

# MOOD AND FOOD

Alison Cowell



## IDEAL DAY

Begin with a cup of hot water with lemon juice

Take a probiotic (containing helveticus and/or rhamnosus)

**Breakfast:** porridge oats

**Snacks:** dates, nuts, banana, cherries

**Lunch:** Protein (e.g. tuna, eggs, tofu, salmon) with complex carbohydrates (e.g. pasta, brown rice)

**Evening meal:** chicken or turkey with vegetables

**Drink** water throughout the day and include herbal teas such as chamomile

Suggested add-ins: probiotic yoghurt, fermented food (e.g. sauerkraut, kombucha, kimchee)

Every 'body' is different. The above suggestions offer a range of foods that contain the nutrients that can calm the mind and body.

If you introduce a new food, notice the effect it has on you including digestion (e.g. burping, tummy ache, nausea). It is helpful to keep a food and symptom diary to track any changes.

If taking supplements, be sure to read the label(s) so that you are taking them at the right time of day and with/without food as directed. Also check there's no clash with medications.

*NB: These are generic suggestions and don't take account of individual food intolerances.*

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