

7 Powerful Benefits of Sunshine and Red Light Therapy for Healing

**Diabetes: 4
Essential Frequently
Asked Questions**

**6 Tips for Staying
Healthy During the
Holiday Season**

**9 Natural Foods to
Calm Anxiety &
Reduce Stress**



Home Cures That Work

Achieving and maintaining optimal health requires a balanced approach to body, mind, and lifestyle. Managing blood sugar levels, for instance, can seem daunting, but small, intentional changes—like those suggested in the Fix Blood Sugar Solution Kit—can significantly enhance your quality of life. Through a healthy diet, regular exercise, and stress management, you can prevent complications, promote natural healing, and regain control of your health.

During the holiday season, sticking to simple habits like daily movement, prioritizing protein-rich meals, staying hydrated, and adopting the 6:10 reset—finishing meals by 6 p.m. and aiming for sleep by 10 p.m.—can help recharge your body and keep you feeling your best.

Your diet also has a profound effect on mental health. Nutrient-rich foods like omega-3s, magnesium-packed vegetables, and fermented options can calm the nervous system and improve mood. Adding turmeric, dark chocolate, and herbal teas to your routine offers natural stress relief while avoiding processed foods that destabilize mental wellness.

Lastly, the healing power of light, whether from sunlight or LED therapy, provides benefits such as immune support, wound healing, and tissue repair. Just 15 minutes of mindful light exposure every other day can make a big difference.

These proven strategies offer powerful ways to achieve physical and emotional balance. Dive into the full articles to explore how these methods can work together to transform your health and well-being naturally.

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For your health,

Cheryl Ravey,
Editor, Home Cures That Work



04 7 POWERFUL BENEFITS OF SUNSHINE AND RED LIGHT THERAPY FOR HEALING

Discover how sunshine and light therapy, from natural UV rays to innovative LED lights, promote healing, strengthen immunity, and enhance overall health.



11 DIABETES: 4 ESSENTIAL FREQUENTLY ASKED QUESTIONS

Managing high blood sugar can be empowering with the right mindset and lifestyle changes, and resources like the Fix Blood Sugar Solution Kit offer natural strategies to support a healthier life.

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By staying active, eating well, managing stress, and allowing time for rest, you can enjoy the holiday season while keeping your health on track



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This article explores how specific nutrient-rich foods, like omega-3s, magnesium-rich vegetables, and fermented items, can support mental wellness by reducing stress and anxiety while stabilizing mood.



7 POWERFUL BENEFITS OF SUNSHINE AND RED LIGHT THERAPY FOR HEALING

by Dr. Scott Saunders, M.D.

For almost twenty years I was the medical director of a rehabilitation facility. People were often brought into the facility with pressure ulcers, venous ulcers, diabetic foot ulcers, or other chronic open wounds. We had a wound care team that would go around every day and change bandages on chronic wounds, which never saw light – and never healed. I worked hard to get the wound care nurses to use light, even buying the red lights for them to use, but it took too long. It was easier to just change a dressing.

What is Red Light Therapy?

In 1903 a Danish physician, Niels Ryberg Finsen, discovered that red light would improve the healing time of open wounds and sores. For this, he was awarded a Nobel prize. Much later, in space, the plants growing in the International Space

