



**AUSTRALIAN**  
CRICKET INSTITUTE

**HOW TO  
CALM YOUR NERVES  
WITH NUTRITION AND  
NATURAL SUPPLEMENTS**

Certain foods and herbs can have a positive effect on your nervous system when you are feeling nervous, stressed, anxious and irritable.

These foods contain vitamins, minerals and active compounds that can reduce or eliminate that uneasy nervous feeling.

## TOP 10 FOODS FOR CALMING YOUR NERVES

- 1. Avocado
- 2. Asparagus
- 3. Blueberries
- 4. Almonds
- 5. Brazil nuts
- 6. Turkey
- 7. Dark Chocolate
- 8. Oatmeal
- 9. Oranges
- 10. Salmon

These foods are packed with...

**B Vitamins** - provide energy for your nervous system.

**Omega 3** - essential fatty acids that calm your body.

**Potassium and Magnesium** - relieves your body's stress response.

**Amino Acids** - triggers your body to release your feel good hormones.

**Antioxidants** - protects your body by repairing your cells.

Each of these foods contain some of these effects so we recommend you aim to consume a variety of them for optimal impact on your nervous system.

## AVOCADO

- Packed with B vitamins.
- Contains healthy omega 3 oils.
- Reduces anxiety response.
- Aids the brain to have healthy brain cell function.

## ASPARAGUS

- Mood enhancing.
- Clarity of mind and thinking.
- Contains antioxidants.
- Contains anti-inflammatory properties.

## BLUEBERRIES

- Contains antioxidants.
- Repairs and protects brain cells.
- Acts like a smart pill on your brain.
- Improves cognitive function.

## ALMONDS

- ▼ Improves brain function.
- ▼ Nourishes the nervous system.
- ▼ Contains omega 3 oils.
- ▼ Balances blood sugar levels.

## BRAZIL NUTS

- ▼ Fights inflammation.
- ▼ Improves mood.
- ▼ Contains selenium, beneficial for the brain.
- ▼ Contains magnesium, calming to the body.

## TURKEY

- ▼ Protein feeds the brain.
- ▼ Stabilises the mood.
- ▼ Contains tryptophan to keep mood elevated.
- ▼ Calming to the nervous system.

## DARK CHOCOLATE

- ▼ Stabilises blood sugar levels.
- ▼ Antioxidant rich super food.
- ▼ Contains the mineral magnesium.
- ▼ Increases the feel good hormone serotonin.

## DARK CHOCOLATE

- ▼ Balances and regulates blood sugar.
- ▼ Keeps body satiated.
- ▼ Regulates and aids bowel function.
- ▼ Nutrient dense for the nervous system.

## DARK CHOCOLATE

- ▼ Packed with vitamin C that increases tryptophan absorption.
- ▼ Powerful antioxidant.
- ▼ Disease fighting.
- ▼ Increases absorption of nutrients.

## SALMON

- ▼ Contains essential omega oils.
- ▼ Contains antioxidants.
- ▼ Reduces inflammation in the brain.
- ▼ High in B Vitamins.

## OUTCOME FROM EATING THESE FOODS

- ♥ Nourishes and nurtures your nervous system.
- ♥ Assists your mind and body to handle and cope with stress.
- ♥ Repairs and heals your body in times of stress.
- ♥ Provides beneficial nutrients to your body to prevent a stress response.

## HOW TO CONSUME THESE FOODS

- ♥ Incorporate these foods at breakfast lunch and dinner.
- ♥ Before a game and on game day include as many of these food items in your diet as possible.
- ♥ Aim to consume only the calming foods you enjoy.
- ♥ Aim to consume the food in the freshest form as possible.

## WHAT TO PUT IN YOUR JOURNAL ON TRAINING DAYS

The following herbs act on your nervous system to help calm your nerves, reduce anxious feelings and decrease irritability.

- ♥ 1. Chamomile - Calmative.
- ♥ 2. Lemon Balm - Anti anxiety.
- ♥ 3. Withania - (Ashwaganda) - Improves physical performance.
- ♥ 4. Passion Flower - Reduces nervous tension.
- ♥ 5. Lavender - Reduces excitability.

Herbs come in a variety of forms... Raw herbs, powder form, capsules and tablets. Can be mixed in liquids, can be made into lozenges, can be incorporated into food. Popular method is to make into a tea.

Find the form to use that best suits your tastes and lifestyle.

## HERBS THAT HELP CALM YOUR NERVOUS SYSTEM

L- Theanine, which is found in green tea. It's natural form is tea leaves.

Relieves stress by producing a relaxing effect in the body with out causing drowsiness. Can be drank as a tea and also comes in powder or capsule form.

IF YOU HAVE ANY FURTHER QUESTIONS PLEASE EMAIL BERNIE:

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