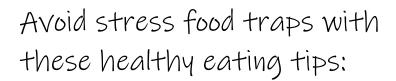
Trya Low-stress Diet



- ✓ Eat a diet rich in many colors.
- Select foods that are high in antioxidants.
- Drink filtered water to keep you hydrated.
- ✓ Reduce or eliminate your caffeine intake.
- Consume at least 30 to 40 grams of fiber each day.
- ✓ Add omega-3 fatty acids to your diet.



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