

Soul2Soul Educare presents: “Eating Your Way to Happiness”

Slide 2: Compared to the rest of the world, despite all the socio economic privileges here, there are more people in the US than any other country where people are depressed.

Slide 3: According to findings of a *Harris Poll* survey of 2,345 U.S. adults surveyed online between April 10 and 15, 2013 by Harris Interactive, only a third of Americans (33%) were truly happy, that's 1 in 3 people.

We believe that this may be partly due to what Americans are putting into their mouths. According to many experts, what you eat can affect your mood and how well your brain works.

Slide 4: In this workshop, we will teach you how to:

- identify "happy foods"
- change your brain chemistry to help you function at your emotional and physical best
- improve your memory and alertness.

Let us help you help yourself to create your own personal feel-good menu and be happy today and everyday

How many of you head to the kitchen when you're tired...or stressed...or sad...or just plain bored? This habit may not be as bad as you think provided you pick the right foods.

Slide 5: “As long as you're not bingeing or mindlessly munching to soothe yourself, feeding your mood can be healthy and effective” says Judith Wurtman, Ph.D., a MIT research scientist and coauthor of The Serotonin Power Diet.

Slide 6: There are foods that will help cure anxiety, and foods that will contribute to anxiety, and by choosing the right foods, you can drastically cut down on the amount of anxiety you experience – and possibly improve your mood because a lot of our depression comes from nutritional deficiencies that are draining our energy and brainpower.

Slide 7: Before we begin let us understand these two terms which you will hear a lot of in this presentation: Serotonin and Dopamine

dopamine = a "reward chemical" that makes you feel good and accomplished for achieving a desired task.

serotonin = "happy chemical" that can elevate your mood and make you all-around happy. Depleted serotonin can cause depression

Here are some foods that will help you stay happy and reduce your stress:

1. **Slide 8:** Cashews

According to Dr Andrew Saul from the film Food Matters, two handfuls of cashews

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Click: provide the equivalent mood boosting effects as a therapeutic dose of Prozac.

Click: This is because cashews are one of the highest natural sources of tryptophan which is an amino acid, Your body uses tryptophan to make serotonin. Serotonin is the brain chemical that makes you feel mellow and happy.

Click: Cashews also contain niacin which is a B-vitamin – B-vitamins also make us feel happy.

2. **Slide 9:**Blueberries & Acai Berries

Click: These berries are rich in vitamins and phytonutrients (plant nutrients), with a variety of antioxidants that are considered extremely beneficial for relieving stress and have a sedative effect on the brain.

Click: These antioxidants aid your brain in the production of dopamine, a chemical that is critical to coordination, memory function and your mood.

3. **Slide 10:**Almonds

Click: Almonds contain zinc, a key nutrient for maintaining a balanced mood.

Click: They also contain a lot of magnesium and iron. Experts say that low iron levels have been known to cause brain fatigue, which can contribute to both anxiety and a lack of energy.

A study from the Grand Forks Human Nutrition Research Center in North Dakota found that women with low iron and magnesium levels tired out faster than women with higher levels when doing everyday activities. "Magnesium and iron allow you to be more energy efficient," says lead study author Dr Henry Lukaski, Ph.D., assistant director of the center.

When you do eat almonds though, eat them blanched ie without the skins because somehow the skins prevent the absorption of the nutrients in the almonds.

4. **Slide 11:**Dark Chocolate

Click: The euphoria you feel when you eat it is real. It actually contains a chemical called *anandamide*, a neurotransmitter produced in the brain that temporarily blocks feelings of pain and depression.

Click: This neurotransmitter in turn reduces cortisol – the stress hormone that causes anxiety symptoms.

Click: Plus it also triggers the feel good hormone serotonin in the brain and leads to the release of endorphins (the same kind as when one reaches orgasm).

Click: It also contains magnesium which helps to improve your mood. This is why most women crave chocolate when they are menstruating because their magnesium levels have dropped, and it is possibly the body asking for the magnesium in the chocolate.

Click: Just a square or so of dark chocolate a day can boost your health too, lowering both your blood pressure and your risk of stroke.

5. **Slide 12:**Potatoes and Sweet Potatoes (from http://www.radiantrecovery.com/potato_qna.htm)

Potatoes create an insulin response which has an effect on the movement of the amino acid tryptophan from your blood into your brain.

