

Published based on [Reduce Anxiety Attacks with Panic Away and Increase Your Energy](#)

Reduce Anxiety Attacks with Panic Away and Increase Your Energy

Feeling fatigued, stressed out or tired? It may be the result of eating the wrong foods.

Leaving you feel more energized, there are certain foods that will rev your engine. Many anxiety sufferers feel exhausted and stressed out so it's important to not only eat healthy and pick super foods that really help but to learn how to cure the anxiety or panic attacks, [panic away](#) can help.

You remember that feeling after eating a greasy hamburger, fries and soft drink at your favorite fast food restaurant. I know I end up feeling sluggish and a heavy feeling in my stomach. It's far better to pick a meal that contains complex carbohydrates, protein, and fats to leave you feeling more satisfied.

Energy drinks or those loaded with caffeine will only give you a short burst of energy. Adopting healthier foods into your diet is the key to increased energy. Choose complex carbohydrates, they release energy slowly into the bloodstream and help to keep your blood sugar evenly balanced. Limit fats and choose iron rich foods. Reduce your amount of simple carbohydrates like candy bars, potato chips and soft drinks. A healthier snack instead of something sugary is crackers, cheese and fruit or yogurt.

And don't skip breakfast. It's essential to refill your body after many hours of sleep, your body can't run on empty and needs energy. Without eating breakfast your metabolism takes a beating, starts to slow down and conserves calories because it's not sure when you're going to feed it next.

Top Natural Foods to Eat for Energy

1. Beans - powerful vegetable packed with protein, fiber, vitamins, and minerals including black beans and lentils.
2. Whole Grains

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