

Vitamins, Minerals, and Herbs for Handling Stress

Times of high stress can affect your health, your sleep, and your entire sense of well-being. While chronic long-term stress is a cry for a change of lifestyle and a more serious intervention, sometimes we go through stressful periods knowing there is an end in sight. If this is your situation, know that a good diet, 8 hours of sleep a night, exercise and the following supplements can help see you through.

Note: This article is the short version of *Natural Remedies for Chronic Stress*.

The following supplements will help you feel more relaxed, help you avoid illness, and help you sleep:

- Vitamin B complex
- Tryptophan
- Calcium Magnesium
- Vitamin C
- Vitamin D
- Multi-vitamin or Total Nutrition Formula
- Omega 3s
- Melatonin (if insomnia is a problem)
- Valerian Root (if insomnia is a problem)

Vitamin B Complex

While a few of the B vitamins are regularly recommended for stress, it is always best to take B vitamins in a B complex form, as B vitamins work together. Research has also shown that taking one B vitamin alone over time can actually cause deficiencies in other B vitamins. B vitamins are nature's

valium. They soothe the nervous system and aid in many functions in the body and brain. They may also help you sleep.

L-Tryptophan

L- tryptophan is an amino acid our body needs in order to make serotonin and melatonin. Serotonin is the basic “feel good” neurotransmitter, whereas melatonin is needed for sleep.

Calcium and Magnesium

Calcium and magnesium work together. Magnesium is calming to the body. You can take it as a supplement or soak for 40 minutes in epsom salts.

Vitamin C and Vitamin D

In times of great stress, the immune system is often suppressed. An extra boost of vitamin C and vitamin D aid the immune system and may keep you from catching a virus or a bacterial infection at an already difficult time.

Multi-vitamin or Total Nutrition Formula

Times of high stress are a good time to ensure all of your nutritional needs are met. A daily multi-vitamin and/or Total Nutrition Formula will aid you in getting all the nutrients your body requires. (You can buy it at Green lifestyle Market or make your own Total Nutrition Formula at home.)

Omega 3s

Krill oil, flax seed oil, fish oil, or a good oil blend will help with stress and aid in concentration and mood stabilization.

Melatonin and Valerian Root

If L-tryptophan and B vitamins have not reversed your insomnia, add melatonin and valerian root to your nightly routine. Also see Natural Insomnia Cures. (see link below)

Conclusion:

Coping with stress in a healthy way includes a healthy diet, adequate exercise, good sleep, and avoiding those shortcut stress reducers that do more harm than good. Don't rely on drugs, alcohol, nicotine, caffeine, or junk food to help you through stressful times. They don't help at all, even though it may seem like they do at the moment. This is a time to take excellent care of yourself to minimize the stress on your body even though there is more than enough stress in your life. For more information on how to deal with stress, especially if your stress is chronic or long term, see Natural Remedies for Chronic Stress, and Natural Remedies for Adrenal Fatigue.

Recommended Supplements:

- Stress B Complex – Thorne Research
- Adrenal Cortex – Thorne Research
- Ashwagandha Root – Gaia Herbs
- American Ginseng – Gaia Herbs
- Astragalus Root – Gaia Herbs
- Adrenal Health – Gaia Herbs

Further Reading:

- *Mental Health, Physical Health & B Vitamins – Nature's Valium*
- *Thyroid Disease Epidemic – How is Yours Doing?*
- *Natural Remedies for Chronic Stress*
- *Total Nutrition – Make your own Homemade Multivitamin and Mineral Formula*
- *I'm Depressed*

- *Natural Remedies for Depression*
- *How to Breathe*
- *Yoga – A Beginner’s Guide*
- *Natural Remedies for Anxiety*
- *Natural Remedies for Adrenal Fatigue*
- *How to Be Happy*
- *Desk Jockey Yoga*

Sources:

Dr. Oz

Life Extension–tryptophan