

Stressed Out? Watch What You Eat

Chronic, low-grade stress and overeating have a close relationship. Stress hormones can make you seek pleasure from sweet, fatty comfort foods. These foods, in turn, lower levels of stress hormones. We are self-medicating when we relieve our frustrations with chocolate clairs and macaroni and cheese. It does make us feel better, temporarily.

But in the long term, stress-driven eating just makes things worse, because extra calories create extra pounds that can lead to health problems.

Stress eating is hard to control. We know what we should be doing, but some part of our brain says, Eat!

These strategies really can help get stress eating under control:

Get enough sleep. Don't eat when what you really need is a nap or a good night's sleep. Sleep deprivation raises stress hormone levels.

Exercise instead of eating. Exercise does the same thing as eating a sugary, fatty snack. It reduces levels of stress hormones but without the calories and without the plunge in blood sugar later that leads to more cravings.

If you can't control yourself, at least control your environment. Keep trigger foods out of the house. Stock up with realistic substitutes, like yogurt instead of ice cream, or dark semi-sweet chocolate instead of big gooey brownies. Avoid refined carbohydrates and sweets, which only fuel your appetite.

Don't eat when you should be drinking. This is especially true if you find yourself craving juice, soda, or even a beer. Drink a big glass of water and watch yourself perk up and your craving disappear.

Learn a stress management technique. Yoga, mindfulness meditation or breathing techniques can reduce stress hormones. Learn something you can use to instantly reduce your reaction to stress, and you'll be on your way to a more peaceful existence and a thinner waistline!

The Anti-Aging Bottom Line: Letting stress get the best of you can have disastrous health consequences. Keep stress-driven eating to a minimum by learning how to deal with stress in a positive manner, rather than using food to make yourself feel good. Be sure to get enough sleep, exercise, stay hydrated and try to keep trigger foods out of the house.

QUICK TIP: Keeping your stress levels under control is important for heart health! [Learn More](#)

SynergySlim PLUS is a more powerful, enhanced version of our regular SynergySlim Formula. It includes Tonalin CLA, which has been proven to accelerate the reduction of body fat. SynergySlim PLUS will help you reduce binge eating, burn more calories, absorb less carbs, store less fat, lose weight naturally and keep it off!

SynergySlim is Stop Aging Now's first ever weight loss supplement. It contains a proprietary blend of four unique ingredients that each contain strong clinical evidence of supporting weight loss. Each ingredient attacks a different cause of weight gain. SynergySlim is formulated to block carbs, burn fat, control appetite and burn calories.

About the Author

From www.stopagingnow.com:

Antiaging through proper nutrition can reduce the visible effects. Nutrition and a balanced diet of the right foods and nutrient will reduce.

Foods, vitamins, supplements and herbs that help ward off disease.

Nutrition fruit This part of the site is all about anti aging nutrition with the focus on good food eaten with enjoyment. Enjoying what you eat is such an.

Anti aging is possible. The body is designed to heal and repair itself with the aid of proper nutrition. The body requires two vital materials.

As we grow older, our body undergoes many changes and lead to the formation of wrinkles, sagging skin, memory loss, low energy levels, fragile.

Good nutrition is the key to remaining and looking younger. good products care issues nutrition skin sunscreen requirements skins antiaging.

Anti Aging Nutrition. Your body is your temple, and what you give it nutritionally can have a vast impact on your health. As the body ages, many changes.

Here are presented some antiaging nutrition food guidelines. Check out tips on choosing the right anti aging care diet.