

Green tea and other drinks that naturally reduce the level of stress hormone

The cortisol level increases sharply with stress. It is believed that certain drinks can help calm the nervous system.

Green tea. It contains an epalocatechin-3-galline (EGCG), due to which it can help reduce the level of cortisol.

Ginseng tea. Reception of additives with ginseng for four weeks reduced the level of cortisol by 16%. True, in food additives, most likely, the concentration of ginseng is much higher than in tea.

Drinks with magnesium. One study showed that magnesium is able to reduce the splash of cortisol after training.

Drinks with Ashvagando. The use of such drinks can reduce the level of cortisol. Studies have shown that daily reception of Ashvaganda extract in doses from 240 to 1250 mg contributes to this.



Photo composition of Amelia Manley for very health; Getty images

Yogurt -based drinks. This is yogurt and kefir. They may contain gamma-aminomalic acid (GABA), capable of reducing anxiety and stress.

Barley juice. Another natural source of GABA.

Orange juice. There is evidence that taking large doses of vitamin C leads to a more rapid restoration of the level of cortisol after stressful situations and, possibly, to reduce the general level of cortisol. However, in studies devoted to vitamin C, doses from 1000 to 3000 mg were used. By the way, one glass of orange juice contains only 124 mg of this vitamin. That is, in order to get so much, you would have to drink from 8 to 24 glasses of orange juice every day.

Coconut water. It is rich in potassium, electrolytes. With a low level of potassium, people with Keshich syndrome often face, which is associated with the effects of a high level of cortisol.

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