



healthcare for the whole family

Saving the Stressed Out Student

Q: I have just started college and I'm feeling a little stressed out. I think I should take better care of myself. Any recommendations for a stressed out student?

A: With midterms quickly approaching and cold season already upon us, it is really important to make sure you are taking care of yourself. Here are some hints to help boost energy, increase memory and avoid feeling so overwhelmed. Start the day off right. This does not mean downing a cup of "Joe" after an all-nighter and expecting your body and brain to work up to snuff. Start with a breakfast that includes protein. A herbal supplement called *Rodiola* has fantastic benefits for the stressed out student. It is not a stimulant but will help your body better cope and help you avoid feeling burnt out. Another bonus—it improves memory. I also recommend taking a good multi-vitamin and a B-complex. Many of the students that I treat love B12 shots, which increase their energy by providing the nutrients that their bodies crave during this stressful time. Find some good study snacks – trail mix, hummus and veggies, popcorn with nutritional yeast. Don't let yourself get drained in front of the books. Remember, your brain is getting a work out but your body still needs exercise as well. Get some fresh air and go for a run or to the gym. Or take a walk over to A New Leaf and we'll find some simple solutions to minimize the midterm mayhem! Good luck on those midterms!

*NOTE: For those still puzzling over *Astragalus* root and where to get it (see last week's soup recipe), come in to A New Leaf and pick up a FREE sample!