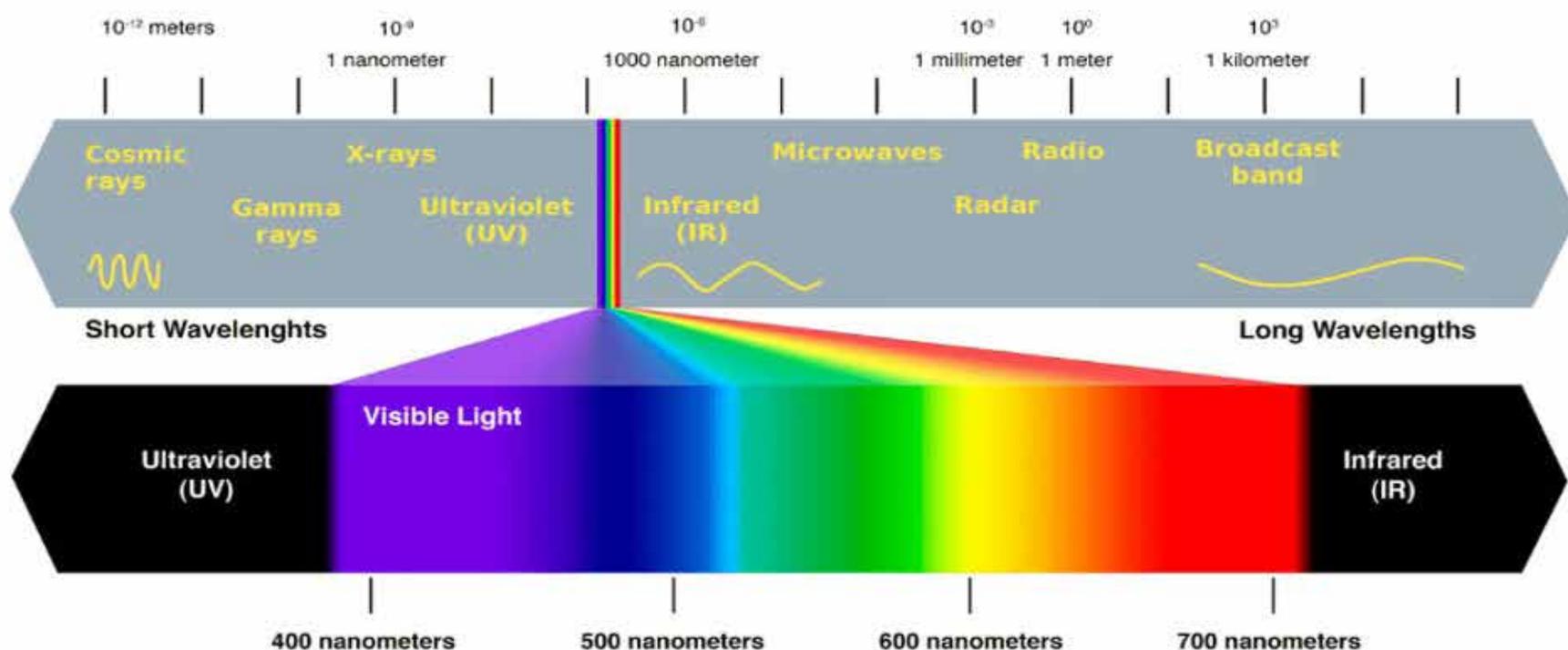
Station (ISS) used red grow lights, and the astronauts noticed that their wounds healed faster when exposed to the light. [1] This is so simple, it's amazing! Literally, light therapy is just exposing the wound to red light. We can now define light by its wavelength. The red light used in the space station has a wavelength of 630 nanometers. [2] That is barely into the red spectrum as you can see in the graph.:

These longer wavelengths of visible light penetrate into the body, turning on enzymes in the deep tissues. On the other hand, ultraviolet light releases all its energy on the surface of the skin, causing sunburns. Red light has multiple benefits for wound healing. For example, people with diabetes have blood flow and energy problems; the red light turns on the mitochondria to make ATP so the cells can do their work to heal. Moreover, the system for making nitric oxide causes the blood vessels to dilate, allowing more blood flow, more nutrients, and faster healing. The molecules that absorb the red light energy are called "Chromophores."

What is a Chromophore?

This sounds like science fiction, but there are many substances in your body that are affected by light, these are called "chromophores." Any molecule that absorbs light is a chromophore, such as the melanin that causes the skin to be tan, protecting you from sunburn. However, the ones we are interested in are the mitochondria that increase ATP, nitric oxide, protein synthesis, and change calcium levels, all of which improve cell survival. [3]

These changes that happen from light are called "photobiomodulation" (PBM). The amount of light is important. More is not better. A low level of light stimulates these processes, but a high level of light causes inhibition. This is why some call it Low-Level Laser Therapy (LLLT) or cold laser. The most consistent effect of PBM on cells is a decrease in inflammation. [4]



What is red light good for?

