

Health & Views

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Almonds

Almonds are also a good source of magnesium and have documented slumber-promoting qualities. In [one study](#) there was a 10% drop in the number of students reporting insomnia after eating 10 almonds a day for 14 days



Rice

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Research suggests that the high glycaemic index of rice (which means it releases sugar quickly) makes it [good for inducing sleep](#). Glucose in the blood makes it easier for tryptophan – the amino acid that generates serotonin and melatonin in the body – to cross into the brain. On the whole though, lower GI carbs (like lentils, whole wheat pasta and rye bread) tend to be healthier. So save the rice trick for when a good night's sleep is particularly important.



The immediate importance of magnesium in your diet

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Every cell in the body contains magnesium and requires this mineral to function

Magnesium is an essential macronutrient. This mineral is found throughout the body. Up to 60% of our magnesium is stored in the bones. Magnesium is an essential mineral. It's needed for healthy muscles, nerves, bones and blood sugar levels. Found in soil, the reality is that today's soils tend to have lower magnesium content than in the past, with less of the mineral being passed on to us through our diet. In this gallery, we dig into magnesium: how you can tell if you're deficient, and how you can consume more. Click on to find out why you need magnesium now.

Co-factor

Over 600 reactions that take place in the body involve magnesium. It's a co-factor, or "helper" molecule in many of these reactions.

Healthy nerves

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Magnesium plays an essential role in nerve transmission in the body. Low levels of magnesium in the body can increase stress.



Canned sardines

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[Data](#) from the National Health and Nutrition Examination Survey confirms that low calcium intake is specifically linked with difficulty nodding off and less restorative sleep. Canned sardines are a terrific calcium source for people who can't tolerate or don't want to consume dairy. Or vegans can get snooze-inducing calcium from fortified plant milks, nuts and green vegetables.



Whole grains

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High fiber intake is associated with more rejuvenating nights under the duvet according to a [2016 study](#). For the purposes of the research, 26 adults spent five nights in a sleep lab during which their nutrient intake was also carefully monitored. Higher intake of fiber (for example from whole grains) produced more deep, or slow wave, sleep – the type that makes you feel perkier in the morning



Bananas

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A banana is packed with around [375mg of potassium](#) (nearly a fifth of the [daily recommendation](#)), a mineral associated with [less daytime sleepiness](#). Snacking on this bendy fruit before bedtime also tops up your intake of vitamin B6. Low B6 levels can [interfere with the synthesis of serotonin](#) (a calming brain chemical), leading to disordered sleep.

5 Foods That Will Get Rid Of A Hangover Quickly

Next time you're dealing with a hangover, give one of these five foods a try to help alleviate your symptoms. Eating some honey when you're feeling hungover will force the body to get rid of the alcohol in your system faster. This is because fructose digests at the same rate as alcohol. Eggs are a great food to eat when hungover, as they contain amino acids that can help with headaches. Coconut water contains potassium and antioxidants that can help the body recover quickly from a hangover. Water should be the first thing you consume after a night of drinking, as it is essential to rehydrate the body. Many people crave carbohydrates when they're hungover. Oats are the perfect healthy alternative to a greasy bagel or sandwich.

How to Tell Good Carbs From Bad

[A registered dietitian explains the difference and shares healthy guidelines for meal planning.](#)

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14 Sweet Snacks That Are Better for You

[It's OK to indulge a little when you're craving a treat. These satisfying options will hit the spot while providing important nutrients, too.](#)

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The Deadly Diabetes Risk You Don't Know About

[People with type 2 diabetes are twice as likely to take prescription opioids, research shows, potentially making them more vulnerable to misuse and addiction.](#)

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How Sleep Protects Your Health

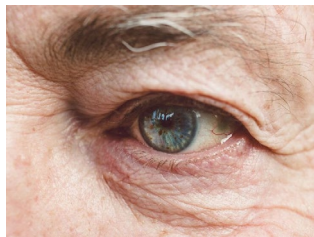
[When you don't get enough shut-eye, your body doesn't use glucose as well as it should, which can lead to diabetes. See some other ways a lack of proper sleep can affect you.](#)

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Diabetes and Gout: What's the Link?

