

# FOODS THAT REDUCE ANXIETY



**GREEN TEA** 

I-theanine calming effect



DARK CHOCOLATE

antioxidant eases nerves



**AVOCADO** 

B6 + folic acid supports sleep



**EGGS** 

tryptophan boosts serotonin



#### CHAMOMILE TEA

medicinal properties calming effect



#### SALMON

omega-3 supports brain health



#### CASHEWS

rich in zinc increases GABA levels



#### SPINACH

rich in magnesium calming effect



YOGURT

probiotic boosts serotonin

# **Anxiety Relief Weight Loss Plan Top**

**Guillaume Favre** 

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