

THE TOP 6 NUTRIENTS NEEDED IN RECOVERY

1 Magnesium

Magnesium plays a vital role in calming the nervous system, easing anxiety, supporting sleep, and regulating muscle and nerve function. It also helps reduce fatigue and irritability, both of which can trigger relapse.

Foods rich in Magnesium: Spinach, Pumpkin Seeds, Black Beans, Almonds, Dark Chocolate, Avocado, Whole Grains, and Bananas.



2 Omega-3

Essential for brain health and emotional balance. They help repair damage to brain cells caused by substance use and reduce inflammation, depression, and cognitive fog. These healthy fats also support heart health, which may be compromised due to past substance use.

Foods rich in Omega-3: Salmon, Mackerel, Sardines, Flaxseeds, Chia Seeds, Walnuts.



3 Zinc

Supports the immune system and helps with tissue repair and wound healing. It's also crucial for cognitive function and mood regulation, which are often disrupted during addiction and withdrawal.

Foods rich in Zinc: Chickpeas, Lentils, Pumpkin Seeds, Cashews, Beef, Chicken, Eggs, and Whole Grains.



4 B-vitamins

B-vitamins (especially B1, B6, and B12) are essential for energy production, brain function, and mood stability. Substance misuse often depletes these vitamins, leading to fatigue, depression, and poor concentration. Replenishing them supports mental clarity and emotional resilience.

Foods rich in B-vitamins: Eggs, Leafy Greens, Whole Grains, Legumes, Fish, Poultry, Dairy Products, and Fortified Cereals.



5 Fibre

Fibre supports digestive health and helps stabilise blood sugar levels, which can help manage cravings and mood swings. It also promotes regular bowel movements, which is important as the body adjusts after detoxification.

Foods rich in Fibre: Oats, Lentils, Beans, Broccoli, Apples, Berries, Carrots, Chia Seeds, and Wholemeal Bread or Pasta.



6 Protein

Protein is essential for rebuilding tissues and producing neurotransmitters like dopamine and serotonin, which influence mood and motivation. After addiction, the body needs consistent protein intake to repair damage and support stable energy and mental health.

Foods rich in Protein: Chicken, Turkey, Eggs, Tofu, Lentils, Greek Yogurt, Nuts, Seeds, and Fish.