There are many purported benefits of red light therapy, LLLT, PBM, or cold laser therapy:[5]

DEMENTIA

Multiple small studies have been done shining red light through the skull and into the brain. One study using near infrared (just over 1,000 nm wavelengths) showed improvement in all parameters with just six minutes twice per day for eight weeks.[6] The improvement was much better than the drugs used for Alzheimer's Disease.

LOW BACK PAIN

A meta-analysis of multiple studies on back pain showed significant improvement in pain scores, but not in range-of-motion or functionality.[7]

ARTHRITIS

Rheumatoid arthritis that is treated with LLLT shows improved pain scores in overall studies, but not range-of-motion or mobility.[8]

TENDINOPATHY

There are some reports that red light therapy can help tendinopathy such as "tennis elbow" or Achilles tendinopathy. It seems like the dose is important since the smaller wavelengths of red light only penetrate less than a millimeter into the tissue. Thus, infrared may be more beneficial.[9]

HAIR LOSS

There are many studies that support the use of red light therapy for hair loss. It seems that it may work for male pattern hair loss in both males and females, but not alopecia areata.[10][11]

AGING SKIN AND ACNE

There is a lot of talk about using red light to prevent aging. There are some studies, but they are very subjective and don't often use controls so the results are not reliable. There is some evidence that it can increase the production of elastin and collagen, the building blocks of the skin. The same holds true for acne in the research is not conclusive.

MYOPIA

There are studies that may indicate mild slowing of the progression of childhood myopia (near-sightedness) with red light therapy.[12]

