

CAN NUTRITION MAKE YOU FEEL HAPPIER?

Maybe. Brains are complex and so are the foods we eat, and the ways our bodies interact with those foods. Your brain is greedy, it needs a lot of energy to work properly. Without enough energy or the right nutrients, your brain won't get what it needs. In fact, one study suggests that eating a lot of nutrient-sparse processed foods could up your chances of becoming depressed by as much as 60 percent.

Nutrition can fight inflammation, get your gut health back on track, feeds our energy cells, may promote the brain's ability to adapt, rewire itself and grow.

WHAT HELPS FEED OUR BRAIN?

Our brain is part of our body so anything that makes our body healthier – fresh air, sunshine, clean water, exercise, vitamins and minerals, improved circulation, etc... will make our brain healthier.

WHAT SHOULD WE FEED OUR BRAIN?

There are nutrients in particular that seem to be linked to brain health.

- Antioxidants (apricots, berries, tomatoes, broccolis, seeds, kiwis, peppers and more)
- Antioxidants are a great way to reduce damaging molecules, called free radicals from reaching the brain.
- Omega 3 fatty acids: (fish, nuts, seeds, olive oil)
- Omega-3 fatty acids provide building blocks for healthy brain development.
- B Vitamins (meat, eggs, seafood, green leafy vegetables, legumes and whole grains)
- Studies have shown that a deficiency in B vitamins (particularly B12) be linked to depression.
- Vitamin C (spinach, oranges, grapefruit and peas)
- Play a key role in serotonin that is proven to be effective in coping with depression.
- Vitamin D (sun exposure; fortified breakfast cereals, breads, juices, mild, lowfat milk and cheeses)
- Vitamin D is required for brain development. Deficiency in the "sunshine vitamin" is sometimes associated with depression and other mood disorders.
- Selenium (cod, Brazil nuts, walnuts, poultry)
- Selenium is an essential mineral and works with other nutrients to create antioxidant balance in our body's cells.
- Protein (including turkey, beef, eggs, some dairy products, dark and leafy greens)
- Tryptophan is a precursor to serotonin, low tryptophan symptoms seems to trigger depression.
- Water is a great way to alleviate depression and anxiety, when your body is dehydrated, your body suffers in several ways. Drink at least 8 glasses per day.
- Dark Chocolate

5 FOOD INGREDIENTS THAT ARE A RECIPE FOR DEPRESSION

1. ALCOHOL

Many people turn to drinking as a way to self-medicate, alcohol is a depressant – so while you may feel good for a short period of time, you're not doing yourself any favors in the long-term.

2. CAFFEINE

"There are plenty of experts who will tell you that even a modest amount of caffeine can contribute to depression." EatThis.com. Even moderate coffee drinkers score higher on depression scales. This could be due to a disruption of quality sleep which is important for mood regulation.

3. REFINED SUGAR

This type of sugar is found all over store shelves from candy bars to concentrated fruit juices and can provide

us a pleasant rush of energy for 20 minutes, yet it also ultimately causes your blood sugar to drop dramatically – which can lower your compromised mood.

4. HYDROGENATED OILS

Anything that is cooked with hydrogenated oils and contains trans fats could potentially contribute to depression.

5. SODIUM

Excess sodium can disrupt your neurological system contributing to depression~activebeat

*Precision Nutrition