# Avoiding Processed Foods as a Stress Reduction Technique

Many people may not realize that when we eat, our levels of cortisol will rise. This is an occurrence that is relatively important; it helps our bodies to sort out the good things from the bad so that we know what we can use and which nutrients to absorb. Unfortunately, this is something that can actually be very bad for us when we are not consuming a proper amount of healthy foods.

When we eat processed foods, the levels of stress in our bodies will rise. It is dangerous because our cortisol levels will rise exponentially through the consumption of unhealthy and processed foods. It is important to try and remain conscious of the effects of each of the choices that we make. By consuming foods that will cause our stress levels to rise, whether we are aware of it or not, we are subjecting ourselves to major health issues, not only physically, but potentially emotionally.

Have you ever been in a bad mood without really fully understanding why that is? Did you ever notice that you are feeling poorly and then examine the food choices you have made and realize that it is possibly related to your food choices?

Another thing to look out for are food sensitivities. If you have any sensitivities to foods, or food allergies, these things can cause your body to release stress hormones as your immune system is activated in an attempt to fight off the problem. This can leave you feeling moody and irritable, and cause inflammation in your body that you may not be aware of because it is not always physically apparent.

When our bodies are under duress, our moods tend to take a hit. Our bodies are very sensitive and more often than not, irritability and mood swings are often indicative of serious physical problems. If you look at the symptoms for many diseases, irritability and mood swings are often early warning signs. Our bodies know when something is off, and when our brains are producing an overabundance of stress hormones, it is a sign that we should be paying attention.

Do your best to grocery shop in a smart way. Make meal plans that include fresh and healthy food options. Rather than going through every aisle in the grocery store right away, consider simply going around the outside and purchasing a majority of fresh foods before heading into the processed food aisles. It is much easier to make healthy choices if you are prepared ahead of time!

While processed foods may seem like a convenient choice, consider the future. It may cost you much more than that to try to reverse the damage that these types of foods can cause the body, while prevention is as easy as making better choices. When they say that one ounce of prevention is worth a pound of cure, they aren’t joking! Avoid stressing your body out with processed foods and enjoy a healthier lifestyle today!