

Well Nourished Life

Functional Health
& Wellness Consulting



STRESS BUSTING FOODS

Eat your way to Zen and
add years to your life.

Hi, I'm Esther

Your Functional Health and Wellness Consultant and I'm here to educate and empower you to live a healthy lifestyle.

I am the founder and Certified Nutrition and Wellness Consultant of Well Nourished Life. I received my training from the Institute of Functional Health and is certified by American Fitness Professionals and Associates, National Academy of Sports Medicine and Athletics and Fitness Associations of America.

We at Well Nourished Life focus on living toxic and additive free. No "cookie-cutter" health coaching. No food porn and unrealistic health challenges. I'm here to help you achieve your health goals through lifestyle and behavior adjustments. I've been the patient, the client and now the coach."



What stress does to the body

Nothing positive, that's for sure!

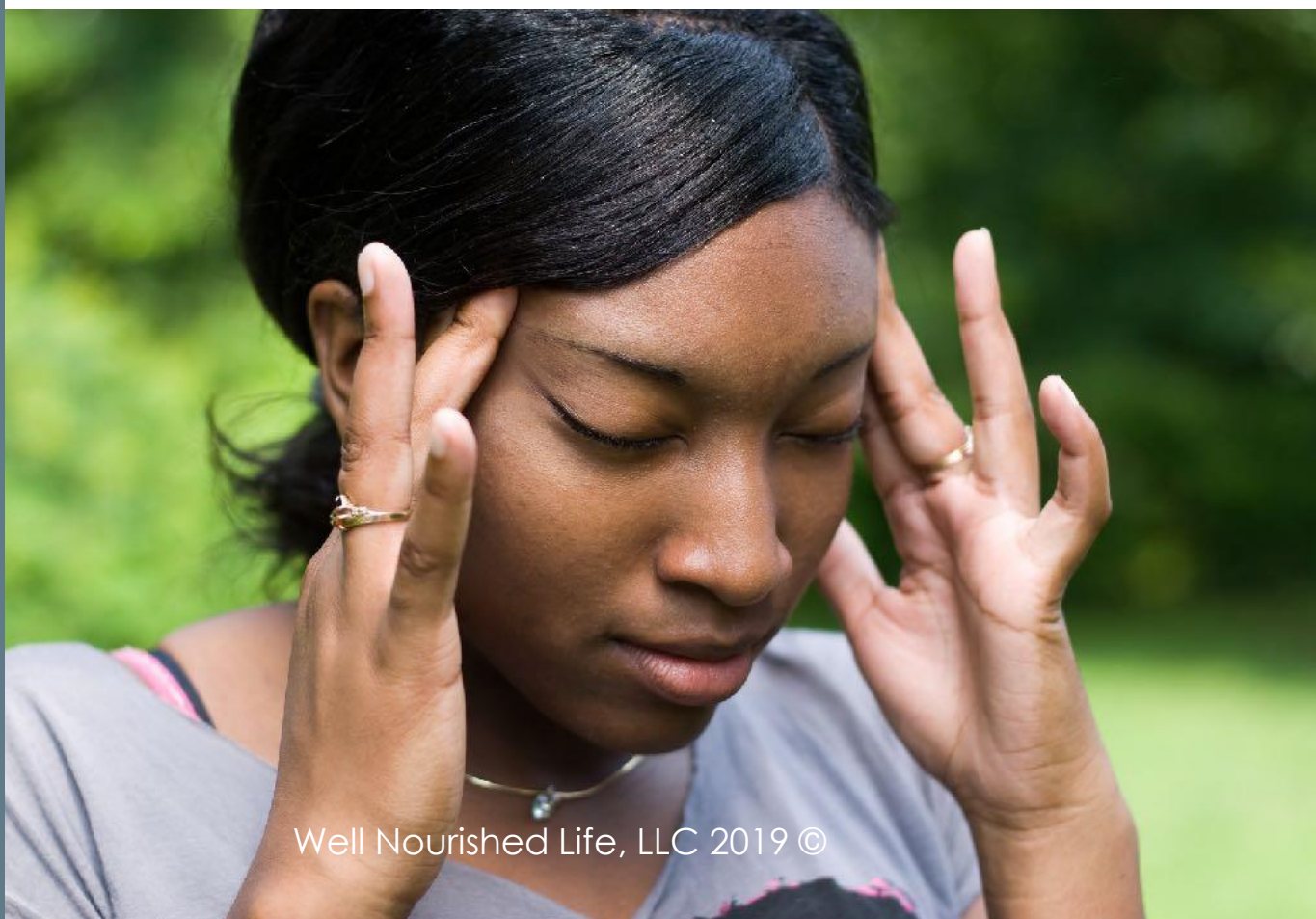
In the busy world that we live in today, stress can be a very real threat to your health.

In addition to taking over your brain with negative thoughts, stress can lead to serious physical symptoms that can be a major detriment to your body and mind.

