

FOOD & ANXIETY

WHICH ONES HELP?

WHICH ONES MAKE IT WORSE?

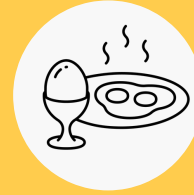
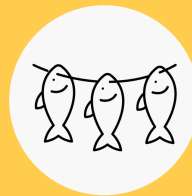


OMEGA-3

PROBIOTICS

VITAMIN B

HERBAL TEA

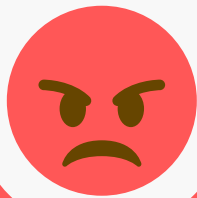


WATER

ANTIOXIDANTS

TRYPTOPHAN

MAGNESIUM



CAFFEINE

ALCOHOL



PROCESSED FOODS