

## FOODTRAINERS' 'CRASH' DIET part 1

Avoiding stress is practically impossible these days. One minute the Dow Jones is up the next minute it is at its lowest in over ten years. Everyone is feeling the heat and it's not just those here in New York City. If mounting stress is ignored it can reduce immunity, increase the incidence of migraines and damage your cardiovascular system. While we can't control the financial markets, there is always the supermarket and certain foods can actually help.



### Five foods to fight stress:

#### 1. Yogurt

Extreme stress can affect both your gastrointestinal and immune systems. Yogurt reduces the amount of H pylori, the primary agent causing ulcers and probiotics (good bacteria) in yogurt boost immunity. We love Rachel's 'wickedly delicious' yogurt ([www.Rachelyogurt.com](http://www.Rachelyogurt.com)) in the Relax vanilla chai flavor.



#### 2. Chocolate

You aren't dreaming, we are actually promoting chocolate consumption. Chocolate is high in magnesium. Magnesium levels are often depressed when stress levels rise. Low magnesium levels can cause irritability and nervousness and are also associated with an increased heart attack risk. Try Attune chocolate wellness bars (available at Foodtrainers). These 100-calorie chocolate bars are delicious (try the chocolate crisp flavor) and fortified with the same probiotics found in yogurt.



#### 3. Crudite'

Under stress our bodies produce compounds known as free radicals. Free radicals are precursors for many diseases. Antioxidants in fruits and vegetables combat free radicals. Once a week, chop up multicolored vegetables and store a large container at home and work. Crunching is another way to reduce stress.



#### 4. Walnuts

Walnuts are the only nut that contain omega 3 fatty acids, the good fats also found in salmon. Omega 3's have anti-inflammatory properties and protect our hearts in times of stress. Studies have shown that omega 3's can also reduce production of the stress hormones cortisol and adrenaline. Try filling an empty altoid container with walnuts to keep your portion in check.



#### 5. Passion

Flower Passion flower is a plant native to North America. Many herbalists use passion flower as a natural method to reduce anxiety. Research is now supports this premise and passion flower has been shown to decrease feelings of nervousness and generalized anxiety.



Alivita makes a widely available Passion Flower Tea (24 bags per box). This is a better option than caffeinated beverages which can increase anxiety. [www.Alivita.com](http://www.Alivita.com)