

# **Food for good mood :)**

And yet there is a connection that  
should not be underestimated

Summer 2018

## **Food for good mood**

With the right food in a good mood! The influence of nutrition on our psychophysical system has long been known in Asian healing systems and is used accordingly. In these systems it is described that our body and our consciousness are very closely connected and strongly influence one another. This connection is used for "healing", but is also used in everyday life; such as in nutrition.

Unfortunately, few people in our culture see a connection between our diet and its effect on our experience.

According to the WHO, depression is number one of the most common diseases worldwide with around 322 million affected people! So it makes sense to look at new ways of treatment.

New studies in the western-oriented world, above all the Australian study SMILES (Supporting the Modification of Lifestyle Interventions in Lowered Emotional Stress) now show the connection between nutrition and health, especially mental health, in us. The SMILES study states, among other things, that a change in diet to a Mediterranean diet leads to a significant decrease in symptoms and an improvement in their general condition in depressed people. Above all, the study shows that the quality of the food is crucial. What is almost more important than eating the "right" foods: Leave the "wrong" and stressful foods behind!

The list of foods and food supplements is not meant to be exhaustive. What has been written here is intended to expand the treatment path and provide an impetus.

Which foods should be left out and replaced with the foods listed below?

White sugar, refined grains, highly processed foods (classic ready-made products), fast food, sweets, sweet drinks, fried foods, sausage products, fatty meat.

Which foods have a positive effect on our psyche?

In general, you should switch to fruits (especially the antioxidant-rich fruits), vegetables, legumes, whole grains, nuts and seeds. Likewise, enough omega-3 rich foods should be skewed. If you are also looking for a useful supplement, you have come to the right place with superfoods. It is clear that the foods that have a very positive effect on our health must be as natural as possible.

The recommended amount of food is as follows:

Whole grains (5-8 servings / day), vegetables (6 servings / day), fruit (3 servings / day), legumes (3-4 servings / week), low-fat and unsweetened dairy products (2-3 / day), unsalted nuts (1 / day), fish (2 servings / week), lean, red meat (3-4 servings / week), chicken (2-3 servings / week), eggs (<6 per week), olive oil (<3 tbsp /Day)

Those who follow a vegetarian diet should eat more pulses and use DHA algae (omega-3) as a supplement.

### **Concrete foods:**

Pure water, spinach, vanilla, ginger, turmeric, cinnamon, cocoa beans, chocolate with a high cocoa content, oats, banana, dates, legumes (lentils of all kinds, beans of all kinds), amaranth, quinoa, nuts of all kinds, unpeeled rice, flaxseed, good valuable cold-pressed oils (coconut, olive oil, linseed oil, rapeseed oil, etc.), wheat bran

## **Food habits:**

The best food is only useful if the digestive organs are healthy and the food can be perfectly absorbed by the body. There are now various methods that support the stomach and intestines in their functions. At this point, the hint that from a holistic point of view everything should be digested that we ingest through our senses. The list here is only intended as a guide and is not complete:

### *Intermittent fasting*

Do not eat anything and only drink water once or twice a week for 16 hours. This works well if you don't eat anything in the evening and don't eat anything until the next day. Fasting has a healing and invigorating effect on our whole system. It is obvious that when we eat less, the quality of food must be high.

### *Mediterranean diet*

### *alkaline acid diet*

### *Probiotic Diet*

Here foods and nutritional supplements are used that contain beneficial bacteria that settle in the intestines.

*Low-gluten or even gluten-free diet (everyone is talking about the gluten-free diet at the moment and could well be just a fad).*

*Periodic ketogenic diet (see point above)*

## **Food supplement:**

*Griffonia (African black bean) combined with Vit. B complex*

### *DHA algae omega 3:*

*Vegetable oils such as linseed, hemp and rapeseed oil supply omega-3, but not the essential omega-3 fatty acids DHA and EPA. The best sources for this so far have been fish and fish oil. The disadvantages of these products are obvious with the overfishing of the oceans, increasing heavy metal pollution and a possible aversion or intolerance to fish oil. DHA and EPA can, however, also be obtained from cultivated algae, a non-toxic, renewable raw material.*

