

Foods for reducing Anxiety and Hyperactivity

1.Introduction:

Anxiety and hyperactivity can be managed with foods that support brain health, stabilize mood, and promote relaxation.

2.Key Nutrients to Focus On:

- 1. Magnesium:** Known for its calming properties and ability to regulate neurotransmitters.
- 2. Omega-3 Fatty Acids:** Support brain health and reduce anxiety.
- 3. Tryptophan:** An amino acid that promotes serotonin production, aiding relaxation and mood.
- 4. B-Vitamins:** Important for stress management and brain function.

3. Top Foods:

- 1. Dark Chocolate:** Rich in magnesium and flavonoids, which can reduce anxiety.
- 2. Oily Fish (e.g., salmon, sardines):** High in omega-3s, which reduce anxiety and hyperactivity.
- 3. Nuts and Seeds (e.g., almonds, sunflower seeds):** Contain magnesium, which helps calm the mind.
- 4. Bananas:** A good source of tryptophan, which boosts serotonin levels.
- 5. Yogurt:** Rich in probiotics that support gut health, which can influence mood.

4.Scientific Backing:

- A study in the Journal of Clinical Psychiatry shows that omega-3 supplementation can reduce anxiety levels.
- Link: [Check out foods that reduce anxiety](#)

CTA: click to learn more about anxiety