Andrew Hobbs

Advertising
United States

View the full portfolio at http://www.thecreativefinder.com/andrewhobbs

Professional Experience and Curriculum Vitae

The Best Foods to Eat for Relaxation and Stress Relief

When you're feeling tight, various techniques exist to manage and even lessen your stress levels. Food may be one of your greatest allies – or one of your greatest adversaries. It can cause your stress levels to rise or fall, so paying attention to what you eat when you're feeling stressed is vital.

Unhealthy eating habits can raise stress levels and potentially increase your risk of future health problems if not addressed. A well-balanced and nutritious diet was likely the single most significant factor for optimal health, according to a June 2016 analysis in the Journal of Nutrition and Food Sciences. So, the next time you're under pressure, prepare yourself with this delectable arsenal of ten stress-relieving pantry staples.

Herbal Tea Helps Promote Feelings of Warmth and Calmness

Sometimes, the mood that food or drinks induce, rather than their contents, helps decrease stress. According to Sandra Meyerowitz, MPH, RD, online nutrition consultant, and owner of Nutrition Works in Louisville, Kentucky, one approach to help yourself feel calmer is to have a warm cup of tea.

According to a previous study, holding and consuming a warm beverage boosts sentiments of interpersonal "warmth" and friendliness. Sipping a warm drink has a soothing impact regardless of flavor. Still, according to Meyerowitz, particular herbs, such as lavender and chamomile, have been demonstrated to have a relaxing effect on their own.

According to the Mayo Clinic, a cup of brewed green tea contains between 25 and 29 milligrams (mg) of caffeine, compared to 95 to 165 mg per cup of black brewed coffee. As a result, if you're looking to unwind, green tea may be a better option than coffee.

??? Related post: Hunt the best swing chair on Amazon

Avocados Offer Stress-Busting Omega-3 Fatty Acids

Avocados are high in omega-3 fatty acids and are great when mashed into guacamole or sliced and added to a salad. According to the National Center for Complementary and Integrative Health, these health essential acids are known to lower stress and anxiety, improve concentration, and improve mood.

Fish Can Boost Your Heart Health While Fending Off Stress

Including seafood in your meal can reduce stress and help avoid heart disease. According to the Harvard Health Blog, fatty fish are a fantastic option since they are heart-healthy, and their omega-3s may help reduce sadness because the nutrients easily interact with mood-related brain chemicals. According to the American Heart Association, fatty fish include tuna, halibut, salmon, herring, mackerel, sardines, and lake trout. Not a fan of fish? Other whole-food alternatives include seaweed, chia seeds, flaxseeds, walnuts, and fortified foods, including specific kinds of eggs, soy, and nut milk.

You can also try omega-3 supplements at your local drugstore or grocery shop, such as fish oil. According to the Harvard Health Blog, they are associated with lower heart disease and stroke risk.

– – – ?? – – – ?? – – – ?? – – – ??

??? Check out Swing Chair Living - a website reviewing swing chair products

– – – ?? – – – ?? – – – ?? – – – ??

Warm Milk Can Help You Get a Good Night's Sleep, Aiding Stress Management

Drinking warm milk before bed is a centuries-old home treatment for getting a better night's sleep. According to SleepAdvisor.org, warm milk can have a soothing impact on the body and mind. For folks who grew up drinking warm milk before bed, the ritual, for

15b Lloyd Road Singapore 239098 (co. reg. 201004398N)
Skype: Andrew.Hobbs.227 Phone: +356 227 0213

Andrew Hobbs

Advertising
United States

View the full portfolio at http://www.thecreativefinder.com/andrewhobbs

Please kindly get in touch for portfolio works.