



Nutrition for healthy nerves - healthy and dangerous foods, recommendations

Eliseeva Tatyana, editor-in-chief of the EdaPlus.info project

Tkacheva Natalya, herbalist, nutritionist

E-mail: eliseeva.t@edaplus.info, tkacheva.n@edaplus.info

Abstract. In our turbulent times, the nervous system is subjected to a very heavy load. It consists of the brain, spinal cord and nerve fibers.

Nerves play a very important role in the human body. They connect all organs and systems into a single whole, stimulating their activity. The nervous system also helps the body adapt to the variability of the external environment.

It turns out that there are thirty-one pairs of spinal nerves in the human body, and the total length of all nerve fibers in the body is about 75 km!

Key words: nerves, description, healthy products, dangerous products, recommendations, folk remedies

General recommendations

To maintain the health of the nervous system, it is necessary to reduce the load on the digestive organs, that is, eat regularly and in small portions. Eat in a comfortable environment, enjoy your food and drink more fluids.

For various ailments of the nervous system, doctors advise limiting the intake of proteins and fats in the diet, and giving preference to foods with a high content of vitamins and fluids.

If there are disorders of the nervous system, vegetables and fruits with coarse fiber are limited. Spicy, salty dishes and foods that are difficult to digest are excluded.

The most useful foods for nerves

There is an expression that “all diseases come from nerves.” Indeed, when the nervous system is weakened, there is a risk of complications from the cardiovascular, digestive and genitourinary systems.

Proper nutrition is very important to maintain a healthy nervous system. The following products are especially necessary for the nervous system:

1. **Bananas** [1] and fresh **tomatoes** [2] . Strengthens the nervous system, prevents depression [3 – food against depression].
2. **Mackerel** , cod, salmon. Contains healthy fats. They tone the liver, which helps protect nerve fibers from toxic substances. Reduces the risk of developing depression by 60 times!
3. **Eggs** . [4] Rich in lecithin, which helps fight bad mood. English doctors recommend eating one to two eggs a day.
4. **Dairy products** , cabbage [5], carrots [6], apples [7]. They contain **calcium** [8] and **phosphorus** [9] in ideal proportions for humans. Calcium helps relieve nervous tension, and phosphorus stimulates the nervous system.
5. **Greenery** . Rich in magnesium [10], which is necessary for normalizing inhibition processes in the body.
6. Sprouted wheat grains, bread, cereals. Rich in **B** vitamins [11] , which are necessary to ensure the body's resistance to stress.
7. Vegetable oils, **nuts** , avocados [12]. Contains vitamin **E** [13] . They charge the body with energy and stimulate muscle activity.
8. **Strawberry** [14] – a berry of “good mood”. Stimulates the nervous system. It is a good antidepressant.
9. Cheese, potatoes [15], brown rice [16], yeast [17], soy, peanuts, **sesame** . Contains important amino acids: glycine, tyrosine, tryptophan and glutamic acid. These amino acids increase the body's performance and calm the nerves.

Folk remedies for normalizing the functioning of the nervous system

Milk and fermented milk products are very beneficial for the nervous system .

In case of nervous overexcitation, it is useful to drink warm milk with a spoon of linden, buckwheat or pine **honey at night** [18] .

Neuroses respond well to treatment with royal jelly (provided there is no allergy to bee products).

Remedy for insomnia and neuroses:

1 glass of mineral water; 1 tbsp. honey; juice of half a **lemon** [19] . Drink this mixture in the morning on an empty stomach for 10 days. To strengthen the nervous system, it is better to take linden, pine, buckwheat, fir or spruce honey.

To normalize the functioning of the nervous system, some nutritionists recommend undergoing such

Stages of recovery:

Stage 1 . Detoxification . To **cleanse the body** of waste and toxins, vegetable juices and herbal decoctions are used.

Stage 2 . Nutrition . In large quantities, if there are no contraindications from a doctor, leafy **vegetables** and greens are consumed.

Stage 3 . Hepatoprotection . Eating foods that contain polyunsaturated fatty acids (for example, steamed fatty **fish**).

Foods harmful to nerves

• **Alcohol** [20] . Creates a deceptive feeling of relaxation. Depletes the nervous system. Impairs memory, ability to think logically, weakens willpower.

- **Coffee and tea** . They contain caffeine, which in large quantities is harmful to the body. Overexcites the nervous system. Blocks the body's signals about the need for rest. Increases feelings of anxiety.
- Confectionery, baked goods. They contain refined carbohydrates [20], which are quickly absorbed into the blood, causing a short-term improvement in mood and a surge of energy. But the effect wears off very quickly, causing weakness, **allergies** and chronic fatigue syndrome.

