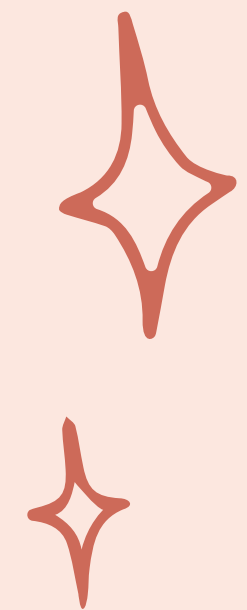
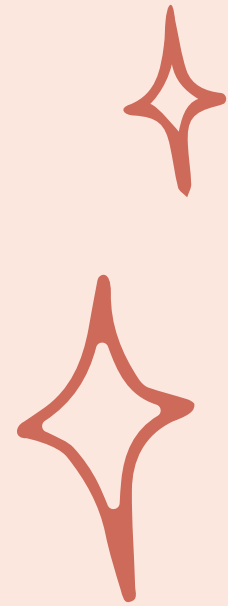


Good Mood Gut Foods!



Scientifically studied foods guaranteed to elevate your mood, begin to heal your gut and restore your health.

My Own Story with Good Mood Gut Foods



I was diagnosed with Bipolar Disorder, anxiety, depression and Borderline Personality Disorder when I was 16. I was on and off medications for YEARS before I decided to take matters into my own hands and try a more natural route. This lead me to whole food, plant based organic eating along with several other healing protocols, specifically focusing on gut health. About one month into this way of eating, I started to notice a major shift in my moods and digestion. Three months in, my skin cleared up, my anxiety and depression had decreased majorly, and I was able to start diversifying my diet. Less than a year after adopting this lifestyle, I am off all my medications and my gut is healed. Now as a registered plant based health coach, I've made it my mission to spread the word of good mood gut foods! Whether or not you're suffering from a mood and or gut disorder, these foods will at the very least improve your health and longevity, and you can eat them knowing you are honoring your mind, body and soul.



More and more, the relationship between nutrition, gut health and mental health is being studied. Links between the mind body connection are being formed and we're starting to realize just how important the food we put into our body really is. Every time we lift food to our mouths, we are influencing the bacteria in our guts to either help or hurt us.

When we feel stressed, we don't get enough sleep or we are just feeling down, our bodies are programmed to reach for sugary, processed foods..which only make our current mood worse! (This is NOT our fault, our brains and microbiome are designed to crave high calorie food when our cortisol/stress levels are up). Not only do these foods hold zero healing powers, they're also gut destroyers, and because our gut health directly affects our brain health aka our moods, the more we choose these hurting foods, the more our gut health suffers, the more we suffer!

How food can affect our mood



But not all is lost! There are plenty of diverse plant foods that have been specifically studied for their gut and brain healing abilities. When we choose these foods over highly processed chemical foods, we are taking steps towards better overall health and wellness. As we begin to heal our guts, we begin to heal our brains, our moods, mind body and soul! It's a beautiful thing.

THE GOOD MOOD GUT FOODS LIST

Whenever you feel you need a boost, reach for any one of these foods. Take this list with you grocery shopping and refer back to it as often as you need to!

The more we consistently add these foods into our diets, the more we reap the benefits of each healing food.

Bananas
Cocoa
Turmeric
Berries
Nuts and seeds
Fermented Foods
Oats
Spirulina



These foods are gut and brain healing powerhouses, and with each of these key players I've included super simple recipes for you to start incorporating into your life so you're able to start taking steps toward better health today!

BANANAS

Nana Nice Cream!

-2 frozen bananas

-2 tbsp water

-dash of vanilla extract (or 2 tbsp cocoa powder for chocolate nice cream)

Process or blend frozen bananas until chunky. Add water and blend until smooth, scraping down sides occasionally (be patient, the consistency is worth it!) Blend until you have creamy, delicious nice cream!



Bananas help overcome depression due to high levels of tryptophan, which is converted into serotonin in the happy-mood brain neurotransmitter.

Eat two bananas before a strenuous workout to pack an energy punch and sustain your blood sugar.