## **Serotonin deficiency:**

Serotonin is known as the "happiness hormone" and production is boosted by the food in addition to daylight. 80 percent of people in the United States are serotonin deficient! Serotonin is mainly produced by the essential amino acid L-tryptophan. An exciting observation is that the proportion of tryptophan in food has decreased significantly for about 100 years and the rate of depression has risen over the same period. Perfect suppliers of tryptophan include dates and bananas. An important building block for the formation of serotonin are long-chain omega-3 fatty acids such as DHA algae oil, fatty sea fish (which, however, is not advisable because of the environmental pollution) or can be found as a precursor in flax, hemp and chia seeds and the corresponding oils.

The important vitamin D is also essential for a good mood. Daylight is needed here: expose hands and forearms to the sun for about 15 minutes per day.

Serotonin robbers are:

Sweetener aspartame, food additives in ready-made and light products and also our coffee.

**Foods rich in tryptophan:**

Eggs, spirulina algae, bananas, dates, fatty fish, soybeans, Parmesan cheese, sesame seeds, etc.  
There are corresponding lists on the Internet

**Superfoods are foods with a very high proportion of vital substances.**

The following serve as examples:

Cocoa beans, goji berries, acai berries, aronia berries, chia seeds, hemp seeds, spirulina algae, chlorella algae, baobab, maca, moringa and others; see overviews on the Internet; high quality is important!

## Ravenousness – What does your body really need?

We all know it when we absolutely “have to” eat something fatty or sweet. If we don't know this feeling very well, then our diet is probably already very good. But if we know it very often that we immediately crave something very unhealthy, then it is good to know what the body really needs. If we give the body exactly that in a different way, then the unhealthy cravings will cease by themselves.

Are you in the mood for?	What does your body need?	Healthy alternative
chocolate	magnesium, tryptophan, glucose (sugar)	nuts, seeds, legumes, whole grains, bananas, dates, raisins
sugar, sweets	chrome	vegetables, e.g. broccoli, fruit
	carbon	fresh fruit
	sulfur	cranberries, horseradish, cauliflower, onions, cabbage, leeks
	tryptophan	raisins, dates, banana, sweet potatoes, spinach
cake	clucose	fruits, nuts, whole grains
bread, pasta, carbohydrates	nitrogen	protein-rich food, nuts, pumpkin seeds, beans, whole grain products
	energy	quinoa, pasta made from chickpeas or lentils, wholemeal bread with humus and carrots
greasy food	calcium, energy, essential fatty acids	green leafy vegetables, broccoli, legumes, high-quality oils, avocado, whole-grain bread with humus, mixed nuts
salty for example chips	salt, chloride, silicon	antipasti (e.g. olives), well-seasoned grilled vegetables, nuts, seeds, an extra pinch of salt
unbridled constant appetite	tryptophan, tyrosine	vegetables, spinach, raisins, dates, peas, soybeans, sweet potatoes, nuts, whole grain products
meat	iron	legumes, pumpkin seeds, dark leafy vegetables
fast food	energy, salt	whole foods such as rice noodles with tofu and vegetables, large salad with baked potatoes and quinoa with a good pinch of salt
cheese	energy, salt, calcium, omega 3	broccoli, pasta made from lentils or chickpeas, whole grains with hummus and carrots

**Recipe examples:**

Ginger-lemon tea - brightening and immune-boosting effects

Spice smoothie - mood enhancer with banana, dates, hemp seeds, ginger, cinnamon, cardamom, cloves

Chocolate with a high cocoa content flavored with chilli and vanilla.

**Other positive influences on our mood:**

Daylight - daily walk of 30 - 60 minutes / "daylight lamps" with 10,000 lux  
Forest / nature walks several times a week

**Source:**

natur & heilen, Dezember 2017 / Artikel von Dr. Mercola, Irving Kirsch, SMILES Trial

**Literature:**

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Sugar Blues – William Dufty

The Omega-3 Connection – Dr. Andrew Stoll

The emperor's new drugs – Irving Kirsch

[www.mercola.com](http://www.mercola.com) diverse Artikel