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Diet for stress full life

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ABSTRACT

In this review article the author argues that complete presentation of various Indian diet can reduce the stress and related mental and physical illnesses like Stress anxiety, depression etc.. Life is neither Possible to overcome safely.

Keywords:

Stress, Diet, Vegetarian, Non- Vegetarian

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Introduction

Stress is your body's way of responding to any kind of demand or threat. When you feel threatened, your nervous system responds by releasing a flood of stress hormones, and including adrenaline and cortisol, which rouse the body for emergency action. Your heart pounds faster, muscles tighten, blood pressure rises, breath quickens, and your senses become sharper. These physical changes increase your strength and stamina, speed your reaction time, and enhance your focus. This is known as the "fight or flight" or mobilization stress response and is your body's way of protecting you.

Causes of stress The situations and pressures that cause stress are known as stressors. We usually think of stressors as being negative, such as an exhausting work schedule or a rocky relationship. However, anything that puts high demands on you can be stressful. This includes positive events such as getting married, buying a house, going to college, or receiving a promotion. Of course, not all stress is caused by external factors. Stress can also be internal or self-generated, when you worry excessively about something that may or may not happen, or have irrational, pessimistic thoughts about life.

Common external causes of stress

- Major life changes
- Work or school
- Relationship difficulties
- Financial problems
- Being too busy
- Children and family

Common internal causes of stress

- Chronic worry
- Pessimism
- Rigid thinking, lack of flexibility
- Negative self-talk
- Unrealistic expectations/Perfectionism
- All-or-nothing attitude

What Are the Symptoms of Stress?

Stress can affect all aspects of your life, including your emotions, behaviors, thinking ability, and physical health. No part of the body is immune. But, because people handle stress differently, symptoms of stress can vary. Symptoms can be vague and may be the same as those caused by medical conditions. So it is important to discuss them with your doctor. You may experience any of the following symptoms of stress (Table 1).

Your resiliency to stress depends on many life factors, but there are diet you can take to improve your tolerance and handle more setbacks and challenges without becoming overwhelmed by stress.

Diet and stress:

The food you eat can improve or worsen your mood and affect your ability to cope with life's stressors. Eating a diet full of processed and convenience food, refined carbohydrates, and sugary snacks can worsen symptoms of stress while eating a diet rich in fresh fruit and vegetables, high-quality protein, and healthy fats, especially omega-3 fatty acids, can help you better cope with life's ups and downs.

Samadosa samagnisca samadhatu malakriya/Prasannatmendriya mana swastha ity-abhidiate// Susruta Samhita Sutra 15/48.

Vedic diet and nutrition may help some people to cope with stress by managing their symptoms and promote recovery. Some herbal remedies, vitamin such as vitamin B, C, E may give a boost in your immune systems. Food or supplements that contain antioxidants such as berries, mangosteen, quercetin etc. will help you to fight for the free radicals that generated from your body as a result of stress. Avoid stimulant food such as alcohol, coffee, sugars and high fat foods. If you decide to take a health supplement, here is some guidelines for you to decide the reliability and safety considerations on the health supplements.

The present paper attempts to describe management of stress through the application of wisdom of Bharat. Detention 4 of yoga sutra explain pratyahara Eating more fresh fruits and vegetables, cooking meals at home, and reducing your

intake of sugar and refined carbohydrates, on the other hand, may help to improve mood and lower your risk for mental health problems. If you have already been diagnosed with a mental health problem, eating well can even help to manage your symptoms and regain control of your life.

While some specific foods or nutrients have been shown to have a beneficial effect on mood, it's your overall dietary pattern that is most important. That means switching to a healthy diet doesn't have to be an all or nothing proposition. You don't have to be perfect and you don't have to completely eliminate foods you enjoy to have a healthy diet and make a difference to the way you think and feel.

Stress-busting foods

- Green leafy vegetables
- Oats
- Yogurt
- Salmon
- Fruts
- Blueberries
- Pistachios
- Cow Milk
- Seeds
- Avocado
- Cashews

Stress beat 15 minutes tips

1. Wake up early
2. Create a soothing space
3. Clean out your junk drawers
4. Visualize your stressful thoughts
5. Watch laughing videos
6. Sing your heart out
7. Start a scrapbook
8. Pick up a physical hobby

9. Clench your muscles (then release)
10. Take deep breaths
11. Write mental thank you notes
12. Feel your pressure points(Third Eye Point)
13. Smell the roses

Georgina Oliver and Jane Wardle (1999) recommended that the effect of stress on overall amount eaten, but while snacking, roughly equal numbers reporting decreased intake (42%) and increased intake (38%). The direction of change in intake could be predicted in part by dieting status, with dieters being more likely to report stress hyperphagia and nondieters being more likely to report stress hypophagia.

Eiji Takeda et al.(2004)suggested that the Dietary antioxidants present in fruits and vegetables may improve cognitive function. Therefore, it is concluded that the establishment of functional foods that correctly regulate stress response must be firmly based upon scientific knowledge and legal regulation.

Susan J. Torres and Caryl A. Nowson(2007) recommended that the chronic life stress may be causally linked to weight gain, with a greater effect seen in men. Stress-induced eating may be one factor contributing to the development of obesity.

Fabijana Jakulj et al.(2007)suggested that the high fat meals increases with heightened cardiovascular reactivity to stress and offer insight into the pathways through which a high-fat diet may affect cardiovascular function.

Rafael T Mikolajczyk et al.(2009)suggested that the efforts to reduce depressive symptoms and stress among female students may also lead to the consumption of healthier foods and/or vice-versa.

Yvonne H. C. Yau and Marc N. Potenza(2013) indicate that the stress changes eating patterns and the salience and consumption of hyperpalatable foods; over time, this could lead to changes in allostatic load and trigger neurobiological adaptations that promote increasingly compulsively behavior.

Wendy E. Barrington, et al. (2014) indicate that the stress may be important to consider in programs promoting healthy eating.

Gonzalez and Miranda Massari (2014) studied that the increased metabolism can also cause an increase in the use and excretion of many nutrients. Although stress alters nutrient needs, if marginally deficient in a nutrient, stress can make that deficiency even worse.

Madhav Goyal et al. (2014) evidence of any effect of meditation programs on positive mood, attention, substance use, eating habits, sleep, and weight. We found no evidence that meditation programs were better than any active treatment (ie, drugs, exercise, and other behavioral therapies).

Giovanni Annuzzi et al. (2014) suggested that the Diets naturally rich in polyphenols positively influence fasting and postprandial TRLs and reduce oxidative stress.

Robyn S Nastaskin and Alexandra J Fiocco (2015) findings that the diet self-efficacy and perceived stress levels relate to nutrient intake in young adult females, and that increasing diet self-efficacy and reducing perceived stress in young adult females may lead to reductions in fat and sodium intake, leading to healthier eating habits.

Conclusion

Natural foods can help tame stress in several ways. Comfort and soft foods, like a bowl of warm oatmeal, boost levels of serotonin, a calming brain chemical. Other foods can cut levels of cortisol and adrenaline, stress hormones that take a toll on the body over time. A healthy diet can help counter the impact of stress by shoring up the immune system and blood pressure.

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Table 1 Common effects of stress ...

... On your body

- Headache
- Muscle tension or pain
- Chest pain
- Fatigue
- Change in sex drive
- Stomach upset
- Sleep problems

... On your mood

- Anxiety
- Restlessness
- Lack of motivation or focus
- Irritability or anger
- Sadness or depression

... On your behavior

- Overeating or undereating
- Angry outbursts
- Drug or alcohol abuse
- Tobacco use
- Social withdrawal