

“Stress release like a dream”



This is a continuation of the previous issue's introduction of the nutrients that help us respond to stress.

Like it or not, we all encounter stress in daily life. On the other hand, it's certainly possible to take a positive approach to dealing with stress. Ideally, we should be able to toughen our minds and bodies by taking care about what we eat on a daily basis and by being careful about nutrition.

B vitamins

Under stress, the body consumes a considerable amount of B vitamins.

Vitamin B1 — This vitamin creates substances that are needed by the muscles and the nervous system. A lack of vitamin B1 can lead to nervous-system irregularities and mood swings. Since people who consume large quantities of cold drinks, sweet snacks, instant foods, and alcoholic beverages tend to lack vitamin B1, they need to take particular care to get enough of this vitamin

Foods containing large quantities of vitamin B1:

Pork



Soybeans



Sesame



Haigamai (rice with germ)



Vitamin B6 — This vitamin is used in the synthesis of neurotransmitters, which are used to stimulate and control brain functions.

Foods containing large quantities of vitamin B6:

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Mackerel



Milk



Liver



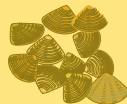
Egg



Vitamin B12 — This vitamin fosters emotional stability by helping the nervous system to function properly. Vegetarians tend to lack this vitamin, as it is not contained in vegetables.

Foods containing large quantities of vitamin B12:

Seafood



Liver



Meats



Egg



Dairy products



* There are eight other types of B vitamins, including vitamin B2, folic acid, niacin, pantothenic acid, and biotin.

Vitamin E

Under high stress, the liver and other parts of the body generate higher volumes of active oxygen. Such conditions require more vitamin E, which has strong antioxidant effects.

Foods containing large quantities of vitamin E:

Seeds and nuts (such as pine nuts)



Oils



Deep yellow vegetables



Fish



Mineral

· Calcium == Calcium helps you calm down by limiting overstimulation of the brain cells. Taking vitamin D together with calcium helps the body absorb the calcium more efficiently.

Foods containing large quantities of calcium and vitamin D:

Calcium (small fish, dried shrimp, seaweed, etc.)



Vitamin D (dried shiitake mushrooms, fish)



· Magnesium == Magnesium assists the functions of the adrenal cortex in creating hormones that fight stress. It also regulates the effects of calcium. Since magnesium deficiencies are more common than those of calcium, ensuring sufficient magnesium intake is essential.

Foods containing large quantities of magnesium:

Hijiki seaweed



Soybeans



Seafood (such as oysters)



This concludes the “Stress Release Like a Dream” series for now. Although a wide range of supplements is available on the market today, your everyday diet is fundamental. Have you been eating enough vegetables, seafood, and beans lately?

Be sure to look for the next series coming soon!