

# Imágenes con un mensaje positivo



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## Food That Relax Us

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1. According to **Franci Cohen, certified nutritionist and physiologist**, that is the reason why many fall asleep after eating: Seaweeds, legumes, dairy products, seeds and nuts contain tryptophan, a type of amino acid that is essential to promote the release the neurotransmitter serotonin, involved in the regulation of sleep.
2. Banana, soybeans, pumpkin, sesame and avocado- has L-tyrosine, an amino acid that prevents anxiety attacks, says the expert. "In a clinical study showed that also reduces stress and general anxiety levels in people who suffer from this disorder." However, it is not recommended to take L-tyrosine with other medications for their effects queue.
3. Blueberries (blueberries)- According to Dr. Fabrizio Mancini, author of "The power of self-healing", these super foods help prevent dementia and heart disease. Furthermore, fighting cell membrane damage and retard aging. And help produce more dopamine, involved in memory, coordination and wellness.
4. Cherries Fresh cherries (not packaged)- have high percentage of melatonin says Dr. Mancini, "a hormone that helps regulate sleep cycles. Furthermore, melatonin acts as an antioxidant, protecting cell membranes from damage ". As if that were not enough, fight cancer and liver tumors.
5. Sweet potatoes (sweet potatoes, English)- Among other properties, promote digestion and stimulate circulation. Also, help relax the muscles around the arteries, allowing blood to circulate throughout the body, added the expert Jackie Keller.
6. Oranges- According to Dr. Fabrizio Mancini, not only help to reduce blood pressure and cortisol levels, but also, vitamin C, helps to calm and relax. Some experts even believe that the process of peeling the orange can help relax the very nervous people.
7. Wholegrain- According to the Mayo Clinic, whole grain products like pasta or bread products are not only good for the heart, also have a "calming brain" effect. Increase serotonin, the chemical associated with "feel good". This relieves stress and makes us feel more "controlled".