Improve your mood and reduce PMS symptoms by eating a banana, which regulates blood sugar and produces stress-relieving relaxation.

Bananas reduce swelling, protect against type II diabetes, aid weight loss, strengthen the nervous system, and help with the production of white blood cells, all due to high levels of vitamin B-6.

COCOA

Cocoa may exert some positive effects on mood and symptoms of depression by reducing stress levels and improving calmness, contentment and overall psychological well-being.

The positive effects on mood may be due to cocoa's flavanols, the conversion of tryptophan to the natural mood stabilizer serotonin, its caffeine content or simply the sensory pleasure of eating chocolate.

Cocoa can promote healthy teeth by fighting bacteria that cause cavities, though this does not apply to sugar-containing products. It also promotes healthy skin by protecting it from sunlight and improving circulation, the skin surface and hydration.

Healing Hot Cocoa

2 tbsp unsweetened cocoa powder

1/2 cup plant milk

1 cup water

1 tbsp maple syrup

*add a reishi or chaga mushroom powder for extra healing benefits

Add all ingredients to a pan, whisk, bring to simmering, pour into a cup and enjoy!



"In a study of turmeric and major depression, science shows that it provides positive healing effects. Its role as an antioxidant and inflammation reducer may help improve mental health. Turmeric's positive effects on the brain increases levels of dopamine and serotonin. It also aids in hypothalamus-pituitary-adrenal regulation, which can all affect your mood.



TURMERIC

Add 1/2 tsp turmeric powder to soups, stews, curries, oats..just remember to add a pinch of black pepper to enhance the medicinal compounds!

Turmeric contains Vitamin C, Vitamin E, B1, B2, B12, folic acid, calcium, magnesium, potassium, iron, zinc, manganese, phosphorus, selenium. It also provides 40 micronutrients that nourish the body. Using organic turmeric daily shows positive thinking put into action. When you nourish your body with it, you reduce the inflammation in your brain and body with antioxidants. A healthy brain is a brain in a happy mood."

Berries are rich in disease-fighting anthocyanins, which may lower your risk of depression.

Very Berry Smoothie

1/2 cup frozen or fresh each : blueberries, strawberries and raspberries

1 banana

liquid to consistency

Eating more fruits and vegetables is linked to lower rates of depression.

Although the mechanism isn't clear, a diet rich in antioxidants may help manage inflammation associated with depression and other mood disorders.

Berries pack a wide range of antioxidants and phenolic compounds, which play a key role in combatting oxidative stress — an imbalance of harmful compounds in your body.

They're particularly high in anthocyanins, a pigment that gives certain berries their purple-blue color. One study associated a diet rich in anthocyanins with a 39% lower risk of depression symptoms.

If you can't find them fresh, try buying frozen berries — which are frozen at their peak ripeness to retain the maximum amount of antioxidants.



BERRIES

Add fresh or frozen berries to smoothies, oats, pancakes, or just as a handful!!



NUTS AND SEEDS

I love adding pumpkin seeds and ground flaxseed to oatmeal. They're also a great crunchy addition to salads!

Nuts and seeds are high in plant-based proteins, healthy fats, and fiber.

They provide tryptophan, which is an amino acid responsible for producing good mood-boosting serotonin. Almonds, cashews, peanuts (which is technically a legume), and walnuts, as well as pumpkin, sesame, and sunflower seeds, are excellent sources!

A 10-year study in 15,980 people linked moderate nut intake to a 23% lower risk of depression.

Specific nuts and seeds, like Brazil nuts, almonds, and pine nuts, are great whole sources of zinc and selenium. Deficiency in these minerals, which are important for brain function, is associated with higher rates of depression—so add some nuts to your diet!

1 cup salted pumpkin seeds

1 cup almonds

1 cup unsalted sunflower kernels

1 cup walnut halves

1 cup chopped dried dates

1 cup dark sugar free chocolate chips

Easy Trail Mix

FERMENTED FOODS

According to a large body of evidence, eating fermented (“cultured”) foods is the most convenient way to obtain a daily dose of beneficial probiotic bacteria (aka gut supporting properties)!

