

Title:

Is Your Food Stressing You Out?

Word Count:

619

Summary:

I'm in a continual state of alert regarding so-called cures for stress, depression and anxiety

Snake oils and magic bullets are always associated with forms of quackery. More often than not

Keywords:

stress, depression, anxiety, health, natural health, wellness, alternative health, mental health

Article Body:

I'm in a continual state of alert regarding so-called cures for stress, depression and anxiety

Snake oils and magic bullets are always associated with forms of quackery. More often than not

Another far less obvious magic bullet is provided by the ubiquitous food police. In our society

When it comes to excess weight then as we all know, over-eating will have a huge impact on you

In short, no! The foods you eat and the fluids you drink CANNOT cause you to become stressed,

The three main foods you are continually advised to restrict or even avoid are saturated fat,

But, let's ask a question: Does everybody who eats a poor diet with high levels of fat, sugar

Ah, that's an interesting one isn't it? Surely if healthy eating could help conquer these problems

Here's another fact to realize about foods: In modern society, we are very lucky. There is an

Eating a healthy diet will not cure stress depression and anxiety and eating a poor diet won't

This is the reason why all of the snake oils and magic bullet solutions simply don't work. The

See you soon.

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>