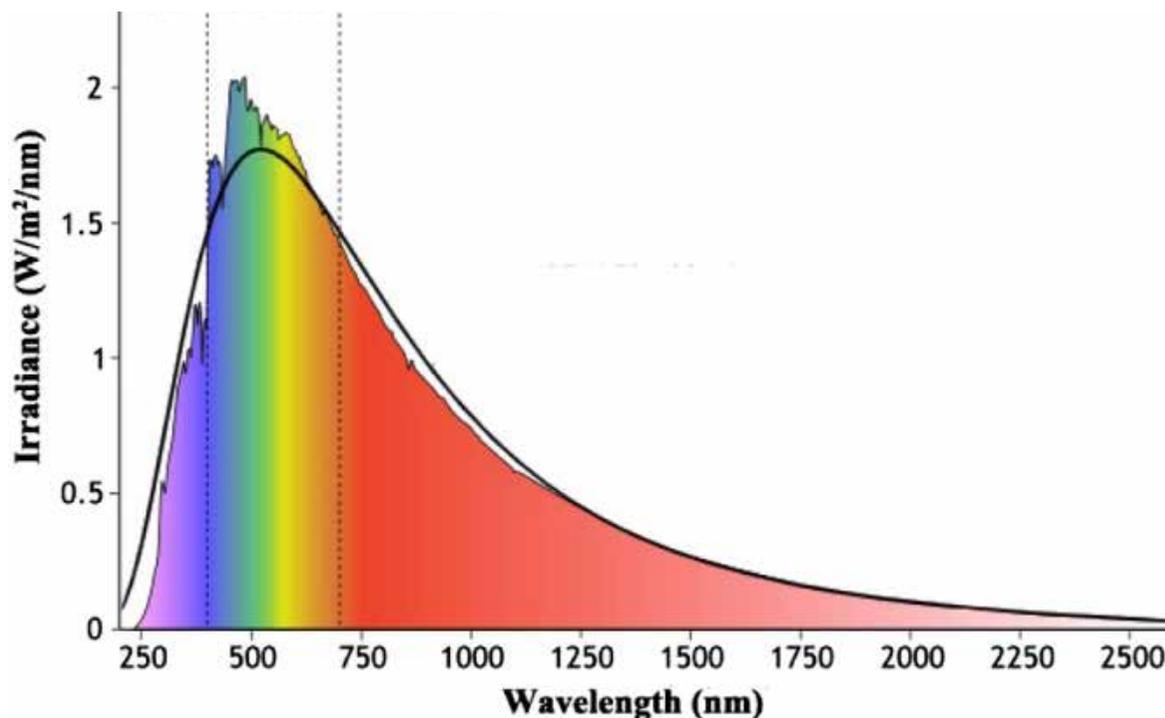
WEIGHT LOSS

Using light to lose weight is like using paint to make music. It's the wrong medium. Nevertheless, research is done,[13] which does not reach any statistical significance. People use the fact that there was an average of 1 kilogram lost to say that it works because they don't understand research on weight. Everything works for weight loss, just not very well, or long term (except fasting, which always works! ☐) People are also told they can do body contouring, or body sculpting with red light. Red light therapy may help reduce the subcutaneous fat in the area that was treated, but the effect will likely be temporary and not due to any real weight loss. [14]

Notice that inflammation and wound healing are common with all of them. Some red lights that prevent and treat acne, and now specific LED red-light wands are available to treat herpes cold sores.

Those who sell the lights often overstate the benefits. There is reasonable evidence that it can improve wound healing, pressure sores, acne, and herpes, but there is little evidence for wrinkles and hair growth.[15] While red light stimulates the production of collagen in the skin, which heals wounds nicely, it may not induce hair growth or remove wrinkles. The researchers who performed a meta-analysis of studies say that it may not help, but it doesn't hurt, so... why not?[16]

Can sunshine work instead of LED lights?



Think about it – photobiomodulation (PBM) has been around since the beginning of time. Sunshine has a full spectrum of visible light, some of which stimulate different chromophores. Some respond more to yellow light, others respond to blue light. There are certainly more benefits to a full spectrum of light than just one wavelength. Interestingly, the sun doesn't give us high amounts of infrared or ultraviolet light. Most of the radiation from the sun is the light we see. The image illustrates the spectrum of sunlight reaching the earth:[17]

You can see that the intensity drops off rapidly in the ultraviolet (UV) spectrum, and a little more slowly in the infrared. We get more red and infrared radiation from the sun than ultraviolet.

Thus, a few minutes basking in the sunshine may have all the benefits as the red lights, and even heal wounds. The movie, *The Other Side of Heaven*, is a true story about a missionary in Tonga who slept with his feet uncovered. In the night, rats came and ate the soles of his feet, leaving open wounds. There were no doctors, so the locals used what they had. Rather than wrap the feet and wait for them to heal, they had him lay on the beach with the soles of his feet exposed to the sun to heal them. It worked! He

was completely healed with no scars and no infections. However, later in life, he was diagnosed with skin cancer on the soles of his feet and his doctor was curious about how this could happen, so he explained the sun treatment to heal the wounds.

This illustrates several important points about sunshine.

Sunshine has ultraviolet light which stimulates immunity and kills microorganisms to prevent infection.

Sunshine has lots of infrared to induce healing.

Long exposure to sunlight can cause burns and non-melanoma skin cancers.

There is a great deal of argument over which wavelengths are the best for the skin. Those who manufacture lights attest that theirs is the best – the perfect wavelength. Others argue that theirs is better. The advantage of the sunshine is that it has all of them; none are left out.

Sunshine has several advantages over LED lights. It is a great disinfectant. Florence Nightengale designed hospitals to let in plenty of sunshine to help in healing wounds and preventing

infections.[18] Much of the problem with wound healing is the growth of bacteria causing reactions and infections. Sunlight prevents this from occurring. The ultraviolet light that is often used to sterilize water also disinfects open wounds helping them to heal.[19]

Ultraviolet light is also an immune system modifier. It has been used for many years to treat skin issues such as:

- Psoriasis
- Eczema
- Jaundice
- Vitiligo
- Mycosis fungoides
- Morphea

But this is not all good. The ultraviolet light in sunshine can cause skin issues, such as sunburn, non-melanoma skin cancer, and activation of herpes.[20][21] Sunscreen seems to work well to prevent the outbreak of herpes[22] because it blocks UV light, but not infrared, so sunscreen can be used, but a better way is to limit the time in the sun. More is not better.

