

Foods to help with Depression

Or

Good Mood Food

In my last article on 5 Oct, I explained what foods increase or may cause depression that should be avoided. As a quick recap, they would be gluten, dairy, GMO's, sugar and artificial sugar, grains, fried food made with Omega 6 vegetable oils, processed food and processed meat.

You may be thinking, "So, what CAN I eat?!".

You need to get your body to start manufacturing the feel-good hormone Serotonin which has been reported that 80-90 percent is made in the gut. If your gut is unhealthy, you can't make enough Serotonin.

How do I heal my gut? With fibre, pre and probiotics. Basically, prebiotics would be fibre eaten before your meal like a whole pear for an afternoon snack. The fibre from fruit digests quickly and will be food for the probiotic organisms that you have with your meal. The friendly bacteria won't hang around if there's nothing to eat! Would you? Probiotics can be cultured organic sauerkraut, Kim Chi, Greek yoghurt, Kombucha, tempeh, Miso or any quality cultured organic fermented foods. There are some good and bad quality probiotic supplements out there if eating fermented foods make you gag but it is best to ask a professional for recommendations before you buy something off the shelf.

There are several healthy fibre products that can be recommended that can clean and heal your gut for faster improvement.

Once your gut is functioning more optimally, you need foods that help boost serotonin. Here are a few suggestions:

Magnesium: Spinach, almonds, cashews, walnuts, watercress, dandelion leaves, wheat germ. Add plenty of Vitamin D foods like eggs and mushrooms and Vitamin K foods like dark, leafy greens to help absorb the magnesium.

Complex carbohydrates: Apples, pears, blueberries, carrots and garbanzo beans. Pappadums and hummus are made of these yummy beans.

L-tryptophan foods: chicken, turkey, salmon, beef, nut butters, eggs or peas.

Vitamin C: Chillies, broccoli, citrus, watercress, tomatoes, kiwi fruit.

Like an engine, you need the right oils. Use coconut oil, MCT oil, flax seed oil and olive oil, preferably organic, virgin and cold pressed.

Drink green tea and plenty of filtered water and take some curcumin and B complex vitamin supplements.

Eating all the right foods won't work if you are continually stressed, smoke, drink alcohol or eat fried and processed foods.

But, most importantly, get 30 min of sunshine a day on your skin for extra Vitamin D and 30 min a day of exercise. This may be better than anti-depressants.

It is important to see a professional for a proper diagnosis, but it is never too late to improve your diet and lifestyle to complement any medical treatment.

Be Well, Chill, Eat Clean and get some exercise in the sun!

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