6. **Slide 13:**Oatmeal

In just 20 minutes (the time it takes to digest a bowl of oatmeal) you can be grinning like you've popped a Valium. Oatmeal gives you good carbs, which again sends tryptophan into the brain to trigger the manufacture of serotonin, that lovely neurotransmitter that makes you feel tranquil

Without carbs, your brain actually cannot produce serotonin. That may be why dieters who swear off starches tend to get angry, tense, and depressed after just two weeks. But that's no license to OD on glazed doughnuts.

Slide 14: You want carbs that are rich in fiber — like organic whole-grain pasta, bread or beans — so that your body will absorb them slowly, keeping serotonin flowing steadily. Processed foods break down much more rapidly in your body; causing your blood sugar to spike and then crash, leading to impaired brain functions such as poorer judgment, memory, and analytical abilities, says Dr. Ewan McNay, Ph.D., an assistant professor of neuroendocrinology at the Yale School of Medicine.

Slide 15: Good Tip: Researchers from Lund University in Sweden found **Click:** that eating whole grains at breakfast can keep blood sugar stable for up to 10 hours — improving alertness, concentration, and memory.

Click: top your whole-grain toast with a bit of protein, such as almond butter or a slice of low-fat cheese, to further slow digestion and, in turn, extend your energy. Which brings us to the next food:

7. **Slide 16:** Pineapple **Click:** like all carbohydrates, breaks down quickly into sugar to give you an energy boost.
Click: But unlike simple carbs such as plain bagels or donuts, pineapples pack enough fiber — nearly 10 percent of your daily value (DV) — and other nutrients to slow down its digestion and prevent the dreaded post-carb crash.
Click: Plus it contains manganese which actually helps you absorb the B-vitamin thiamin which is also present, both of which help your body convert calories into energy making you more alert and happy.
8. **Slide 17:** Pistachios: A handful is all you need to tame stress. **Click:** Pistachios contain fiber,
Click: antioxidants,
Click: and unsaturated fatty acids,
Click: all of which have been linked to lower blood pressure in studies. And just 1 1/2 oz of these nuts blunted the effects of stress on people taking a math test in a Penn State University study. "Participants still found the test to be stressful, but their blood pressure response was lower than when they took the same test while consuming a low-fat diet.
9. **Slide 18:** Milk: There's a reason why your grandma touted warm milk as a sleepy-time beverage.
Click: "Whey, the protein in milk, has been shown to decrease anxiety and frustration," says Dr. Susan Kleiner, Ph.D., author of The Good Mood Diet.
Click: The calcium in dairy has also been shown to calm muscles and help keep blood pressure in check. If you have a tendency to not be able to sleep well, try this ritual, heat up milk, adding natural cocoa powder and a bit of raw organic sugar, mix well, and sip it right before hitting the sheets. "Ritual itself can be a stress-reducer, plus, warm drinks are naturally soothing and digest faster than cold ones.
10. **Slide 19:** Avocados
Click: Avocados are high in monounsaturated fat which helps keep receptors in the brain sensitive to mood-boosting serotonin.
Click: and potassium

Click: both of which help lower blood pressure, according to the National Heart, Lung, and Blood Institute

11. **Slide 20:**Coffee:

It's not bad for you — especially if you stick to just one mug each morning and you avoid the high fat, sugary mocha lattes. Researchers from Innsbruck Medical University in Austria found that

Click: 100 mg of caffeine (about two cups of coffee) improved subjects' reaction times and working memory (what you'd use to recall a number you'd just found in the phone book, for example).

"Caffeine stimulates the central nervous system and acts on brain chemicals in a way that improves memory, attention, and concentration," says Bennett Weinberg, coauthor of *The World of Caffeine*.

Click: "It can actually raise your score on an IQ test."

Click: Coffee triggers a mechanism in your brain that releases BDNF, which activates your brain stem cells to convert into new neurons, thereby improving your brain health. Low BDNF levels may play a significant role in depression

Caffeine may give your workout a boost too. In one study, caffeine intake increased performance in cyclists; in another, it delayed exercise fatigue. Of course, moderation is key, and personal limits vary. If you feel jittery, step away from the java.

12. **Slide 21:**Drink more water. Many studies show the link between dehydration and stress. "With just a 1 percent to 2 percent loss of body weight in fluid, you'll feel fatigued, you might get a headache, and you won't think clearly or remember as much," says Kleiner, who authored a study in the *Journal of the American Dietetic Association* on the importance of hydration. The remedy: Get five to six (8-ounce) cups of water a day, and eat lots of fruit and vegetables, which are naturally water-packed.