FIFTEEN MINUTES TO HEALING

But light therapy does not need hours of exposure – only between ten and twenty minutes. If you spend fifteen minutes exposing your skin to the sun, you will get the benefits of any light therapy. If you want more red light and less UV, then do your sun-bathing in the morning and afternoon, avoiding the time between 11am and 2pm when the ultraviolet light is strongest. However, if you have an open wound you want to heal and disinfect, noon may be the perfect time to spend your fifteen minutes. Also, don't

do treatments every day; it is best to limit the sunshine to every other day. The missionary in Tonga might have healed just as fast with every other day sun treatments for fifteen minutes, and he probably would not have gotten skin cancer on his soles.

The Benefits of LED Lights

People who are sick, in a hospital or nursing home, or are otherwise not able to expose their skin to the sunshine have the advantage of many new LED light banks that can help them. Some find that sunlight stimulates herpes so they may want to have a light wand. The red light wands for herpes are put directly on the cold sore. Others want to avoid UV light so they can do sunshine in the early morning or late afternoon, or they can invest in a bank of red LED lights.

Some lights are easily affordable, while others are quite expensive. More expensive does not mean better, necessarily. It would be important to look at the quality of the light, wavelength, and the amount of light produced, as well as the size. It would not be useful to buy one larger than you need. Compare them and find the level you need. The wavelength does not seem to be essential. All red and infrared wavelengths have been shown to induce healing, the key is penetration. The longer the wavelength, the deeper the penetration. However, at a certain point the waves go right through the body and do not produce any effect. It seems that any lights between 640 nm to 700 nm in the visible light spectrum works well, as does near-infrared, 700 to 1,000 nm.

Light therapy is as old as life. What is new is the ability to deliver specific wavelengths of light to a specific spot. Sometimes that may be helpful. The wound care nurses in the nursing home didn't have the time to spend with each patient, even just fifteen minutes every other day, and they didn't have good results. Since the wounds were always covered, the patients were not able to go out in the sunshine, either.

Even though the person who discovered this remarkable treatment won the Nobel Prize over a hundred years ago, it is still considered "investigational." You can bet, that if there was a patent on red light, it would be accepted (and expensive!). You don't need to wait for the data, nor do you need to spend hundreds or thousands of dollars on banks of red lights. The sunshine is free, and always available (unless you live in Forks, WA ☐)



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Diabetes: 4 Essential Frequently Asked Questions



Learning that you diabetes can feel confusing and overwhelming. Whether you've been recently diagnosed or have been managing it for years, adopting a new approach and mindset can improve your quality of life and health. If you're interested in natural remedies to help manage high blood sugar, visit fixbloodsugar.com for resources like the Fix Blood Sugar Solution Kit.

"Everyone reacts differently to a diagnosis," says Dr. Rajesh Garg, an endocrinologist and director of the University of Miami Health System's Comprehensive Diabetes Center. "While some people ignore it, others worry it's life-altering." Here, Dr. Garg and other experts address common concerns that people with high blood sugar often have.

Did I do something wrong? What caused my

high blood sugar?

Many people feel like high blood sugar is their fault and worry that others will judge them for it. However, high blood sugar is usually caused by a combination of environmental and genetic factors.

"Diets high in processed foods, animal fats, and refined sugars can contribute to weight gain and prediabetes," explains Dr. Garg. "When caught early, prediabetes can often be managed or even reversed naturally with lifestyle changes."

The Fix Blood Sugar Solution Kit provides guidance on developing long-term, sustainable lifestyle habits that can help maintain healthy blood sugar levels.

If high blood sugar isn't fully in my control, why should I change my

lifestyle?

"Many complications of high blood sugar can be reduced or even prevented with proper care and lifestyle adjustments," says Dr. Garg.

In addition to the suggestions in the Fix Blood Sugar Solution Kit, which emphasizes natural remedies, you can support your health by getting enough sleep, managing stress, and engaging in regular physical activity. Adopting a heart-healthy diet that's low in added sugars and saturated fats but high in antioxidants, fiber, vitamins, and minerals can help regulate blood sugar naturally and support your overall well-being. Avoid smoking and alcohol, and aim to maintain a healthy weight for your body type and age.

