



Mashhad University of
Medical Sciences



The Role And Function Of Nutrition On Relaxation Of Nerves And Mind

NUTRITION & RELAXATION
OF NERVES AND MIND

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The source of omega-3 is defined in fish such as salmon, trout, tuna, and herring. In plants, soybean, sunflower, flaxseed, walnut, hazelnut, and sesame oils also contain omega-3s. Also, omega-3 fortified foods such as some slices of bread, juices, oils, and eggs are recommended by nutritionists.

► The Effect Of Nuts On Calming ◀ The Nerves

These delicious foods with significant amounts of zinc - B vitamins - selenium, and antioxidants work to combat stress.

► The Effect Of Avocado On ◀ The Process Of Nerve Relaxation

Avocado is an anti-obesity fruit, which is prescribed with antioxidants for mental health and stress reduction.

► Calm The Nerves By ◀ Eating Potatoes

The fiber and vitamins in potatoes are essential for strengthening the body against stress.

► Consume Black Pepper To Keep ◀ The Nerves Calm

Black pepper is a strong barrier against stress by increasing the body's metabolism, strengthening the central nerves, and improving the body's nervous system's function.

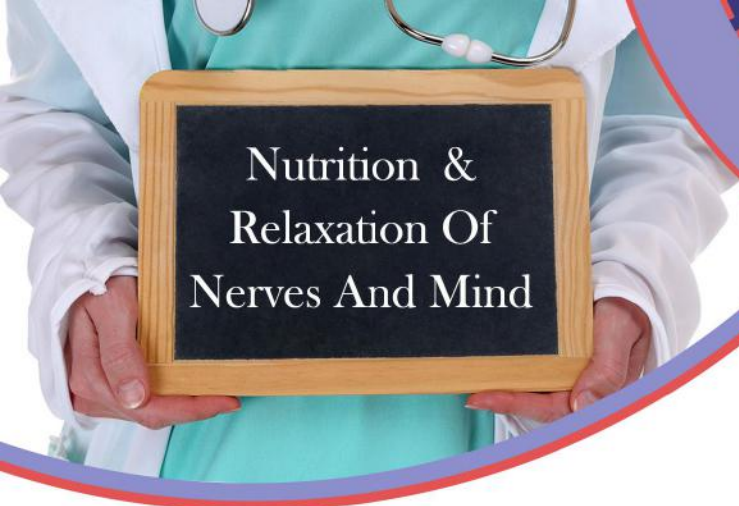


► Calm The Nerves With Milk And ◀ Dairy

Milk contains tryptophan (tryptophan is involved in serotonin production), soothes and calms the brain. In addition to feeling relaxed, serotonin also promotes deep and comfortable sleep.

► Vitamin D In Calming ◀ The Nerves

Vitamin D affects not only most of the brain and muscle functions but also MS, muscle weakness, fibromyalgia, and rheumatoid arthritis, which are diseases of the immune system, as well as all diseases that somehow weaken the central nervous system, immune system, and muscle tissue are associated with vitamin D deficiency.



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Of course, different chemical forms of these vitamins have been identified; For example, the acidic form of niacin is nicotinic acid, and its amide form is nicotinic acid.



► Nutrition & Relaxation Of Nerves And Mind ◀

Peace of mind means having a happy mood and preventing 90% of physical and mental illnesses. Nutrition for calming the nerves means including everything the body needs to be happy and refreshed. An excellent prescription for calming the nerves and having a healthy body. Peace of mind is one of the desires of modern man. An age that is always in a state of readiness to lose control of the nerves and enter a state of violence due to conflicts and many mental and physical preoccupations of the body.

► Vitamin B Deficiency And Anemia ◀

It can be said that the oldest vitamins in human knowledge and nutrition are B vitamins, Vitamins B1, B2, niacin, or B3.



Alternatively, other vitamins, such as B12 and folic acid, whose deficiency can affect brain function and may cause severe depression.

► Our Body Needs These Four Nutrients To Have Calm Nerves ◀

Adenine, thiamine, cytosine, and guanine are found in meats such as beef or mutton, liver, nuts, and offal.

► Get On The Nerves With Omega 3 ◀

The available scientific evidence also suggests omega-3 fatty acid deficiency problems in individuals, including bipolar disorder, autism, and major depression or depression during pregnancy. So eat enough walnuts, fish and shrimp, pumpkin seeds, and flax seeds.