13. **Slide 22:**Walnuts & Flax Seeds:

Click: These both contain a high content of omega-3 essential fatty acids. In one study, people with lower levels of omega-3 in their blood were more likely to report symptoms of depression and a more negative outlook, whereas people with higher levels tended to be more agreeable. It's interesting that the walnut looks like a brain and it's good for your brain!

A study at Harvard-affiliated McLean Hospital in Belmont, MA, showed that omega-3 fatty acids and uridine two substances that occur naturally in walnuts and flax seeds

Click: uridine — may boost communication among neurons in key areas of the brain.

Effects of omega-3s and uridine "were indistinguishable from standard antidepressant medications," says study author William Carlezon, Ph.D., an associate professor of psychiatry and neuroscience at Harvard Medical School. Just a ¼ cup of walnuts gives you nearly 95 percent of the daily value of omega-3s.

14. **Slide 23:**Spinach: is rich in folate (or vitamin B9), which helps maintain normal levels of mood-boosting serotonin.

A study in the *Journal of Nutrition* showed that people who consumed the least folate were a whopping 67 percent more likely to suffer from depression than those who took in the most. Spinach is one of the best sources of folate there is, with 262 micrograms per cup. The recommended dietary allowance of folate is 400 micrograms daily, so add other folate-rich foods like asparagus, broccoli, and beans to your diet too.

15. **Slide 24:** Bananas –

Click: contain dopamine, a natural reward chemical that boosts your mood.

Click: They're also rich in B vitamins, including vitamin B6, which help to soothe your nervous system.

Click: Plus they contain magnesium, another nutrient associated with positive mood.

16. **Slide 25:** Turmeric (Curcumin)

Curcumin, the pigment that gives the spice turmeric its yellow-orange color, is thought to be the primary component responsible for many of its medicinal effects. Among them,

Click: curcumin has neuroprotective properties

Click: and may enhance mood and possibly help with depression.

17. **Slide 26:** Fermented Foods – As explained by Dr. Natasha Campbell-McBride, a medical doctor with a postgraduate degree in neurology, toxicity in your gut can flow throughout your body and into your brain, where it can cause symptoms of poor mood, autism, ADHD, depression, schizophrenia and a whole host of other mental and behavioral disorders. With this in mind, it should be crystal clear that nourishing your gut flora is extremely important to support a positive mood.

Fermented Foods help with:

1. **Click:** Improve digestive and liver functions

2. **Click:** Improve resistance to allergies

3. **Click:** Improving vitamin synthesis, specifically the manufacturing of B vitamins which help with having a good mood

4. **Click:** Increase energy

Slide 27: Bad-Mood Foods: Avoid these nutritional downers if you want to stay in good spirits:

Click: Doughnuts, cookies, and other high-sugar treats. They cause a quick rush, then a crash. These sweets lack the fiber and other nutrients to slow digestion. Choose foods that take longer to break down, or those considered low on the glycemic load scale (a measure of the effect a food has on blood sugar based on traditional serving sizes).

Click: Processed Foods - The list of potentially mood-busting ingredients in processed foods is a long one. Aside from sugar and gluten, they may also contain trans fats, artificial colors, monosodium glutamate (MSG), artificial sweeteners and other synthetic ingredients linked to irritability and poor mood.

Click: Oily Foods: Foods high in saturated fats (eg bacon, cream sauces, fries, and other types of oily goodness) are digested very slowly, diverting blood from your brain to your stomach, which can put you in a fog. They can also raise your LDL (low-density lipoprotein) cholesterol — the bad kind. Whenever possible, stick to heart-healthy unsaturated fats such as nuts, and olive, grapeseed, canola, coconut oils.

Click: Excess caffeine and alcohol: A drink or two of each may have health benefits, but don't go over your limit: Too much caffeine can make you nauseous. Too much booze can put you at greater risk for cancers, high blood pressure, stroke and liver problems.

Click: GMO's

These create unhealthy gut bacteria and leaky gut syndrome which can lead to many health problems, including depression and neurological problems. Eat only organic foods with the non-GMO verified symbol on them.

Slide 28: Conclusion:

If you can't remember the list of happy foods we suggested, a quick guide is any foods that contain magnesium, B vitamins, zinc, and antioxidants.

We've given you a short road map for dealing with anxiety and stress. These foods will not only provide you with vitamins and nutrients that are known to calm the mind and body but will also help you increase your energy and stabilize your mood. The key is eat these foods, eat organic wholesome foods, stop eating junk food, fried foods, foods with preservatives and colors, and you will be happy every day!

Slide 29: References

Slide 30: Soul2Soul Educare Info