What's eating you?

STRESS.

Our body’s natural reaction to stress is to seek fuel through food to help protect us when we feel weak. Unfortunately, many of us turn to high-fat, high-sugar foods that actually increase stress by making us feel sluggish, bloated and foggy.

However, eating wholesome foods packed with vitamins when we feel stressed can actually help us feel better.

EAT WHOLESOME FOODS LIKE:
Oranges, sweet potatoes, apricots, spinach, skim milk or soy, turkey and blueberries.