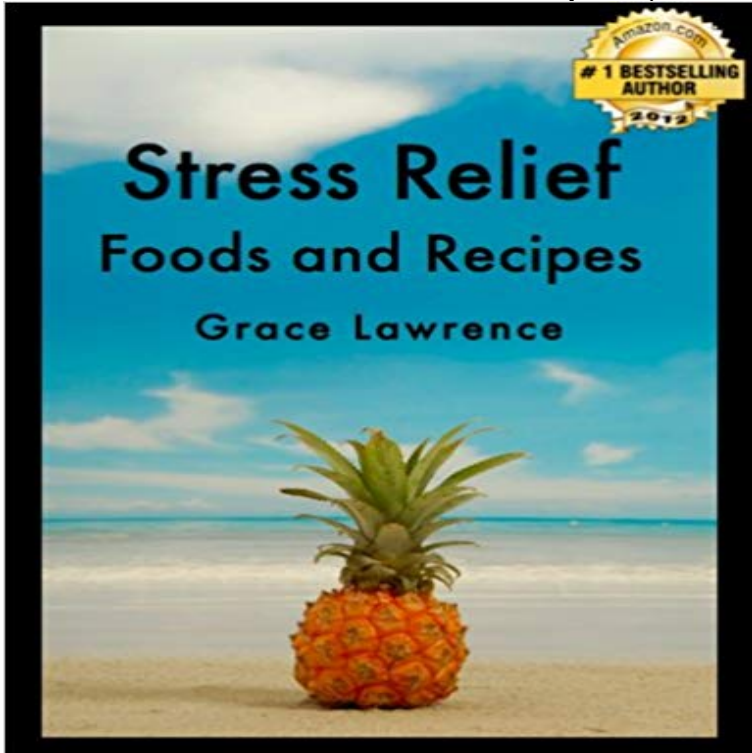


Stress Relief Foods and Recipes (Natural Stress Relief Series Book 1)



Everyone suffers from stress from time to time. It could be your work situation, or lack of work. It could be financial, health-related, or relationship-related. Symptoms of being stressed may manifest themselves in many ways. Some people get headaches, skin problems, or stomach ulcers. Some become anxious, while others are unable to sleep or begin to sleep too much. It is very common for people to eat when they are stressed. Usually people reach for junk food, which not only does not alleviate the stress, but it actually adds stress to the body, making it work harder and less efficiently. The good news is that there are some foods that you can reach for that actually have nutrients that can help reduce the feeling of stress and increase your body's ability to fight off the effects of stress. In the first of the Natural Stress Relief Series, this book provides a list of those foods best suited to fight stress so that you can incorporate them into your day. It also contains easy and delicious recipes that include these stress-busting foods. So pick up this book and get some natural relief today!

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