

FOOD FOR 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>

Physical Symptoms of Depression,

- Vague aches and pain
- Chronic joint, limb or back pain
- Gastrointestinal problems
- Tiredness
- Sleep disturbances
- Appetite changes.

Emotional Symptoms of Depression:

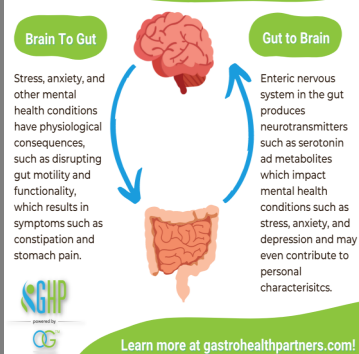
- On-going low mood or sadness
- Feeling hopeless or helpless
- Having low self-esteem
- Feeling tearful
- Feeling irritable and intolerant of others.
- Low motivation

10 FOODS TO BOOST YOUR MOOD

1. Dark leafy greens
2. Eggs
3. Lentils
4. Turkey
5. Fatty fish
6. Avocados
7. Chia Seeds
8. Fermented Foods
9. Almonds
10. Bell Peppers

Source: <https://www.culinarynutrition.com/mood-boosting-foods/>

What is the Gut-Brain Axis (GBA)?



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