

10 NUTRITIONAL TIPS TO HELP YOU MOVE THROUGH CHALLENGING LIFE SITUATIONS

♥ By Claire Chew Gillenson, M.A. Life Transition/Grief Coach

The stress from grief and loss can cause a major toll on our body. Often, our appetites are first to go when our heart is sinking. Below are 10 healthy tips to take care of your body temple during this challenging time.

♥ 1. **Drink plenty of water.** Your body needs water daily, but it is important now to replenish electrolytes, especially if you have been crying a lot. You are releasing toxins and water helps keeps the channels open to flush it out.

♥ 2. **Limit intake of over processed “white” foods** (engineered wheat products like white bread, muffins, bagels etc) Most likely, your emotions are already on a rollercoaster, eating foods with processed flour will make your blood sugars rise and then plummet and crash.

♥ 3. **Limit intake of sugary foods.** Similar to “white” foods, sugary desserts will make you feel better momentarily with a sugar “high”, only to crash later as your body converts the sugars.

♥ 4. **Diet rich in omega 3 fatty acids.** Recent studies show that omega 3 in fish oil may be effective in combating depression. The EPA (eicosapentanoic acid) found in fish has been show ton provide natural therapeutic relief. Eat more fish. Wild salmon and other natural fish low in

mercury are a good source. Stay away from farmed fish, which may be polluted with toxins.

♥ **5. Limit intake of caffeine**, which has shown to cause adrenal depletion.

♥ **6. Limit intake of alcohol.** Alcohol may provide temporary emotional relief. However, studies shown that it acts as a depressant.

♥ **7. Eat smaller meals or snack, even when you are not hungry.** This will keep your blood sugars consistent.

♥ **8. Replace what your body depletes, naturally if you can.**

When our body is in an emotional state of imbalance, certain homeopathic remedies like Flower Essences come to mind as gentle relief from the pain of grief. I like using Rescue Remedy, Star of Bethlehem from Bach Flower Remedies.

♥ **9. Another natural stress reducer is magnesium and calcium citrate.**

Natural Calm is a great magnesium citrate powder you mix with water. Drink before bed to help relax and put the mind at ease. Chamomile Tea is also great before bedtime. In addition, Kava Kava, Valerian Root, St. John's Wort assist with raising us up when we feeling anxiety and depression.

♥ **10. Get more sunshine.** Deficiency in Vitamin D has been linked to depression. This is especially true when it comes to grief. Studies show getting a daily dose of sunshine can help raise your mood by increasing serotonin levels in your brain. Effects of serotonin have been know to create soothing, calm feelings of contentment and comfort, especially helpful during grief.



All of these little steps will help create a foundation of positive to help you get unstuck and begin finding your way back to happy.

So will you join me in taking the first step back to happy?
I would love to connect with you! Call for a complimentary 30 minute session @ 310-314-9837 or email me at claire@clairegillenson.com

For more information, goto: <http://www.clairegillenson.com>
Here's to your happiness!