

# Resources

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Magnesium in Depression The human body contains different type of minerals one of these minerals is Magnesium. Magnesium is important in the human body as it help in reducing the amount of stress and depression. Also, Magnesium helps to reduce different types of mental diseases such as migraine, alcoholism, asthma, heart diseases, arrhythmias, renal calcium stones, premenstrual tension syndrome just to name a few. Magnesium is used as a treatment for mental health problems because it increases the serotonin levels in the brain. This article will be used as an example of how different type of minerals can affect human mental health and mood.

Academic stress levels were positively associated with sweet food consumption among Korean high-school students

This article provides a study case of Korean high-school students and how their level of stress can affect their food diet. The study case includes a comparison between two groups of student, the first group has low academic stress level and the second group has high academic stress level. The study found that students with high stress level tend to eat food that contains high amounts of sugar such as chocolate, flavored milk, breads and candies. The article will provide a clear example of how a person's mental health or mood affects their food diet and how stress is related to nutrition.

Omega-3 Fatty Acids and Mood Disorders

The article indicates that the Omega-3 fatty acids are highly used Acids in treating people with depression and mental disorder. In fact, the article shows a negative relationship between seafood and stress. In other words, in places where people consume seafood a lot, the level of stress is less than places where people consume less seafood. Indeed, the article includes different studies and hypothesis that discusses the role and the effect of <https://assignbuster.com/resouces/>

Omega-3 fatty acids on mental health and how is it used as treatment to some diseases. This article helps to explain how minerals can improve people's moods.