

Studies show that the composition of bananas has nutrients that help to cope with anxiety. This is also a tripo, magnesium, potassium, vitamin B6, antioxidants.

Banans cannot be called a proven remedy for anxiety. But their inclusion in the diet will definitely improve overall health and give you beneficial substances.

Triptofan. This is the predecessor of Serotonin, who plays a major role in the regulation of mood. Studies show that the technique of triphophanes improves mood and reduces anxiety in healthy adults.

Magnesium. Scientists have discovered a connection between the lack of this substance and anxiety. Also, taking magnesium additives reduces the manifestation of depression.

Potassium. According to the conclusion of one study, low potassium potassium consumption increases the risk of depression and anxiety.



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Vitamin B6. After taking additives with this vitamin for a month, young people with anxiety and depression reported to improve the symptoms.

Antioxidants. Bananas contain vitamin C, beta-carotene, polyphenols, flavonoids. Some data show that when taking antioxidants along with traditional treatment of anxiety, its symptoms are reduced.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.