

# Food to Calm Nervous System



**Dark Chocolate:**  
-Increases Serotonin Levels



**Green Tea:**  
-EGCG have anti-anxiety effects



**Bananas:**  
-has amino acid tryptophan that converts to Serotonin for relaxation



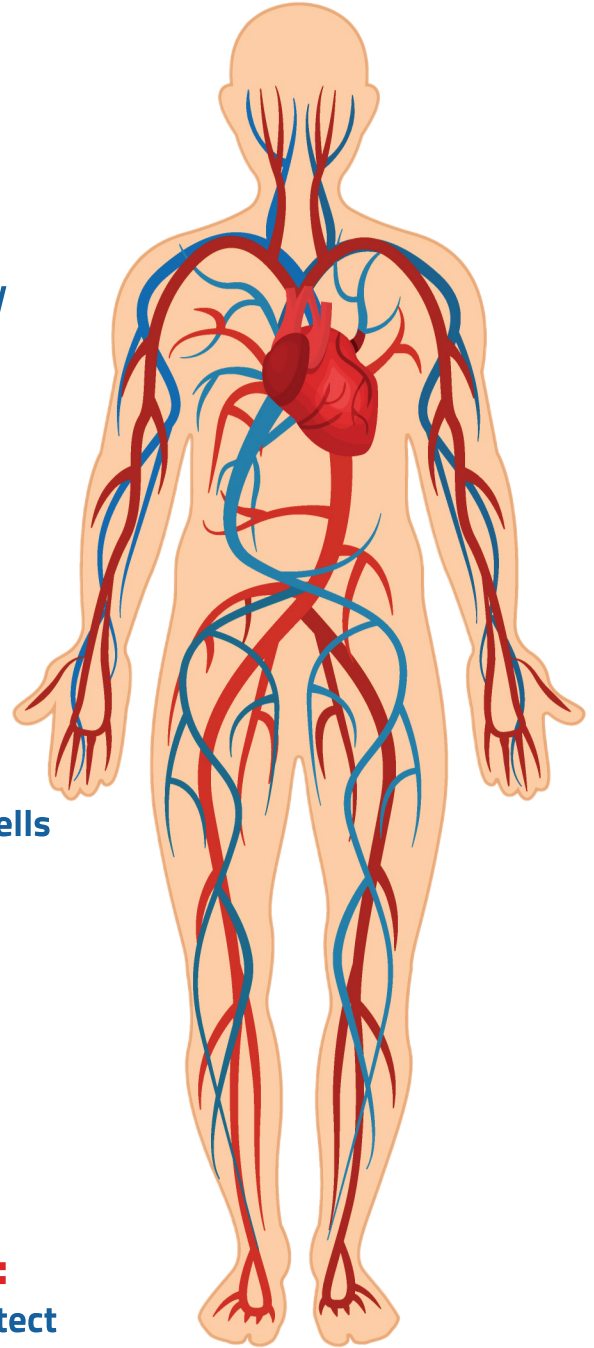
**Blueberries:**  
-Protects brains & nerve cells from inflammation



**Grapes:**  
-Super Antioxidant resveratrol for nervous system protection



**Chia Seeds / Avocados:**  
-Healthy omega 3 fats to protect nerve cells & brain tissue



**GastroDoxs**  
defenders of the digestive system