Literature

1. Eliseeva, T., & Tarantul, A. (2018). Banana (Musa). *Journal of Healthy Eating and Dietetics* , 3 (5), 31-43. DOI: 10.59316/.vi5.24
2. Eliseeva, T., & Tkacheva, N. (2018). Tomatoes (Solánum lycopersicum). *Journal of Healthy Eating and Dietetics* , (3), 31-40. DOI: 10.59316/.vi3.15
3. Tkacheva, N., & Eliseeva, T. (2020). Food against depression. *Journal of Healthy Eating and Dietetics* , (11). DOI: 10.59316/j.edpl.2020.11.46
4. Tarantul, A., & Eliseeva, T. (2020). Chicken egg. *Journal of Healthy Eating and Dietetics* , (11), 51-66. DOI: 10.59316/.vi11.65
5. Eliseeva, T., & Tkacheva, N. (2018). White cabbage (lat. Brassica). *Journal of Healthy Eating and Dietetics* , 4 (6), 13-23. DOI: 10.59316/.vi6.28
6. Eliseeva, T., & Tarantul, A. (2018). Carrot (lat. Daucus carota subsp. sativus). *Journal of Healthy Eating and Dietetics* , 4 (6), 43-55. DOI: 10.59316/.vi6.31
7. Tkacheva, N., & Eliseeva, T. (2021). Apples - benefits and harms proven by nutritionists. *Journal of Healthy Eating and Dietetics* , 3 (17), 84-88. DOI: 10.59316/.vi17.130
8. Mironenko, A., & Eliseeva, T. (2020). Calcium (Ca, calcium) - description, effect on the body, best sources. *Journal of Healthy Eating and Dietetics* , (12), 83-92. DOI: 10.59316/.vi12.77
9. Eliseeva, T. (2022). Phosphorus (P) – value for the body and health + 30 best sources. *Journal of Healthy Eating and Dietetics* , 1 (19), 19-28. DOI: 10.59316/.vi19.154
10. Mironenko, A., & Eliseeva, T. (2020). Magnesium (Mg, Magnesium) - description, effect on the body, best sources. *Journal of Healthy Eating and Dietetics* , (14), 60-71. DOI: 10.59316/.vi14.91
11. Eliseeva, T., & Mironenko, A. (2019). B vitamins – description, benefits, effects on the body and the best sources. *Journal of Healthy Eating and Dietetics* , 2 (8), 74-87. DOI: 10.59316/.vi8.45
12. Eliseeva, T., & Yampolsky, A. (2019). Avocado (lat. Persēa americana). *Journal of Healthy Eating and Dietetics* , 4 (10), 63-75. DOI: 10.59316/.vi10.58
13. Eliseeva, T., & Mironenko, A. (2018). Vitamin E – description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics* , 4 (6). DOI: 10.59316/.vi6.33
14. Eliseeva, T., & Tarantul, A. (2019). Strawberry (lat. Fragária). *Journal of Healthy Eating and Dietetics* , 2 (8), 38-51. DOI: 10.59316/.vi8.42
15. Tarantula, A. (2018). Potatoes (Tuberous nightshade, Solánum tuberosum). *Journal of Healthy Eating and Dietetics* , (4), 22-32. DOI: 10.59316/.vi4.18
16. Tarantul, A., & Eliseeva, T. (2021). Rice (lat. Orýza). *Journal of Healthy Eating and Dietetics* , (15), 61-74. DOI: 10.59316/.vi15.98
17. Shelestun, A., & Eliseeva, T. (2021). Nutritional yeast – what is it and what is it used for. *Journal of Healthy Eating and Dietetics* , 4 (18), 50-54. DOI: 10.59316/.vi18.144
18. Tkacheva, N., & Eliseeva, T. (2023). Honey for human health – description of types (40+), features and beneficial properties of each, recommendations for use. *Journal of Healthy Eating and Dietetics* , (25). DOI: 10.59316/j.edaplus.2023.25.14

19. Eliseeva, T., & Tkacheva, N. (2019). Lemon (lat. Cítrus limon). *Journal of Healthy Eating and Dietetics* , 1 (7), 2-11. DOI: 10.59316/.vi7.34
20. Eliseeva, T., & Shelestun, A. (2019). Catalog of drinks (60+) – description, useful and dangerous properties of each. *Journal of Healthy Eating and Dietetics* , (8). DOI: 10.59316/j.edpl.2018.8.8

[The HTML version of the article](#) is available on the edaplust.info website.

Received 07/14/2020

Nutrition for nerve health - useful and dangerous foods, recommendations

Eliseeva Tatyana , editor-in-chief of the project EdaPlus.info

Tkacheva Natalia , phytotherapist, nutritionist

E-mail: eliseeva.t@edaplust.info, tkacheva.n@edaplust.info

Abstract: In our turbulent times, the nervous system is under great strain. It consists of the brain, spinal cord and nerve fibers. Nerves play a very important role in the human body. They connect all the organs and systems, stimulating their activity. And the nervous system also helps the body to adapt to the variability of the environment. It turns out that there are thirty-one pairs of spinal nerves in the human body, and the total length of all nerve fibers in the body is about 75 km!