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# **Vitamin C Is The Best Medication To Relieve Stress**

There are many potent methods in the field of stress medication. It's all too easy to feel that you need to reach for the pharmaceutical cupboard when stress hits causing headaches and fatigue. In fact, the better stress relief methods stem from meditation, relaxation and social activities. That said, if you wish to compliment your efforts to reduce stress with a supplement, there is one that does not require you to spend all your money on expensive drugs.

The best medication to relieve stress is Vitamin C.

You don't need a prescription to get your hands on vitamin C. If stress is affecting you adversely, I would advise consulting a doctor. Though, here are some ways to consume the vital body requirements daily. Vitamin C has been proven to be effective at combating stress disorders. It has latent benefits too like preventing colds. It's also been rumored to help fight cancer.

Vitamin C reduces both the physical and the psychological effects bestowed on people when stress attacks. Those whom consume vitamin C regularly do not exhibit the signs of mental stress so easily when subjected to challenges each day. Additionally, those people find themselves able to recover from any stressful encounter much more quickly than people whom consume very little vitamin C.

How can you be sure of your needed Vitamin C intake as part of your daily medication to relieve stress? Add these to your diet:

- 1.Uncooked vegetables such as broccoli, sprouts, tomatoes and parsley, spinach.
- 2.Fresh fruits such as strawberries, bananas, apples.
- 3.Red and Green peppers.
- 4.One glass of orange juice with breakfast.
- 5.Raw fish foods.
- 6.Almonds and walnuts.
- 7.Whole wheat.

The other scientific fact on Vitamin C's effect on stress is related to its effect on hormones. Stress produces a hormone called Cortisol released by our adrenal glands. This sends the stressed effects through the body; since the body and mind are in unison, soon the mind is affected too. The hormone is triggered by a reaction to an event that can cause stress such as a sense of worry or danger.

There are many herbal remedies available that you can ask your doctor about though Vitamin C remains as the best medication to relieve stress. It's important to recognize the early stages of stress so that you tackle it before it begins to degrade your health. Recognize very quickly any signs of depression and anxiety. Believe me, these issues can escalate into serious mental health problems. Don't be susceptible to it, ensure you take care of your body and mind.

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