

Rude Wonders

your questions answered

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Feeling stressed

I am taking my leaving certificate (like A levels) this summer, and I am already feeling stressed about it. I am not sleeping well and feel tearful quite a lot. Is there something natural I could take that would help?



Emily Whitehead is a nutritional therapist who holds an MSc in Exercise and Nutrition Sciences, she is on BetterYou's 'Ask the Expert' panel.

EMILY WHITEHEAD ANSWERS: During periods of excessive stress, the body loses certain vitamins and minerals. B vitamins play an important role in creating neurotransmitters which affect our moods. In fact, crying is often an indication of a deficiency in B vitamins, as these vitamins are water soluble and they need replenishing daily. MultiVit oral spray contains a full spectrum of B vitamins, while Boost B12 oral spray contains high levels of B12, which plays an important role in regulating moods and boosting energy production. The vitamins in oral sprays are absorbed through the mucosal membranes in the mouth and have been found to be one of the best methods of supplementation for guaranteed absorption.

I would also advise you to consider magnesium supplementation. Recent studies suggest that magnesium can have a calming effect on the nervous system and help people achieve a good quality of sleep. Transdermal magnesium therapy has been found to be the type best absorbed and retained by the body. Try Magnesium Oil Goodnight spray to help you relax and promote natural, healthy sleep.



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Need a supplement

I am sitting exams this summer and considering taking a supplement of some kind that might help me with concentration. Would a multivitamin be the best bet, or should I take something that is more suitable for this intense time in my life?



Dr. Keri Marshall is a licensed Naturopathic Doctor who specialises in paediatrics, women's medicine, chronic disease management and integrative health. She is the Chief Medical Officer for Nordic Naturals.

DR KERI MARSHALL ANSWERS: Each person has unique nutritional needs, particularly under stressful conditions such as before examinations. However, there are some standard nutrients that nearly all young adults benefit from. These include omega-3 essential fatty acids, vitamin C, vitamin D, calcium, magnesium, zinc, iron, and B vitamins. For brain health and cognition omega-3s are uniquely beneficial.

Omega-3s are considered essential fats because they are required for optimal health, but cannot be produced by the body and must be acquired through diet or supplementation. While the major omega-3 fats EPA and DHA occur together in nature, each has been shown to have unique effects on cognitive health.

DHA makes up 20% of the fatty acids of the brain's cerebral cortex, the large outer layer that is responsible for functions such as attention, memory and language. EPA is increasingly viewed as critical to healthy mood. Researchers speculate that EPA's cognitive benefits have to do with its ability to modulate inflammation at the cellular level, which supports the normal function of many systems, especially the brain and nervous system.

Every dose of Nordic Naturals omega-3 products offers the expert-recommended 500 mg daily minimum of combined EPA+DHA, and concentrated products like Ultimate Omega® Junior and Ultimate Omega®-D3 provide increased brain and mood support.

If you would like a question answered by Rude Health's guest experts, please email editor@rudehealthmagazine.ie