

STRESS-IMPACTED NUTRIENTS

Vitamin C

critical in immune function,
transmittance of hormones,
absorption of nutrients

Peppers

Guava

Kale

Parsley

Collard greens

Turnip greens

Broccoli

Brussel sprouts

Mustard greens

Watercress

Cauliflower

Cabbage, red

Persimmons

Papayas

Spinach

Oranges

Vitamin E

protects against damage
to
cell membranes
(especially
in nerve cells)

Wheatgerm oil

Sunflower seeds

Safflower oil

Sunflower oil

Almonds

Whole wheat
flour

Spinach

Tomato

Cabbage

Asparagus

Avocados

Broccoli

Vitamin B 1 (Thiamine)

essential for energy
production, metabolism,
and nerve cell function

Sunflower seeds

Pinenuts

Peanuts

Soybeans

Brazil nuts

Pecans

Split peas

Millet

Pistachio nuts

Buckwheat

Oatmeal

Hazelnuts

Cashews

STRESS-IMPACTED NUTRIENTS

Vitamin B2

(Riboflavin)

an important enzyme
involved in energy
production

Yeast

Liver

Almonds

Wild rice

Mushrooms

Millet

Collards

Kale

Parsley

Broccoli

Pinenuts

Mustard greens

Prunes

Rye

Vitamin B3

(Niacin)

critical for energy
production, and
manufacturing of sex and
adrenal hormones

Liver

Wheat bran

Peanuts

Swordfish

Sesame seeds

Brown rice

Peppers

Whole - wheat

grain

Barley

Almonds

Egg

Vitamin B6

(Pyridoxine)

Involved in nervous
system
communication pathways,
maintaining immune
health
and hormonal balance

Walnuts

Lentils

Lima beans

Buckwheat flour

Garbanzo beans

Bananas

Chestnuts

Hazelnuts

Raisins

Brussel sprouts

Sweet potatoes

STRESS-IMPACTED NUTRIENTS

Vitamin B12

(Cobalamin)

supports nerve function and mental functioning

Liver, lamb

Clams

Kidney

Oysters

Sardines

Trout

Salmon

Tuna

Lamb

Eggs

Swiss cheese

Blue cheese

Haddock

Flounder

Scallops

Folic Acid

functions in partnership with B12 to aid healthy cell division

Black - eyed peas

Soy flour

Liver, beef

Kidney beans

Mung beans

Asparagus

Spinach

Filbert nuts

Peanut butter

Green beans

Corn

Coconut, fresh

Pecans

Dates

Blackberries

Magnesium

essential in energy production, cellular replication, maintaining nerve cell health

Kelp

Molasses

Dulse

Coconut meat

Figs

Apricots

Dandelion greens

Garlic

Shrimp

Beets

Cauliflower

Chicken

STRESS-IMPACTED NUTRIENTS

Chromium

critical to blood sugar regulation, especially maintaining healthy insulin sensitivity

Rye bread
Potatoes
Apple
Butter
Parsnips
Banana
Blueberries
Green beans
Cabbage
Cornmeal
Carrots
Spinach

Calcium

supports many of the body's basic enzymatic processes

Watercress
Goat's milk
Miso
Romaine lettuce
Dates
Pumpkin seeds
Yogurt
Olives
Celery
Collard greens
Dulse
Pecans
Peanuts
Black current
Rutabaga

Zinc

stimulates healthy immune function, and hormone synthesis

Oysters
Ginger root
Wholewheat
Oats
Buckwheat
Hazelnuts
Turnips
Parsley
Garlic
Chickpeas
Lentils
Hemp seeds
Quinoa
Dark chocolate
Squash seeds