

## How to fight anxiety with food

Living with anxiety issues and panic attacks is not easy. It seems impossible to believe sometimes that you'll [make it through another day](#).

I remember my first panic attack. It scared the life out of me, almost literally, cos I thought I was gonna die. It's the most horrible experience I've ever had.

Half of my problem, and I imagine you can relate to this, is that I often found myself in a vicious cycle. Just thinking about how horrible that very first panic attack was, that was enough anxiety to trigger another one.

**Learn how to break the cycle. Start [here](#).**

I lived in fear of when my next one was gonna make an appearance, shatter my self-confidence even more and take another step towards total domination of my life.

What a horrible way to live. But I found a way to [stop it all](#).

There are ways to fight anxiety and bring your feelings of nervousness under control. One of these ways is in the food that you eat.

**Did you know that there are a number of foods – often called super foods – that act as a counter-balance against anxiety?**

First of all, there are some foods that you really shouldn't eat if you have anxiety issues and/or suffer from panic attacks. High fat foods, such as fried foods, high sugar foods and caffeine will only serve to trigger feelings of anxiousness and panic attacks, so these are best avoided.

It can be tough to eliminate or at least cut down on these foods, I know! Whenever I was feeling particularly jittery or on-edge, I'd reach for the ice-cream or chocolate then I'd wonder why that was followed shortly by another episode of anxiety. These foods will not help you [fight anxiety](#).

Here are some that will.

### Fruit

The vitamins and phytonutrients found in fruits help balance your body's hormones and energy levels. Look for peaches, which are naturally sedative and help reduce stress levels; acacia berries, which look a bit like black grapes and contain many nutrients that will help control your blood sugar level (and thus, the jitters); and blueberries, which help balance your mood and overall well-being.

### Nuts and seeds

There are a number of vitamins and minerals to be found in certain nuts and seeds that can help you fight anxiety levels. Almonds are rich in zinc and vitamin B12 and can help control emotional imbalance. They are also a good source of iron, which can help combat the fatigue that often results in anxiousness. Pumpkin seeds, sesame seeds, sunflower seeds and many other edible seeds are a great source of B vitamins, which help relax nerve and muscle functions, meaning less of those jittery and irritability feelings.

### Fish

Another great food to help fight anxiety is fish, which is high in Omega 3 and 6 oils. These 'good' fats have a number of excellent health benefits, including keeping your joints working, helping your nervous system function optimally and balancing your body's hormone levels.

Other foods worth mentioning are vegetables in general, but particularly spinach and other greens, which are high in iron, and garlic, one of the best super foods around.

Remember though, it's not just what you eat that will help you [fight anxiety issues](#), it's how you eat too.

Never eat to the point where you're bloated and uncomfortable as that will just put more stress on your body trying to digest it all. Eat slowly and chew each mouthful thoroughly so your body doesn't have to work so hard to break it down. Avoid drinking too much with your meals as this will affect the acidity of your stomach acids, again making your body work harder to digest your food.

### **Something else to chew on**

These are some great ways to fight anxiety with food but the best way to kick anxiety out of your life for good is to find out [what's causing it](#).

What triggers a panic attack for you?

Are your anxiety issues better or worse than other peoples'?

How easy will it be for you to take back control of your life and start enjoying it again?

Find the answers to those questions and more, plus how you can target exactly where your own personal anxiety issues lie by taking this [short, FREE quiz](#)...

It doesn't take long and you'll get a tailored report on where you're at right now, where your anxiety issues and panic attacks come from and how to stop suffering because of them.

[Click here to take the quiz](#)