



Health

GUIDE

Ages & Stages

From kid-friendly hikes to senior dance lessons, how to stay fit at any age PAGE 27

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Stress Free

The National College of Natural Medicine's Dr. Courtney Jackson dishes up food that fights stress.

BY DEREK PETITE



TURKEY

Packed with protein and B vitamins, turkey offers a solid nutrient base for coping with life's hustle and bustle. Plus, it contains tryptophan, which promotes production of serotonin, the brain's feel-good hormone.



KALE

This leafy green is high in magnesium, a mineral that helps the adrenal glands promote a healthy stress response.



WILD SALMON

These favorite scaly supper dishes provide mood-boosting vitamin D during our sun-starved winter and omega-3 fatty acids that help support healthy brain function.



GREEN AND BLACK TEAS

Tea is full of L-theanine, an amino acid that is part of the formation of GABA, an anti-anxiety neurotransmitter.



DARK CHOCOLATE

Chocolate that contains 60 percent cacao or higher is also packed with flavonoids, antioxidants that support healthy blood pressure.



PUMPKIN SEEDS

Brimming with zinc, an immune-system booster, pumpkin seeds can help fight colds.