

## Diet matters

Diet influences numerous aspects of health - weight, athletic performance & risk of chronic diseases. Just like our cars are meant to process a certain kind of fuel, our bodies are meant to process according to our biochemical uniqueness.

## Your second brain

The gut is the "second brain." Improving digestion & nutritional status is the "missing link" to mental health. Mood follows food.

## Common Myths

- Fat **is not** the cause of heart disease.
- Carbohydrates **are not** the enemy - they help regulate fat metabolism & generate energy.
- Meat **is not** harmful - quality is key, animal protein is building block for neurotransmitters in brain required for good mood/sleep.

## Affordable & Effective Strategies



*Canned wild fish*



*Plan meals in advanced w/ grocery list*



*Sleep (magnesium, epsom salt, melatonin, darkness, AC, blue light blocking glasses)*



*Ethnic food stores = less expensive herbs, fresh roots*



*Eat out less*



*If not organic, soak vegetables with soap for a few minutes*

## Foods for Mood

*Breads or sweets*

*Sweet potatoes*

*Sugary treats*

*Smoothie with stevia*

*Choc. w/sugar*

*Unsweetened cocoa powder with stevia*

*Cane sugar*

*Honey or maple syrup*

*Coffee*

*Black/green tea, decaf, herbal coffee subs, chai*

This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical/mental health condition.