If you have type 2 diabetes, your chances of getting gout are higher. And the same is true in reverse. Here's what you need to know.

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Your Eyes and Aging: What to Expect and What You Can Do

To some extent, experiencing vision changes is a normal part of aging. But there are certain age-related eye issues to be on the lookout for.

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5 Facts About Chronic Dry Eye

Watch to learn facts you may not know about chronic dry eye.

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Ozempic May Improve This Chronic Skin Condition

5 Ways to Tell If Eggs Have Gone Bad

6 Signs You Might Be Constipated

8 Parts of Your Body You Should Never Touch

One reason: Your mouth plays host to as many as 72 species of bacteria.

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15 Home Remedies for Dry Eyes

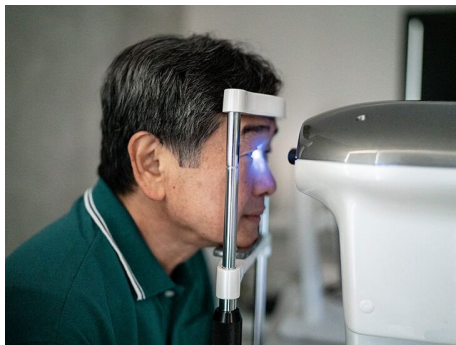
There are simple home remedies for dry eyes. From over-the-counter lubricating eye drops to warm compresses, here are some for you to try.

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What Is a Normal Eye Pressure Range?

Normal eye pressure is considered to be between 10mmHg to 20mmHg. However, the pressure at which eye damage develops is different for each person.

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PROTECT YOUR EYES

Eat a Balanced Diet

Consume a diet rich in fruits, vegetables, protein, and healthy fats. Nutrients like vitamin C, zinc, and lutein may support eye health and reduce disease risk.

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This Natural Sweetener May Lower Cholesterol and Blood Sugar

And there are three particular types you should shop for.

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9 Silent Signs You're Not Taking Good Care of Yourself

You'll find they're truly so subtle.

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6 Things That Can Trigger Type 2 Diabetes

Usually, a combination of things causes type 2 diabetes. Your genes, lifestyle, and these other factors can all play a role.

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Foods That Can Help Ease Heartburn

You may already avoid things like onions and red meat. Here are some foods to add to your diet, like watermelon and fennel.

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Inside the pharmacy: Type 2 diabetes and blood sugar

What Is Cinnamon Good For? 9 Uses You Didn't Know About

It gives food and drinks that warm and cozy feeling, and it also has some delicious health benefits.

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How Sugar Can Sneak Into Your Food

Many people eat much more sugar each day than they should. Try these tips to reduce your intake without feeling deprived.

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Latest Trends in Health Technology

Continuous glucose monitors are one of a handful of innovative devices helping patients live better, healthier lives.

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Targeted Therapies for Metastatic Breast Cancer

There are several kinds, but targeted therapies can slow cancer growth. Find out how these treatments can help.

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What is brain stimulation therapy?

GO DEEPER

“In trying to understand how real nervous systems achieve their remarkable computational abilities,” wrote Geoffrey Hinton, “it has proved necessary to study grossly idealized models that are as different from real biological neural networks as apples are from planets.” [Hinton looked back at the history of the field in Nature Neuroscience in 2000.](#)

Last year, Hinton quit his job at Google so he could speak freely about the dangers of AI applications, and says that [a part of him now regrets his life's work.](#)

[Nature Neuroscience | 5 min read](#) & [The New York Times | 7 min read](#)

12 Things That Happen to Your Body When You Take Melatonin

There are major reasons medical professionals often prefer melatonin over prescription drugs to treat sleeping issues.

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How Do I Prevent Diabetes?

There's no cure for diabetes, but you can manage and control it. Here's what you need to know about diabetes symptoms, treatment options, and prevention.

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Breast Cancer on the Rise Among Young Women

A new report shows that the breast cancer rate rose by 1% annually from 2012 to 2021, with even greater increases among women under age 50 and a startling jump among women in their 20s.

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15 Simple Keys to Living Your Best

You hear lots of advice about what it takes to live well. Here's a simple breakdown with easy-to-remember ways for you to become the healthiest version of yourself.

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