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A portrait of Denise van Outen, a woman with short blonde hair, smiling. She is wearing a red top with pink heart patterns and a gold necklace with her name 'Denise' on it.

Denise van Outen

"My healthy New Year's resolutions"



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You asked: *"Are there any foods that can help me with anxiety and stress?"*



ELLE FOX ANSWERS: "Hidden food allergies/intolerances can cause anxiety-like symptoms (racing heart, sweating, feelings of nausea), so it is very important to identify these if you want to increase the calm and steadiness in your life.

There are foods (including herbs and spices) which can support your 'chill-out factor', especially if you are going through increased pressures. Important: sugar is a big no-no. Especially combined with caffeine, it can cause elevated heart rate and anxiety-like effects. Choose: protein-rich dishes, high in good fats; complex carbs with lots of fibre; colourful veggies and fruit and activated nuts/seeds. Be liberal with herbs and spices. Overnight oats with chia seeds, soaked in a nut milk, with a sprinkle of freshly ground seeds, cinnamon and berries and a dollop of hemp oil, is an excellent example of high-value nutrients; oily fish with a side of sea vegetables is another; poached eggs with avocado and teff bread will keep you fuller for longer. Get brewing herbal teas (chamomile and lavender are delightful).

Try a herbal remedy like ashwagandha. Keep carbs and proteins in separate meals to reduce digestive struggles. Drink filtered water. Avoid toxins in foods, cosmetics, household and personal hygiene items. (Did you know that corn starch in sanitary products is an unsuspected allergen that can cause even serious adverse reactions?) Seek advice from a naturopath."

■ **Naturopath Elle Fox is a CNM (College of Naturopathic Medicine) graduate, author and speaker. Study online with CNM, UK and Ireland's leading education provider in natural therapies. CNM has over 22 years' superb track record and over 80 per cent of CNM graduates are practising. Internationally accredited diploma courses. Visit cnmcourses.com or call 01342 777 747.**