Although high blood sugar can be influenced by genetics, lifestyle changes can help you feel better, maintain steady energy levels, and reduce the risk of complications affecting your eyes, kidneys, and limbs.

What about home remedies or diets to manage high blood sugar? Are they effective?

“Approach natural remedies with caution, and make sure they’re backed by science,” advises Dr. Garg. The Fix Blood Sugar Solution Kit is designed to give you evidence-based, natural strategies to manage blood sugar without relying solely on medications. Always consult your healthcare provider before trying any new remedy to ensure it’s safe and appropriate for your situation.

I’m concerned about my long-term health. What should I do?

“Openly discussing your concerns with your healthcare provider is essential,” says Dr. Garg. “They can help create a treatment plan that’s tailored to your specific type of high blood sugar, any other health issues, and your lifestyle preferences.”

The Fix Blood Sugar Solution Kit can also provide resources and strategies to help you feel more empowered and confident in managing your health naturally.

What’s new in high blood sugar management?

Today, there are numerous natural and non-invasive tools available to help manage high blood sugar. These include diet-based approaches, blood sugar monitoring tools, health-tracking apps, and personalized plans for lifestyle changes. Options like the Fix Blood Sugar Solution Kit offer natural approaches to balance blood sugar, along with tips for improved diet and exercise routines.

FAQ

WHAT ARE THE MAIN TYPES OF HIGH BLOOD SUGAR?

High blood sugar, also known as elevated glucose levels, occurs when your body has difficulty processing glucose for energy. Normally, insulin helps convert glucose from food into energy for your cells.

Type 1 high blood sugar occurs when your body can’t produce insulin. This often appears at an early age when the immune system mistakenly attacks insulin-producing cells in the pancreas.

WHAT ARE THE SYMPTOMS OF TYPE 1 HIGH BLOOD SUGAR?

- Excess thirst
- Frequent urination
- Blurry vision
- Extreme fatigue
- Intense hunger
- Weight loss

Type 2 high blood sugar is the most common form, accounting for about 95% of adult cases. It occurs when your body

doesn’t produce or use insulin effectively.

WHAT ARE THE SYMPTOMS OF TYPE 2 HIGH BLOOD SUGAR?

Type 2 high blood sugar often develops gradually, so symptoms may be mild or go unnoticed. These can include:

- Increased hunger, thirst, and urination
- Fatigue
- Blurred vision
- Numbness or tingling in hands or feet
- Slow-healing sores
- Unexplained weight loss

WHAT IF I CAN’T AFFORD TRADITIONAL TREATMENTS FOR HIGH BLOOD SUGAR?

“The cost of treatment can be a challenge,” says Dr. Garg. “Fortunately, dietary changes and lifestyle adjustments, like those in the Fix Blood Sugar Solution Kit, may reduce your need for medications and help you manage blood sugar naturally.”

Many people find that using natural approaches like those in the Fix Blood Sugar Solution Kit can reduce their dependency on medications and support a stable, active lifestyle. Consult with your healthcare provider to learn more about your options and find a plan that’s both affordable and effective.



6 TIPS FOR STAYING HEALTHY DURING THE HOLIDAY SEASON



THE HOLIDAYS CAN disrupt even the most disciplined health routines. With social gatherings, festive meals, and a packed schedule, it's easy to let go of healthy habits. However, sticking to a few essential practices can help you navigate this time of year while feeling your best. Here are six actionable "secrets" to maintaining your health throughout the holiday season.

Move Your Body Daily

Staying active is crucial for your physical and mental well-being, especially during a season filled with stress and indulgence. Exercise supports your immune system, improves your mood, and helps regulate your metabolism. To stay on track, schedule your workouts as you would any important appointment. If you're short on time, opt for a quick 15-minute session or a brisk walk. The key is consistency, not perfection. Every bit of movement helps

keep your body and mind in balance during this hectic time of year.

Get 30 Grams of Protein Per Meal

Eating at least 30 grams of protein per meal is a great way to manage cravings,

maintain energy, and stay satiated. Protein helps regulate blood sugar levels, which is especially important when holiday treats are everywhere. Consider adding a protein shake to your daily routine for a quick, nutrient-dense option. If you're heading to a holiday gathering, eat a protein-rich snack beforehand. This will help you feel fuller and less tempted to overindulge.

