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## FOODS THAT HELP YOU RELAX



### **Eating for calm**

Good new age music can help calm but there are certain foods that have the ability to help the body relax. In fact, many of them are recommended for bipolar patients or for those with an anxiety disorder.

**According to Franci Cohen, certified nutritionist and physiologist**, that is the reason why many fall asleep after Thanksgiving: the turkey contains tryptophan, a type of amino acid, which is essential to promote the release of the neurotransmitter serotonin, involved in the regulation Sleep.

### **Fish for Omega 3**

Omega 3 Fatty Acids have the virtue of reducing anxiety. In fact, According to Franci Cohen, in some places in the world where people consume large amounts of cold water fish as salmon and herring ,the Incidence of anxiety and depression is extremely low.