Some of the many ways fermented foods support overall health include improving digestion and cognitive function, boosting immunity, helping treat irritable bowel disease, providing minerals that build bone density, helping fight allergies, and killing harmful yeast and microbes.

Fermentation causes the release of acids that lower the pH and alter the balance of bacteria. These acids contain health promoting properties, including reducing inflammation in the gut, improve insulin sensitivity, improve fullness after meals and may lower blood pressure.

Examples! Sauerkraut,
Miso, Tempeh,
Sourdough bread,
Kombucha



Easy Miso Soup

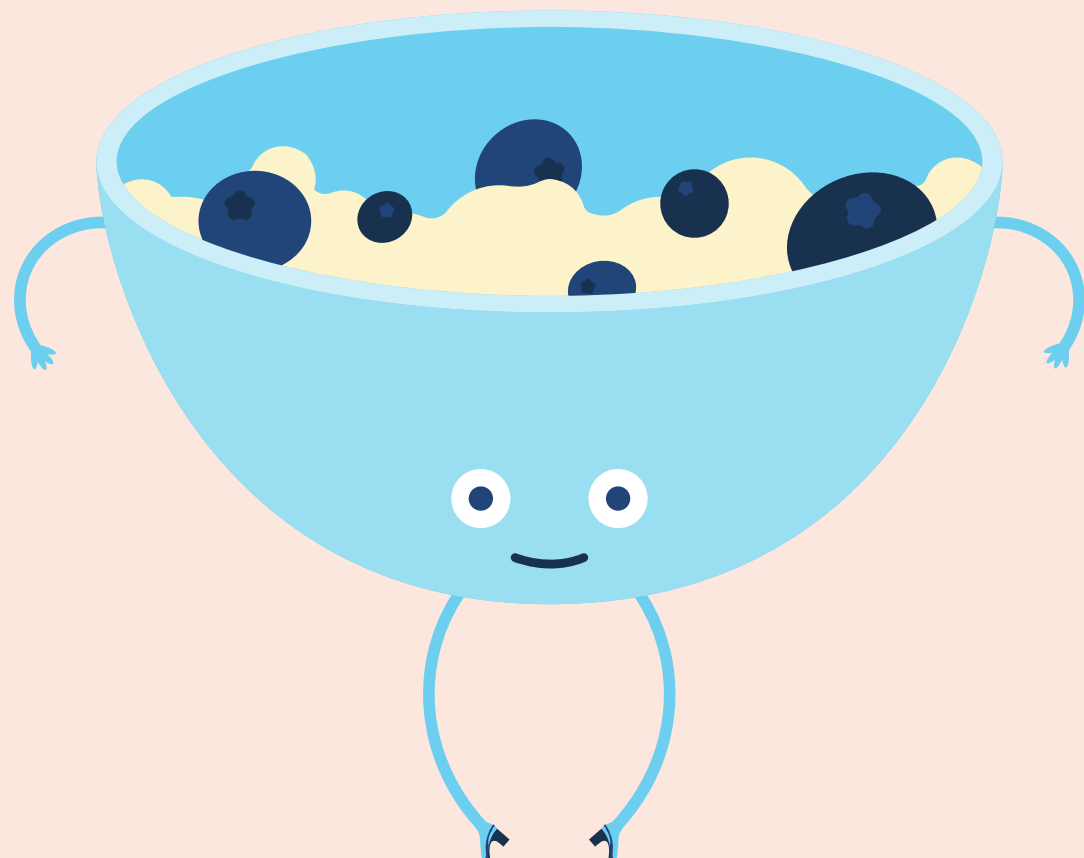
- 5 cups water
- 2 ½ tbsp soy sauce or liquid aminos
- 8 oz soft tofu, drained and diced
- 3 tbsp dry wakame
- 4 tbsp shiro miso (white/light miso)
- 3 tbsp chopped green onion

Hydrate dry wakame in a bowl of warm water. Bring water to a boil over high heat and add tofu and soy sauce, cook for a few minutes. Squeeze extra water from hydrated wakame and add it to soup. Cook for 2 minutes. Turn heat off and position a small strainer into the soup. Add miso to the strainer and use a whisk to stir in the miso until all lumps are broken up. Turn heat back on and cook until broth almost starts to simmer. Turn heat off, serve and top with chopped green onion!