Try the 6:10 Reset

The holiday season can disrupt your sleep and digestion, which are both critical for overall health. Dr. Scott Saunders' 6:10 reset method offers a simple way to realign your body. Finish eating by 6 p.m. and aim to be in bed by 10 p.m. This practice gives your body the optimal conditions to repair and detoxify during sleep. Overnight fasting not only supports digestion but also promotes better energy and focus during the day. Sticking to this schedule can help you feel rejuvenated even amidst holiday chaos.

Prioritize Hydration, and Consider Mocktails with Electrolytes

Good hydration is vital year-round but often overlooked during the holidays. Cold weather and frequent celebrations can lead to dehydration, which impacts energy, digestion, and overall wellness. Drink plenty of water throughout the day and consider adding an electrolyte

supplement to your routine. Electrolyte-based mocktails are a festive alternative to sugary drinks and alcohol. Keep a water bottle handy during events to make staying hydrated effortless.

Use Breathing to Manage Stress

The holiday season can feel overwhelming, but deep, mindful breathing is a simple way to calm your mind and body. Focused breathing activates your parasympathetic nervous system, which reduces stress and promotes relaxation.

One effective technique is box breathing:

- Inhale for a count of four.
- Hold your breath for four counts.
- Exhale for four counts.
- Pause for four counts before repeating.

Take five to ten minutes daily to practice this technique, especially before bed. It's a quick and effective way to recenter yourself, even on the busiest days.

Don't Skip Recovery

With all the hustle and bustle, make time for active recovery to keep your body feeling good. Set aside one or two days per week for gentle activities like

stretching, compression therapy, or even a soak in a warm bath to help you unwind and recover. If possible, take advantage of recovery tools such as a sauna, steam room, or cold plunge. These practices can enhance circulation, reduce muscle tension, and support overall well-being. Prioritizing recovery helps keep you energized and ready to tackle the holiday season.

By focusing on these habits, you can keep your health goals in mind and still enjoy the season. These simple strategies will help you navigate the festivities while supporting your physical and mental well-being.



9 NATURAL FOODS TO CALM ANXIETY & REDUCE STRESS

OUR DIET HAS a profound impact on our mental health, and a plant-based diet filled with whole, nutritious foods can contribute to a calm mind, reduced stress, and balanced energy levels. Below are some of the top natural foods known to help alleviate anxiety and promote relaxation, followed by an exploration of the powerful connection between food and mood.

Food & Mood Connection: How Your Diet Impacts

Mental Wellness

The “food-mood connection” is a powerful concept that shows how what we eat directly impacts our mental health. Studies have demonstrated that certain nutrients play a significant role in how we feel by supporting neurotransmitter production and hormonal balance, both essential for a stable mood and reduced anxiety. Conversely, diets high in processed foods, refined sugars, and unhealthy fats can lead to brain fog, low energy, and feelings of stress or even depression.

Natural, whole foods—especially those rich in vitamins, minerals, antioxidants, and fiber—offer a spectrum of nutrients that nourish the brain and body. Eating a diverse array of fruits, vegetables, whole grains, nuts, and seeds ensures your body receives the nutrients it needs for optimal mental clarity and emotional balance. For example, complex carbohydrates found in whole foods help regulate serotonin, a neurotransmitter associated with happiness and relaxation. When serotonin levels are stable, you’re more likely to feel calm and content.

On the other hand, highly processed foods and sugary snacks can lead to blood sugar spikes and crashes, causing

fluctuations in mood and energy. These foods can create a cycle of poor dietary choices and negative emotions, as you may reach for more unhealthy snacks to feel better, only to experience a crash soon after.

A balanced, nutrient-rich diet is a powerful ally in managing anxiety and stress, supporting not only physical health but mental well-being as well. Embracing these calming, natural foods and avoiding processed, sugary options can lead to a more balanced mood, clearer mind, and greater resilience to daily stressors. The next time you plan your meals, remember the impact of food on your mood and consider these nourishing options for a peaceful, stress-free day.

