

6 FOODS THAT NATURALLY BALANCE CORTISOL

(STRESS HORMONE !)

swipe

TOP ANTI- INFLAMMATORY FOODS FOR LONGEVITY

EVERYDAY WHOLE BODY WELLNESS

swipe

MATCHA

Matcha helps balance cortisol through its unique combination of L-theanine and antioxidants:

- L-Theanine for Calm Focus – This amino acid promotes relaxation by increasing alpha brain waves, reducing stress, and preventing cortisol spikes without causing drowsiness.
- Rich in Antioxidants (EGCG) – Matcha is packed with epigallocatechin gallate (EGCG), a powerful antioxidant that helps lower inflammation and oxidative stress, both of which contribute to cortisol imbalance.

OMEGA-3'S

Omega-3s get converted into special compounds called resolvins and protectins, which actively reduce inflammation and help calm immune overreactions

- Wild-caught salmon
- Ground flaxseeds
- chia seeds
- walnuts
- Edamame
- Seaweed
- Sardines (great canned option)
- Mackerel
- Anchovies
- Herring
- Rainbow trout

BANANAS

Bananas help regulate cortisol and reduce stress thanks to their powerful nutrient profile:

- Rich in Vitamin B6 – Supports neurotransmitter production (like serotonin & dopamine) to improve mood and counteract stress.
- High in Potassium – Helps lower blood pressure and prevent cortisol spikes triggered by stress.
- Supports Gut Health – As a prebiotic-rich food, bananas feed good gut bacteria, which play a role in regulating stress and cortisol levels.

HEALTHY FATS

(cell membrane support)

Omega-3s help keep your cell membranes flexible and well-hydrated, which supports healthy skin

- Avocado, olive oil, coconut oil (moderation)
- Nuts and seeds (watch for sensitivity)
- Raw nuts – almonds, cashews, pecans, Brazil nuts
- Seeds – pumpkin, sunflower, sesame (zinc-rich for skin support)
- Ghee or grass-fed butter – contains butyrate, good for gut lining
- Tahini (sesame seed butter) – calcium and healthy fats in one

BLACK BEANS

Black beans help balance cortisol and reduce stress thanks to their powerful nutrient profile:

- **Magnesium-Rich** – Magnesium helps relax the nervous system, reducing cortisol spikes and promoting a sense of calm.
- **Packed with Fiber** – Stabilizes blood sugar levels, preventing energy crashes that trigger stress-related cortisol surges.
- **Plant-Based Protein** – Provides steady energy and supports neurotransmitter production for better mood balance.

FERMENTED FOODS

gut supporting foods that introduce beneficial bacteria that support gut balance.

- Sauerkraut, kimchi, kefir, plain yogurt (if dairy is tolerated)
- Miso, tempeh (soy should be organic/non-GMO)
- Kimchi
- Kombucha
- Apple cider vinegar
- Sourdough bread – Naturally fermented (if gluten is tolerated)

85% DARK CHOCOLATE

Dark Chocolate: Yes, dark chocolate really helps reduce stress! Here's how :

- Rich in Magnesium – Helps relax the nervous system and lower stress hormone levels.
- Boosts Serotonin & Dopamine – Contains compounds that enhance mood and promote relaxation.
- High in Antioxidants (Flavonoids) – Reduces inflammation and oxidative stress, which can trigger cortisol spikes.

CLEAN PROTEIN

Clean protein supports an anti-inflammatory response by providing the amino acids needed to repair tissues, regulate immune function, and maintain blood sugar stability — all key for reducing systemic inflammation.

- Grass-fed meats, pasture-raised poultry
- Lentils, beans (soaked/sprouted to reduce lectins if sensitive)
- Organic eggs (pasture-raised if possible)
- Lamb (grass-fed)
- Bone broth (rich in collagen + amino acids)
- Wild-caught fish (salmon, sardines, mackerel, cod)

WILD SALMON

Wild Salmon: The Ultimate Stress-Reducing Superfood! Wild salmon helps lower cortisol and fight stress thanks to its powerful nutrients:

- Rich in Omega-3s – Reduces inflammation and calms the nervous system, preventing excessive cortisol spikes.
- Boosts Brain Health – Supports neurotransmitter function (like serotonin and dopamine) to improve mood and stress resilience.

HERBS + SPICES

Herbs reduce inflammation by blocking inflammatory pathways in the body. Neutralizing free radicals with antioxidants, which lowers oxidative stress — a driver of skin flare-ups

Supporting detox and immune modulation, helping the body clear inflammatory triggers more efficiently

- Turmeric (curcumin): Especially potent; pairs best with black pepper for absorption
- Ginger: Soothes digestion and lowers inflammatory markers
- Rosemary: Antioxidant-rich; supports brain and immune function
- Oregano: Antimicrobial + anti-inflammatory
- Thyme: Supports respiratory and immune health
- Cilantro: Helps detox heavy metals; adds freshness to meals
- Parsley: Gentle detoxifier, rich in vitamin C
- Basil (especially holy basil): Adaptogenic and calming to the nervous system

SAUERKRAUT

Sauerkraut: The Gut-Healing Cortisol Balancer

Fermented foods like sauerkraut help regulate cortisol and reduce stress by supporting gut health and the gut-brain connection. Here's how:

- Rich in Probiotics – Supports a healthy gut microbiome, which plays a key role in cortisol regulation and stress response.
- Boosts Mood & Mental Health – A healthy gut increases serotonin production, reducing anxiety and keeping cortisol in check.

COLORFUL VEGETABLES

Colorful vegetables are rich in antioxidants and fiber, which help neutralize inflammation and support a healthy gut—both essential for calming skin conditions like psoriasis

- Leafy greens (kale, spinach, arugula)
- Cruciferous veggies (broccoli, cauliflower, cabbage)
- Orange/purple veggies (carrots, beets, red cabbage, purple sweet potato)

**WAS THIS HELPFUL?
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