

## Health and Wellness, Vitamin E, Amino Acids and Bride's Health

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Taking care of your health and wellness  
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{bot\_wrgoogle}Women buy lingerie will make you look good but eating healthy will help your beauty. You may be feeling stressed as your wedding day approaches. Taking care of your health and wellness every day is important, but on your wedding day you will want to look and feel wonderful. There are several ways to keep an eye on your health as your wedding approaches. We have outlined a few ways to do this, they include:

Eating whole grain foods- You are consuming unrefined foods and grains full of vitamins such as Vitamin E, a powerful antioxidant. Some examples of whole grains include whole wheat bread with seeds, brown rice, millet and barley. Tryptophan which is present in whole grains, is an amino acid that our body will turn into serotonin, a chemical in our brain that will help alleviate aggressive behavior. Serotonin relaxes us and tryptophan will boost serotonin levels. Women buy lingerie will make you look good but eating healthy will help your beauty. <http://www.weddingdresses-gifts-flowers.com/bride-health.html>