

Foods that **boost** our **mood**

If you wake up every morning feeling tired and in a bad mood, then it's probably time to change your diet. Here are some of the foods that you can put in your basket to be happy!

Banana

If is the number one fruit choice for athletes, it should also have its own place on your table on days when you are feeling down. Banana is ultra-rich in tryptophan, the amino acid that the body converts into serotonin, that helps you elevate your mood.

Avocados

This fruit is full of tyrosine, an amino acid that causes the secretion of dopamine and noradrenaline, two hormones considered to be mood and libido-regulating neurotransmitters. Avocados are considered to be a good source of vitamin B (beneficial for the nervous system), potassium, calcium and magnesium.

Almonds

Almonds also boost our mood, being rich in magnesium, a metal that calms the nervous system. Be careful, though, because they are also very high in calories! Nutritionists suggest that we should eat about ten almonds a day to get the essential nutrients without getting extra pounds.

Black chocolate

Even a bite of dark chocolate will drive away tension and negative emotions after a difficult day. This is because it is rich in antioxidants and tryptophan, that metabolizes to serotonin (a hormone associated with good mood).

Oysters

Studies have repeatedly shown that regular consumption of oysters can prevent the risk of depression.

Parmesan

Parmesan is not only a delicious cheese to grate in our pasta, but also a great mood booster. It



contains tryptophan, a substance that is converted to serotonin when it reaches the brain and contributes positively to our mood.

Chicken

Chicken also provides tryptophan that is converted to serotonin and amino acids with tonic properties.

Spinach

Like all leafy vegetables, spinach contributes to a good mood with its richness in folic acid (or vitamin B9). Vitamin B9 plays an essential role in the secretion of serotonin, the hormone of well-being.

Read the rest of the article:

<https://medimall.gr/foods-that-boost-our-mood/>



Travelling fun for kids

Roomy enough to fit all the things your little one will need on their holiday, their unique ride-on design will keep your little explorer entertained along the way. Purchase here:

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10 tips to fight fatigue and stress

The main enemies of your mental and physical health are primarily prolonged fatigue and chronic stress. Here are ways you can keep them out of your schedule, making your daily life more enjoyable!

1. Get enough sleep

Going to bed at regular hours leaving your stress out of bed is the key to absolute relaxation. And if you are still tired, a 20-minute power nap during the day, ideally between noon and 3pm, could give you the energy you need.

2. Include physical exercise in your schedule

It is hard to take the decision to move when you are feeling exhausted. But sports can give you a great boost of energy. How? The neurotransmitters that affect well-being and stress, endorphins and serotonin, are released by our body after

30 minutes of effort. The action also regulates our biological clock and help sleep!

Read the rest of the article:

<https://medimall.gr/10-tips-to-fight-fatigue-and-stress/>



The main causes of infertility in women



Doctors speak of infertility when a couple fails to have a baby after 12 to 18 months, despite regular intercourse and without contraception. When this period is over, the doctor will look for possible causes. Here are the 6 most common reasons of infertility.

The Biological Clock

We tend to forget it, but the main factor that limits fertility is a woman's age. According to experts, women who want to have a baby should consider motherhood before turning 35 if they do not want to experience the throes of infertility. The number of eggs we have at birth (our ovarian reserves) is falling at a much faster rate than we think: female fertility is at its peak at the age of 20, at 30 a woman does not have more than 12% of her eggs... and only 3% at the age of 40.

Read the rest of the article:

<https://medimall.gr/the-main-causes-of-infertility-in-women/>

AMH and fertility

Is AMH really the most reliable indicator of female fertility?

AMH is considered to be a strong indicator for determining ovarian reserve, but this is not enough. The age of a woman is also a very important factor, because a low AMH at age 30 will not have the same prognosis as a low AMH at age 40.

It is normal for a woman's fertility to decrease with age. It begins 10 to 15 years before menopause and at the same time both the quantity and quality of eggs decline gradually.

Consequently, the fewer eggs left, the lower their quality is. Ideally, every woman between 20-30 -and preferably 20-25 years of age- should have her AMH measured. This is one of the most effective ways to predict her fertility and take early precautions about the future.

Read the rest of the article:

<https://medimall.gr/amh-and-fertility/>