Oats are a good source of carbs and fiber, including the powerful fiber beta-glucan (gut healing + mood boosting fuel). They also contain more protein and fat than most grains, making them an incredibly balanced, nutrient dense food option.

This beta-glucan, a type of soluble fiber, partially dissolves in water and forms a thick, gel-like solution in the gut. Benefits include: reduced LDL and total cholesterol levels, reduced blood sugar and insulin response, increased feeling of fullness and increased growth of good bacteria in the digestive tract.

Beta-glucan may also promote the release of peptide YY (PYY), a hormone produced in the gut in response to eating. This satiety hormone has been shown to lead to reduced calorie intake and may decrease your risk of obesity.

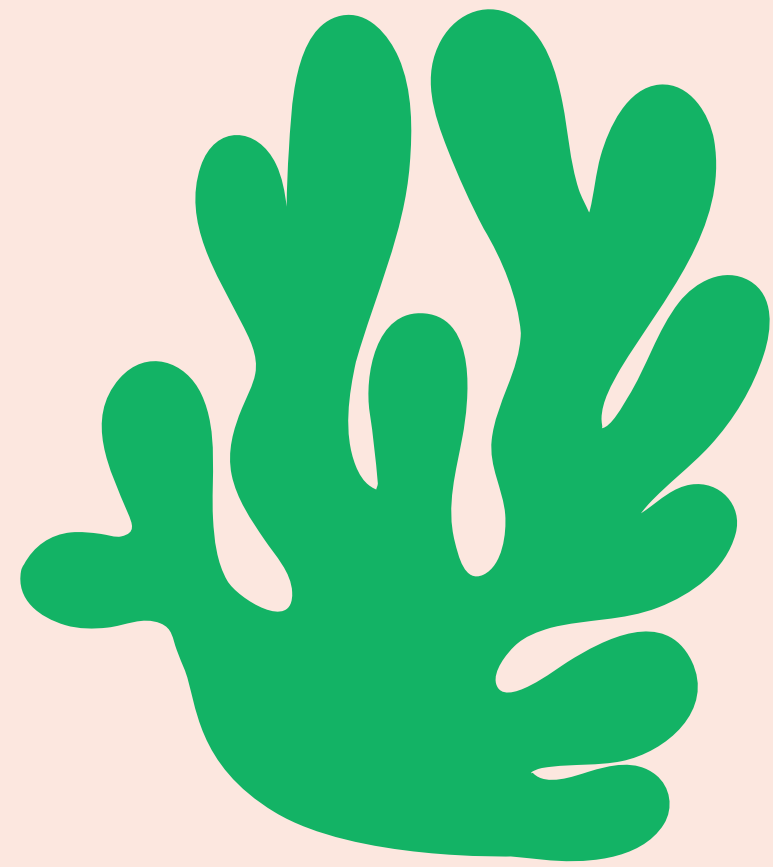


OATS!

Easy Overnight Oats

- 1/2 cup of old fashioned oats
- 1/2 cup water or plant milk
- 1 tbsp flaxseed meal
- 1 tbsp pumpkin seeds
- 1 tbsp maple syrup (optional)

Pour oats, liquid and flaxseed into bowl. Cover and refrigerate for up to 2 days. When you're ready to eat, remove from fridge, top with syrup and seeds!



Spirulina

Spirulina is a biomass of cyanobacteria (blue-green algae) that can be consumed by humans and animals.

Spirulina strengthens the immune system, supports cardiovascular health, and boosts energy levels. Specifically, Hawaiian Spirulina contains higher levels of some key antioxidants, enzymes, vitamins, and minerals than 5 servings of fruits and vegetables.

It is rich in antioxidants and phytonutrients that contribute to the body operating in optimal condition.

Spirulina is also a complete protein, containing essential and non-essential amino acids. While everyone should eat their fruits and vegetables, spirulina helps children and others who don't like vegetables to still "eat some greens."

I like to take Spirulina supplements, but you can also get a powder and add to your smoothies!