



Spokane Holistic  
Healing

## Spokane Holistic Healing Client Handout

### Nutrition Plan to Help Decrease Stress

A well-balanced nutrition plan can play a crucial role in reducing stress by supporting brain function, stabilizing mood, and reducing inflammation. Here's a structured plan to help decrease stress:

#### 1. Key Nutrients for Stress Reduction

- **Magnesium** – Helps relax muscles and regulate the nervous system. (Found in spinach, almonds, avocados, dark chocolate)
  - **B Vitamins** – Support energy production and brain function. (Whole grains, eggs, leafy greens, legumes)
  - **Omega-3 Fatty Acids** – Reduce inflammation and promote brain health. (Fatty fish, chia seeds, walnuts)
  - **Vitamin C** – Lowers cortisol levels and supports the immune system. (Citrus fruits, bell peppers, strawberries)
  - **Protein & Amino Acids** – Help neurotransmitter production. (Lean meats, eggs, beans, tofu)
  - **Complex Carbohydrates** – Stabilize blood sugar and promote serotonin production. (Quinoa, oats, sweet potatoes)
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#### 2. Sample Stress-Reducing Meal Plan

##### Breakfast:

- Oatmeal topped with walnuts, flaxseeds, and berries
- Herbal tea (chamomile or green tea)

##### Mid-Morning Snack:

- Greek yogurt with honey and pumpkin seeds
- A handful of almonds

##### Lunch:

- Grilled salmon or tofu with quinoa and steamed broccoli
- Mixed greens with olive oil and lemon dressing



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**Afternoon Snack:**

**Dinner:**

- Lentil soup with leafy greens
- Brown rice with grilled chicken or tempeh
- Steamed asparagus

**Evening Snack (if needed):**

- Warm almond milk with a dash of cinnamon
- A handful of pistachios

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### **3. Additional Tips for Stress Reduction**

- **Stay Hydrated** – Dehydration can worsen stress and anxiety. Aim for 8+ glasses of water daily.
- **Limit Caffeine & Sugar** – These can cause energy crashes and increase anxiety.
- **Mindful Eating** – Eat slowly and be present to enhance digestion and relaxation.
- **Include Adaptogens** – Herbs like ashwagandha, rhodiola, and holy basil help combat stress.