

Stress and Vitamins

Stress could be a killer and a threat to your health in this busy world. Stress not only strangles your brain with pessimistic thoughts but it also can lead to serious physical symptoms that could become harmful to your body and mind. Vitamins and minerals are used up more rapidly than usual, when your body wanes due to a stressed mind. Keeping this mind, you can start off taking Vitamins, since they help in minimizing the damage that stress can cause. Studies have reported that people who are often stressed tend to have lower of B-complex vitamins. B-complex deficiency can lead to many other health related issues that include gloominess, bad temper, and irregular nerve functioning. Vitamins C and E are also exhausted faster when your mind is under stress. These vitamins are antioxidants, which are also a means to good health. Free radicals cause cell membrane damage which is a result of deficiencies in these nutrients. Minerals are also depleted when your body is stressed. Magnesium and zinc are two prime minerals that are sapped from the body during such tough times. There are several other solutions, other than taking supplements, which can aid the damage of stress. Studies have shown that Beta glucan enhances your immune system performance. This can be a huge aid to your stressed mind. Maitake mushrooms also do the same thing and serve the same purpose. Gotu Kola is another herbal supplement in the row, which helps to ease anxiety in addition to helping stress. Taking Vitamins to relieve stress, nourishing with minerals, and a herbal solution to facilitate stress, can sure be the key to turning off the stress that might be bothering you. Without the appropriate supply of nutrients and supplements, your body cannot operate to its complete potential. Hence, give your body the required supplies it needs to become and stay healthy.

About the Author

These weekly columns offer the latest information on issues related to food safety, food and nutrition, and healthy.

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