When the mind is stressed, the body wanes and the vitamins and minerals it needs are used up much faster.

For this reason, it can be a great idea to take some essential vitamins for stress to help minimize the damage stress can have on your body.

This is where stress busting foods come into play!



What essential vitamins do you need?

B, C and E

Studies show that people who are in a stressful state tend to have lower levels of B-complex vitamins. Deficiencies of the B-complex can lead to a host of other problems, including depression, irritability, and irregular nerve functioning.

Naturally occurring B-Complex Vitamins can be found in wholegrains, dark leafy vegetables, meat, seeds and eggs.

Vitamins C and E are also depleted faster when the body is under stress. These vitamins are antioxidants, which are also key to health and longevity. Deficiencies of these nutrients can result in damage to cell membranes caused by free radicals.

Naturally occurring C & E vitamins are found in citrus fruits, papaya, broccoli, sunflower seeds, almonds and avocado.



Don't forget the essential minerals too!

Magnesium and Zinc

Beyond these vitamins, essential minerals are also depleted when the body is in a stressful state. Magnesium and zinc are two prime examples of minerals quickly depleted from the body during these tough times. Try and up the ante with seeds and nuts as a snack during the day to boost your levels naturally.

In addition to boosting your body with vitamin rich foods to decrease these deficiencies, there are certain foods that can help to support the body when going through stress or tough times:

- Oatmeal helps to fight stress and anxiety by feeding the brain to produce more serotonin
- Spinach and broccoli improves your body's response to stress
- Eating dark chocolate (the 70% or more, not milk!) helps to lower stress level hormones
- Avocado helps to block the absorption of bad fats that cause oxidative damage
- Fish helps the body to block stress signals to the brain
- Oranges, spinach, and parsley are high in vitamin C which is important in building up immunity
- Drink herbal teas during times of stress to calm the nerves and soothe your body: basil tea, honey, and lavender tea, green tea, lemongrass tea, cinnamon tea all work wonderfully.





Reducing stress naturally!

Without the need for meds!

Imagine being able to reduce your stress levels without the need for medications and hour-long yoga sessions.

On top of eating these vitamin rich foods to prevent depletion of essential nutrients, there are foods that actually help to bust stress fast!

Fruit and vegetable juices have long been known for their stress relief and relaxation properties.

Apples, cherries and blueberries have been known to be good health boosting elements where the flavonoid can facilitate better lung functions. When your lungs function effectively, the ideal amount of oxygen is then able to be circulated within the body.

And the result?

Internal pressure is relieved and stress levels are reduced. These three ingredients can also contribute to relaxing the arteries and lowering the risk of cardiovascular diseases which are often caused by stress.



If juicing isn't your thing, then smoothies made from bananas, strawberry, peppermint and lemon can all help to relieve stress and create an overall feeling of relaxation almost instantly.

Bananas contribute to stress relief while the peppermint has a cooling effect on the body, creating an overall effect that will combat any significant presence of stress.

Try and opt for your fresh juice or smoothie as a mid-morning or afternoon snack being prime stress times in the day.

Pineapple Turmeric Smoothie

5 MINUTES



INGREDIENTS

- 2 cups Unsweetened Almond Milk
- 2 cups Pineapple (diced into chunks)
- 1 tbsp Ginger (peeled and grated)
- 1/2 Avocado
- 1 tsp Turmeric (powder)

DIRECTIONS

- 01 Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

NOTES

STORAGE

Refrigerate in a sealed jar overnight. Shake before drinking.

NO PINEAPPLE

Use mango, peaches or banana instead.

Green Coconut Ginger Juice

5 MINUTES



INGREDIENTS

- 1/3 cup Organic Coconut Milk (from the can or carton)
- 2/3 cup Water
- 1/4 Lime (juiced)
- 1 cup Baby Spinach
- 2 tsps Ginger (grated)

DIRECTIONS

- 01 Combine all ingredients in a high-speed blender. Blend for 30 seconds or until very smooth.
- 02 Enjoy immediately as is, or strain through a fine mesh sieve to remove the pulp.

NOTES

MAKE IT SWEETER

Add maple syrup, honey or monk fruit sweetener.

MAKE IT THICKER

Add avocado, greek yogurt or frozen cauliflower.

Reduce your stress

The right way!

A combination of eating the right foods for stress, getting the required minerals, and drinking tea to help ease stress in general, can result in a knockout punch to the stress that may be affecting you. Your body cannot operate to its full potential without the nutrients it needs, and these foods can help you get back on the right track.

Visit me on my Facebook page where I run free challenges and webinars on all things to keep you living a Well Nourished Life.

To learn more about beating stress naturally, join my free email series on [Everyday Mindfulness](#)

Want more support? Contact me at info@wellnourishedlife.org to schedule your Free 30 min consultation.

Talk to you soon!

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