

FOODS FOR THE NERVOUS SYSTEM

NERVOUSNESS

What is Nervousness?

A state in which the nervous system reacts disproportionately to what seems to be natural stimulants when in an agitated state.

Causes & Stimulants of Nervousness

Drugs, though seemingly produce temporary relief, aggravates the nervous system and cause nervousness. Coffee, tobacco, alcoholic beverages, are among the foremost stimulants of nervousness.

Nervousness Combatants

To combat nervousness, develop a healthy habit of:

- *Eating a decent breakfast to elude hypoglycemia.
- *Eating at regular hours. Don't skip meals.
- *Getting adequate rest.
- *Exercising regularly.

Foods to Increase

Passion Fruit	Wheat germ	Oats
Brazil Nut	Cashew	Sunflower Seeds
Avocado	Pine Nuts	Green Pea
Apricot	Almond	Pollen
Lettuce	Honey	Walnut

Foods to Decrease

Caffeine:

Irritates the nervous system and incites nervousness.

Alcoholic Beverages:

Alcoholic beverages contain ethylic alcohol which is harmful to nerve cells.

White Sugar:

Once nervousness is caused by hypoglycemia, using a small amount of sugar might cause a calming effect. However, too much produces hyperactivity and nervousness.