

- Health

IMPROVE YOUR EATING HABITS TO FIGHT BURNOUT

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The pandemic has affected our mental as well as physical health. It's making us experience what psychologists call crisis fatigue.



Sekaya, a Filipino plantbased brand produced by Unilab's natural products company Synnovate Pharma Corp., explains that the human body is built to deal with bouts of stresses with the help of stress hormone cortisol, which can help fight inflammation, manage blood pressure, and protect overall health and well-being.

According to Dr. Rolando Balburias, a general internal medicine and certified functional medicine practitioner, while exercising, meditating and establishing a daily routine can help us lower our stress levels and manage fatigue, we should also factor in what we eat.

“What we eat also plays an important role because the lack of micronutrients, enzymes and antioxidants in our body can cause energy deficiency, making us feel fatigued and stressed easily.”

Here are some smart eating habits that we should keep in mind especially now that we're dealing with long-term stress.

Choose carbs wisely. Carbohydrates provide energy for our body, but highly refined carbs like sweets and white bread may cause carb crash. “To keep your energy up the entire day and prevent getting the afternoon slump, it's important to eat unrefined carbs and foods high in fiber such as brown rice, spinach, kale, peas, beets, barley grass and malunggay,” says Balburias.

Eat foods that fight inflammation. Stress can cause inflammation, which is the body's response to stressors. Chronic inflammation affects the brain's ability to reach and maintain a level of alertness, leading to exhaustion.

Stay hydrated. Dehydration can aggravate fatigue since the body depends on water to lubricate joints, regulate temperature, ensure proper digestion, help transport oxygen to the cells

and more, Balburias explains.

Learn how to use protein efficiently. Insufficient protein intake can also contribute to fatigue, as this macronutrient helps the body repair and build tissues and provides a longer-lasting energy source. To increase our protein without stuffing our body with meat, the doctor suggests going for healthier plant protein sources such as whole grains, beans and other legumes, and nuts.