

## Ara Wiseman Nutrition & Healing

[www.arawiseman.com](http://www.arawiseman.com)

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- ✓ Get plenty of rest & get your zzz's. Your body needs down time to repair cells and to rest your heart.
- ✓ Drink enough water to hydrate your brain and body; at least 1 liter of pure water for every 40 pounds of body weight. It is best to have your liquids unpolluted with artificial sweeteners, sugar, caffeine, or alcohol. Water flushes out toxins, reduces headaches and supplies you with energy. Squeeze fresh lemon in your water.
- ✓ Do not consume too much caffeine. Caffeine is the world's most popular psychoactive drug. It leads to adrenal exhaustion and a decreased ability to handle stress. Avoid all caffeine sources within 10 hours of going to sleep including coffee, tea, green tea, chocolate, and caffeinated soft drinks. Instead, drink decaf, herbal tea or water!
- ✓ Exercise/movement: people who exercise regularly maintain a consistent weight, are less prone to over eating and cravings, and are more confident. Exercise is the healthiest alternative for getting an endorphin rush, which will help to reduce stress.
- ✓ Deep breathing: Make sure to practice at least 20 minutes per day of mindfulness breathing per day. Close your eyes, relax your body, just let go and breathe deeply into your belly with your mouth closed. Imagine the breath pushing out the sides of your ribs, then exhale slowly and allow your shoulders and body to relax. Deep breathing relaxes your mind and energizes your body, increases circulation and lymph flow and settles emotions, allowing you to feel more at peace.
- ✓ Do not consume foods that stress the body, such as sugar, excess amounts of chocolate, caffeine, artificial sweeteners, preservatives, soft drinks, junk foods, white flour products, and fried foods. High glycemic carbohydrates cause a spike and then a drop in blood sugar, affecting your overall health and mood.
- ✓ Incorporate complex carbohydrates such as fresh organic fruits, vegetables and dark leafy greens. Fruits and vegetables help to keep you hydrated. Incorporate a variety of colorful fruits and vegetables into your daily meals
- ✓ to provide vitamins, minerals, and phytochemicals that nourish and protect your cells from oxidation.
- ✓ Aim for 25-35 grams of fiber per day. Always drink water when increasing fiber. Best fiber sources: fruits and vegetables, ground flaxseeds, beans, raw nuts and seeds,

multi grain breads and crackers, brown rice, quinoa or lentil pasta, brown rice, and chia seeds.

- ✓ Add greens such as wheatgrass, barley grass, or chlorophyll to your smoothies, water or juice.
- ✓ Increase foods rich in Folic acid such as: avocado, asparagus, lima beans, beets, cabbage, bananas, Brussels sprouts, dates, cantaloupe, mushrooms, lettuce, walnuts and green vegetables such as spinach and broccoli. Low levels of Folic acid have been linked to depression in clinical studies, as deficiency can lead to low serotonin (our feel good neurotransmitter) levels in the brain.
- ✓ Increase Selenium in your diet to help with your mood. Selenium is found in Brazil nuts, garlic, mushrooms, organic vegetables, broccoli, onions and sunflower seeds. Individuals with selenium deficiency have been shown to be more anxious, irritable, hostile and depressed.
- ✓ Make sure to bring healthy food and snacks with you to work. Eating small, healthy meals every 3 - 4 hours will help you stay alert, frees up energy, prevents mood fluctuations by stabilizing blood sugar, and increases stress tolerance.
- ✓ Incorporate healthy sources of the Omega-3 fatty acids such as; ground flaxseed or hemp seeds, walnuts, cold-water fish like wild salmon and sardines. Use coconut oil and grapeseed oil for frying or sautéing and cold pressed olive oil or flaxseed oil for salads. Other good fats to include in your diet are avocados, raw nuts and seeds and DHA from Algae (good for your brain).
- ✓ Take a B complex during the day for energy (stress fighter, improves mood, helps metabolize carbohydrates). Take magnesium before bed, to help you relax and melatonin 30-60 minutes before bed if you are having trouble sleeping.
- ✓ Take a 20-minute break between 3:00 pm and 5:00 pm, when cortisol levels are lower.
- ✓ You will have a more positive affect on the people around you, when are you are better able to manage your own stress.
- ✓ Learn to slow down and don't eat when you are stressed. When you are under stress you are not producing adequate digestive enzymes and you are unable to digest properly.
- ✓ Spend part of your day doing something you enjoy!