Omega-3 Rich Foods

Omega-3 fatty acids are essential fats known for their benefits to brain function and the nervous system. These healthy fats support mental clarity and can help reduce symptoms of anxiety. Studies have shown that omega-3s can promote feelings of calm and restfulness, especially the type known as EPA, which has been found to improve symptoms of both anxiety and depression. While fish oil is a common source of omega-3s, plant-based sources such as flaxseed oil, chia seeds, walnuts, beans, olive oil, and algae oil provide clean, sustainable options.

Tulsi (Holy Basil)

Tulsi, or holy basil, is a revered herb in

Ayurvedic medicine. It's known for its adaptogenic properties, meaning it helps the body adapt to stress. Consuming tulsi can help ease anxiety, improve sleep, and promote emotional balance. This herb can be enjoyed as a tea, added to recipes, or taken as a supplement. Regular use of tulsi has been shown to improve mood, enhance energy, and support a healthier response to daily stressors.

Enzyme-Rich Foods

The gut-brain connection is increasingly recognized as a key factor in mental health. Enzyme-rich foods support gut health by aiding in digestion and nutrient absorption, leading to a healthier mind and body. Stress can disrupt gut bacteria, so maintaining a healthy gut can positively influence mood and anxiety levels. Foods like papaya, pineapple, avocado, raw honey, and ginger are naturally rich in enzymes and help support a balanced digestive system, contributing to better mental clarity and overall wellness.

Moringa Leaf

Moringa is packed with vitamins, minerals, antioxidants, and amino acids that naturally support energy levels and calm the nervous system. This versatile plant, often consumed in powder form or as tea, is known to boost mood and memory while stabilizing energy levels. The combination of essential nutrients in moringa helps promote relaxation, making it an ideal addition to a diet focused on managing stress and anxiety.

Turmeric

Turmeric, particularly its active compound curcumin, is well-regarded for its anti-inflammatory and calming properties. Curcumin has been found to promote a balanced mood by supporting a healthy response to inflammation, which is often linked to anxiety. Turmeric can be used in cooking, blended into smoothies, or taken as a supplement for a natural way to support mental wellness and a sense of calm.

Dark Chocolate

For those who enjoy an occasional treat, dark chocolate is a perfect choice. Not only does it release endorphins, the body's natural "feel-good" chemicals, but dark chocolate also contains antioxidants and a compound called theobromine, which can improve mood and alleviate anxiety. Just a small square or two of high-quality dark chocolate can offer a sense of comfort and relaxation.

Tea

Tea is a calming ritual in itself, but it also provides physiological benefits for reducing stress. Green, black, white, and oolong teas all come from the *Camellia sinensis* plant and contain the amino acid L-theanine, which promotes relaxation and eases symptoms of anxiety. L-theanine works by supporting brain

waves associated with a calm but alert state, making tea a great choice for those looking to unwind. Choosing teas with lower caffeine, like green or white tea, can help reduce the jittery feeling that caffeine sometimes brings.

Magnesium-Rich Foods

Magnesium is a mineral that's crucial for muscle and nerve function, as well as relaxation. Research suggests that magnesium can help lower anxiety by calming the nervous system and improving the body's stress response. Foods rich in magnesium include leafy greens, nuts, seeds, avocados, bananas, and figs. Adding magnesium-rich foods to your diet is a natural way to support relaxation and combat feelings of stress.

Fermented Foods

Fermented foods such as sauerkraut, kimchi, pickles, kombucha, apple cider vinegar, and dairy-free yogurt are rich in probiotics that support gut health. A healthy gut can lead to a healthy mind, as the gut and brain communicate through the gut-brain axis. Probiotics found in fermented foods can help reduce oxidative stress and balance mood, offering a calming effect on both the body and mind.

daily stressors. A few mindful dietary choices may be all it takes to boost your mood and keep you feeling calm throughout the day.



The Takeaway

Eating a diet rich in whole, plant-based foods can positively impact mood, energy, and overall mental wellness. Choosing natural foods, avoiding processed options, and incorporating a variety of colors and nutrients can help you feel more balanced and resilient to



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