FOOD 702 THOUGHT

A lifestyle approach to improving mood and well-being

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"LET THY FOOD BE THY MEDICINE AND THY MEDICINE BE THY FOOD."

-HIPPOCRATES

Why Diet Matters: Gut Health and Mood

The gastrointestinal tract (gut) is sensitive to emotions like anger, anxiety, sadness, and joy which can trigger physical symptoms .This connection goes both ways. A troubled intestine can send signals to the brain, just as a troubled brain can send signals to the gut. Therefore, a person's intestinal distress can be either the cause **or** the product of anxiety, stress, or depression. This connection is so strong that many consider the gut the "second brain!"

**https:www.health.harvard.edu/diseases-and-conditions/the-gut-brain-connection

10 FOODS TO BOOST YOUR MOOD Physical Symptoms **Emotional Symptoms** of Depression: of Depression, What is the Gut-Brain Axis (GBA)? 1. Dark leafy On-going low mood Vague aches and or sadness greens pain 2. Eggs Stress, anxiety, and Enteric nervous other mental health conditions Chronic joint , limb Feeling hopeless or system in the gut 3. Lentils produces neurotransmitters have physiological or back pain helpless 4. Turkey consequences. such as serotonin ad metabolites which impact mental health such as disrupting gut motility and 5. Fatty fish Gastrointestinal functionality, Having low selfconditions such as which results in symptoms such as stress, anxiety, and depression and may problems 6. Avocados esteem constipation and stomach pain. even contribute to personal characterisitcs 7. Chia Seeds Tiredness SGH Feeling tearful 8. Fermented Œ Sleep disturbances Foods Feeling irritable 9. Almonds and intolerant of Appetite changes. 10. Bell Peppers others. Source: https:// Low motivation www.culinarynutrition.commoodboosting-foods/



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