

GOT STRESS?



YOUR
CHOICES
MATTER.

EAT WELL... According to Dr. Mark Hyman, eating whole, real foods restores balance and reduces the effects of stress on your body. Replacing harmful substances such as caffeine, alcohol, and refined sugars, with clean proteins, fruits, vegetables, and healthy fats helps regulate your hormone levels, including stress hormones. Food As Medicine Education Director Kathie Swift, MS, RDN, LDN, FAND, EBQ cites the connection between the gut and brain in relieving stress. The gut and brain are constantly sending signals to each other, so by keeping your microbiota (the bacteria in your gut) healthy, your brain feels less stressed. (<https://cmbm.org/blog/5-ways-relieve-stress/>)