

FOODS THAT REDUCE ANXIETY



GREEN TEA

L-theanine
calming effect



DARK CHOCOLATE

antioxidant
eases nerves



AVOCADO

B6 + folic acid
supports sleep



EGGS

tryptophan
boosts serotonin



CHAMOMILE TEA

medicinal properties
calming effect



SALMON

omega-3
supports brain health



CASHEWS

rich in zinc
increases GABA levels



SPINACH

rich in magnesium
calming effect



YOGURT

probiotic
boosts serotonin

Anxiety Relief Weight Loss Plan Top

Men's Health Books



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