



The
PTI BUZZ
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STRESSED OUT?

In this day and age who is not feeling some stress? We are all going 100 miles an hour. Here are ten foods that help reduce stress and calm our nerves.

Blueberries
Low fat or skim milk
Oranges
Brown rice
Green vegetables
Dried apricots
Turkey
Soy
Sweet potatoes
Water

You burn the same number of calories from a one hour Swedish massage as you do in a 20 minute walk so splurge and reduce that stress!!!

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