



Six Ways of Managing Your Stress with Diet and Lifestyle Changes

Most of us, however, are merely packing on too many stressful events and not enough time for relaxation to help balance stress and hormones in the body.

If you have excess stress hormone levels, here are six ways reduce your stress:

- Eat more fresh vegetables and fruits. Repeatedly, vegetable and fruit consumption has been shown to prevent a broad spectrum of diseases and age-related degeneration, promote alertness, support your immune system, and improve mood.
- Stay physically active. Essentially, the more you keep physically active, the less cortisol your body needs to release.
- Make time every day to relax. Make sure you have stress-reducing activities scheduled into your calendar on a regular basis. Quiet time in nature, a creative activity like painting or writing, reading a book or listening to calming music are all excellent ways to soothe yourself and reduce cortisol levels.
- Get a good night's sleep. If your stress hormone levels are too low, this can mean that you may have a health condition requiring immediate attention such as Addison's disease, or a condition of the pituitary gland known as hypopituitarism.
- Eliminate all processed sugars from your diet. Ideally, processed or refined sugars should never be consumed because they are a potent neurotoxin. They destroy the neural pathways of the brain, and they have also been shown to cause and feed cancers and are highly addictive substances.
- Eat citrus fruits and licorice. A study conducted by the University of Bergen in Norway concluded that grapefruit juice and licorice increase the availability of cortisol in the human body.

These are a few simple options to manage your stress. None of these options require taking medication prescribed by your doctor. Instead of resorting to medication, it is possible to improve stress levels through some simple dietary and other lifestyle adjustments.