormone is increased stress and anxiety occur in unwanted situations. Vitamin C found in oranges is able to lower the amount of cortisol being pumped into the blood stream. In addition, vitamin C also reduces blood pressure, making an orange one of the most beneficial fruits you can add to your breakfast. Similar sources of vitamin C are broccoli, tomatoes, lemon, grapefruit, and strawberries.

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Green tea

Green tea is famous as one of the best ways to end your day, as a cup of this tea before bed sooths our body and calms our mind. This is due to its richness in antioxidants, anti-inflammatories, and digestive system-soothing compounds. It calms down out pitta and kapshadoshas, and activates the vatadosha. The use of green tea is recommended during spring, as its cleansing properties are most potent then.

Five cups of green tea per day are believed to reduce mental stress by a fifth. Green tea is even effective against headaches and migraines.

Almonds

Almonds are rich in magnesium, vitamin E, and phosphorus. They calm down our vatta and pitta doshas, and activate the kaphadosha.

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15-20 almonds per day are enough to keep our digestive system working on an optimum level, and to ingest enough antioxidants to significantly reduce stress and anxiety. Other nuts, such as peanuts, sunflower seeds, etc. are also suggested for stress relief.

Dark chocolate

Research suggests that people who consume dark chocolate, in moderate amounts, have lower cortisol and epinephrine levels, meaning they are less prone to unwarranted anxiety and stress.

In addition, dark chocolate is also known as an aphrodisiac, and it improves our mood by stimulating the production of serotonin.

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