



Spokane Holistic
Healing

Spokane Holistic Healing Client Handout

Diet and Mood Regulation

Nutrition plays a significant role in mood regulation because the brain relies on a steady supply of nutrients to function optimally. Here's how different aspects of diet impact mood:

1. Nutrient Deficiencies and Mood Disorders

- **B Vitamins (e.g., B6, B12, Folate):** Deficiencies are linked to depression and fatigue due to their role in neurotransmitter production.
- **Omega-3 Fatty Acids:** Found in fatty fish, nuts, and seeds, they help reduce inflammation and support brain function, potentially reducing anxiety and depression.
- **Magnesium:** Low levels are associated with increased stress and anxiety.
- **Iron:** Deficiency can lead to fatigue, irritability, and mood swings.

2. Blood Sugar Balance

- High-sugar diets cause spikes and crashes in blood sugar, leading to mood swings, irritability, and fatigue.
- A diet rich in complex carbohydrates (whole grains, vegetables) provides steady energy and supports serotonin production (a neurotransmitter that stabilizes mood).

3. Gut-Brain Connection

- The gut produces about **90% of the body's serotonin**, so a healthy gut microbiome (supported by probiotics and fiber-rich foods) can enhance mood stability.
- Processed foods and artificial sweeteners can disrupt gut bacteria and contribute to anxiety or depression.

4. Amino Acids and Neurotransmitters

- Protein-rich foods provide amino acids, which are building blocks for mood-regulating neurotransmitters like serotonin and dopamine.
- **Tryptophan**, found in turkey, eggs, and dairy, helps produce serotonin.

5. Inflammation and Mood

- Diets high in processed foods, trans fats, and refined sugars can increase inflammation, which has been linked to depression and anxiety.
- Anti-inflammatory foods like leafy greens, berries, and turmeric may help improve mood.



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6. Hydration and Mood

- Even mild dehydration can cause fatigue, headaches, and irritability.

7. Caffeine and Alcohol

- While caffeine can boost alertness, too much can lead to anxiety and disrupt sleep, affecting mood negatively.
- Alcohol can disrupt neurotransmitters and sleep, worsening mood over time.

Takeaway

A well-balanced diet with whole foods, lean proteins, healthy fats, and fiber-rich carbohydrates supports brain health and mood stability. Small changes in diet can make a big difference in emotional well-being!