**Eating helps to relieve relationship anger**

Most of the long married couples do not discuss about food when they speak about how their relationship is going but a recent study says they should speak about it. One of the new researches has proved that arguments can be easily avoided if any of the spouses is hungry. Moreover, the study shows that anger is linked to low blood pressure. You can eat away some food stuffs to stay away from feeling irritated with your partner. Leading author, professor of psychology and communication at The Ohio State University – Brad Bushman, PhD and his colleagues has recently passed a research on married couples, voodoo dolls and glucometer.

Dr. Bushman enrolled around 107 couples for this 21 day study and analysed how angry partner would behave each other and how their glucose –blood sugar levels play a role in their anger.

**Eat something to stop your anger**

The study started with 10 items of questionnaire, which the participants answered about their satisfaction with their spouse relationship. A statement like ‘I am happy with my relationship’ was presented with options of answers varying between strongly opposes to strongly agree. They were also given 51 pins and voodoo doll. Every evening they can place pins in the dolls to show their anger they feel on their partner. Furthermore, they can put how much ever pins they want. These participants were also taught how to use glucometer and check their blood sugar levels. At the end of 21 days, all the couples were made to assemble in the lab for one more test. In this test, the couples were asked to press a red color button to show who can press faster against their spouse who is in another room. In reality, the couples were playing against a computer. If the participant won, they can choose to show their anger by making unpleasant noise. Those were angriest express their anger by making unpleasant sounds for a long time, which largely influenced their blood sugar levels. If the blood sugar level is lower, the person is said to be angrier with her or his spouse and more they bombarded with large noise.

Dr. Bushman elucidated how blood sugar levels and anger work together. Brain is a most demanding organ that devours about 20 percentages of calories to give out energy. He advised to avoid arguing with your partner by making sure you are not hungry.