



EVER HEALTH LEADS

Eat Your Stress Goodbye

A 10-DAY SERIES TO REDUCING
STRESS THROUGH FOOD

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By Ever Health Leads

When you're stressed out or upset about something, you are most likely thinking to take traditional 'comfort' foods – enjoy big meals, alcohol, sweet foods, fatty foods and take-out.

We tend to look for some comfort in a tasty meal and a bottle of beer or glass of wine. However, this isn't a good permanent solution.

When you're turning to unhealthy foods you can feel better temporarily, but in the long run, you will feel worse. When your body isn't getting the right nutrition, you can begin to feel less energetic, more lethargic, and in some cases less able to concentrate and focus. All of this can lead to even more stress.