



## **Foods to calm your nerves**

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**Abstract.** We are accustomed to the fact that tension and stress are integral attributes of our lives. Many associate them with work or family problems. However, not everyone knows that their real causes lie in our physiology, especially in the frequency of breathing.

The rate of inhaled and exhaled air for a person at rest is 6 liters per minute. However, we typically inhale 2 liters more. This is explained by the fact that we breathe deeper and more often than our ancestors, who lived 80-100 years ago, breathed. Therefore, we are constantly in a state of chronic hyperventilation.

And this is why we more often suffer from chronic stress, which is the result of a decrease in carbon dioxide in the blood. Yoga practitioners claim that rigorous training helps them reduce their air intake and thus improve their alertness, sleep quality and quality of life. Whether you do it or not is up to you. The main thing to remember is that before performing any breathing exercises, you should consult your doctor.

*Key words:* food for nerves, recommendations, benefits, harm, beneficial properties, contraindications

## **Nutrition and nerves**

The state of the nervous system is directly influenced by substances that enter the human body along with food. Having carefully studied them, scientists presented a list of vitamins, microelements and organic compounds, the use of which will calm the nervous system in the safest and most natural way. It included:

All B vitamins. [1] They ensure the normal functioning of the nervous system. In the course of research, it was discovered that one of the first symptoms of a lack of these vitamins in the body is tingling in the limbs. This occurs as a result of damage to the myelin sheath that protects neurons. B vitamins, and in particular vitamin B12, help restore it. [2] Vitamin B6 is also important. It is directly involved in the production of serotonin and has a huge impact on the functioning of neurotransmitters - substances responsible for transmitting information from one neuron to another. Vitamin B3 deserves special attention, as it promotes the production of substances necessary for normal brain function.

- Vitamin E. It regulates the functioning of the nervous system and promotes relaxation and calming of the nerves. [3]
- Vitamin C. It is responsible for the synthesis of substances necessary for the functioning of the nervous system and helps calm the nerves. [4]
- Vitamin A. It has a positive effect on eye health, including the condition of the optic nerve. [5]
- Omega-3 fatty acids. They allow a person to quickly calm down, improve the functioning of the nervous system, help to better concentrate, remember the necessary information, etc. [6]
- Magnesium. It improves blood circulation and has a positive effect on the condition of muscles and nerves. [7]
- Antioxidants. They strengthen the nervous system and help calm the nerves. [8]
- Selenium. It tones the nervous system and improves its functioning. [9]
- Carbohydrates. Without them, the production of serotonin, one of the hormones of happiness, is impossible. Its main advantage is that it allows you to quickly calm down and relax. In addition, carbohydrates help the body reduce the level of cortisol, or stress hormone, in the blood. [10]

### **Top 11 products to calm your nerves:**

1. Berries. Blueberries, raspberries [11] or strawberries will do. They are rich in natural antioxidants and vitamin C. In 2002, in the journal Psychopharmacology, scientists published research showing that foods with vitamin C help regulate cortisol production. Its long-term effect on the body, among other things, increases the risk of developing cardiovascular diseases, depression and insomnia.
2. Cereals and grains. They have a positive effect on the heart [12] and calm the nerves by increasing the production of serotonin.
3. Fish. As a result of research at Ohio University, it was found that "the omega-3 polyunsaturated fatty acids it contains not only calm the nerves, but also reduce the production of cytokines in the body. These substances can cause depression."
4. Brazil nuts. They are rich in selenium, therefore they have a pronounced sedative property. According to research from the University of Wales, "Eating 3 Brazil nuts a day is enough to keep you calm and energetic."
5. Spinach. It contains vitamin K, which affects the synthesis of hormones responsible for improving mood and resistance to stress. [13]
6. Yogurt [14] or hard cheese. They contain B vitamins, the deficiency of which reduces resistance to stress.
7. Citrus. They are rich in vitamin C, which reduces the level of cortisol, the stress hormone. Meanwhile, scientists say that even the process of peeling them helps to calm down.
8. Apples. They contain fiber, iron and vitamin C, which have a positive effect not only on the nervous system, but also on the immune system. [15]
9. Chamomile tea. An excellent folk remedy that has stood the test of time. Helps to calm down, relieve tension and even get rid of insomnia. [16] To improve the effect, you can add a little milk to it.
10. Black chocolate. Like berries, it is good for reducing cortisol levels in the body and helping to calm you down. According to Dr. Christy Leong, "Chocolate contains a special substance called anandamine, which has a huge effect on dopamine levels in the brain and causes a feeling of relaxation and calm. In addition, chocolate contains tryptophan. It relaxes and helps relieve anxiety."
11. Bananas. They contain a huge amount of B vitamins, magnesium and potassium. They are recommended to be used before exams, important business meetings, and also during periods

when a person quits smoking. After all, they not only help you calm down, but also improve concentration and attention. [17]

### How else can you calm your nerves?

- **Change activity.** If you get nervous while performing an important task, leave it for a short time. Once you have calmed down, you will complete it without difficulty.
- **Go out into the fresh air and slowly take a deep breath.** The blood will be enriched with oxygen. And you will calm down.
- **Take a sip of water.** Dehydration of even one and a half percent causes mood swings, absent-mindedness and irritability.
- **Look at the situation as a whole.** Often the feeling of anxiety is aggravated by the fact that a person deliberately breaks one big problem into several small ones. For example, preparing a report involves searching and collecting information, analyzing it, systematizing it, etc. However, this is one feasible task that you can probably handle.
- **Don't take everything to heart.** Many of the problems we hear about don't even concern us, so wasting our mental strength on them is simply not wise.
- **Do yoga.** It provides complete relaxation.
- **Do meditation.** Imagine yourself far from existing problems and you will instantly calm down.
- **Use the secrets of aromatherapy.** The aroma of rose, bergamot, chamomile and jasmine will help you calm down.
- **Eat a handful of walnuts or pumpkin seeds.** They contain omega-3 fatty acids, which promote relaxation.
- **Limit consumption of coffee, alcohol and smoking.** And also do not overuse fried and salty foods. They provoke dehydration and cause anxiety.
- **Go for a massage.** During its implementation, the muscles relax, serotonin is released and the person involuntarily gets rid of emotional stress. Although it is not at all necessary that it be performed by a professional massage therapist. The touch of a loved one in itself has the miraculous power of relieving tension and relieving stress.

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### **Foods to calm the nerves**

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The norm for inhaled and exhaled air for a person at rest is 6 liters per minute. However, we usually inhale 2 liters more. This is because we breathe deeper and more frequently than our ancestors did 80-100 years ago. Therefore, we are constantly in a state of chronic hyperventilation.

And that's why we are more likely to suffer from chronic stress, which is the result of reduced carbon dioxide in the blood. Adherents of yoga claim that persistent exercise helps them reduce their air intake and thereby improve attention, sleep quality and quality of life. Whether to practice it or not is up to you. The main thing to remember is that you should consult your doctor before performing any breathing exercises.