

Food Plan.

You are what you eat.

1. Write a List of foods that strengthen you and weaken you
2. Written Plan for eating regular healthy meals and snacks every day
 - a. Write out list of ingredients for at least 3 healthy breakfasts, 3 healthy lunches, 3 healthy dinners, 3 healthy snacks
 - b. Each meal must include protein, good fat, non-starchy veggie & carbs
 - c. See Schwarzbein handouts for description of these 4 food types.

HEALTHY BRAINS RUN ON FOOD AND WATER



Addicts (unhealthy) brains run on addictive chemicals (caffeine, nicotine, food coloring, preservatives) and soda.

Foods that STRENGTHEN you	Foods that WEAKEN you

Healthy Meals/Snacks

	MON	TUE	WED	THUR	FRI	SAT	SUN
Breakfast							
Snack							
Lunch							
Dinner							

Recipes with ingredients

Healthy Breakfast	Healthy Lunch	Healthy Dinner	Healthy Snack

THE LOW SEROTONIN STATE

The Common Denominator

Serotonin is a neurotransmitter in the brain

- *Serotonin is one of the major neurotransmitters that affects mood.*
- *When levels are normal, mood is at its best.*
- *Normal levels provide a sense of well-being and contentment.*
- *Serotonin is the brain chemical that keeps our focus sharp*
- *It allows us to get a good nights sleep*
- *When we sleep well, we feel awake and energized.*

What happens when serotonin levels change?

- *When levels change quickly from high to low, or from low to high, we can experience rage, anxiety, agitation, inability to focus and concentrate, and abrupt sleep disturbances.*
- *May also present with physical symptoms such as, chronic body pain, headaches, and upset stomach*
- *A diet sufficient in proteins, fats, nonstarchy vegetables and carbs will provide ongoing serotonin production in the brain.*

Serotonin is used and stored by the brain

- *Some serotonin is used immediately by the body and some is stored for future use.*
- *Some people have begun to eliminate fat which decreases protein from their diet.*
- *With very little fat and protein in your diet, your brain will have only enough resources to make small amounts of serotonin – which negatively affect your mood.*

Serotonin continued

- *Eating carbs and using stimulants raises insulin levels which results in a rapid release of serotonin from the storage supply in your brain, causing your mood to improve.*
- *When your mood improves, you function better.*
- *Seems harmless... but it's not!*
- *Carbs and stimulants cause insulin levels to rise too high, which stimulates an excessive rush of stored serotonin – a temporary rush –which is quickly used up.*

Serotonin

- *When serotonin levels drop rapidly,, we begin to feel down again. This depletion sets up a vicious cycle:*
- *We experience symptoms of low serotonin, and in response we eat an excess of carbs or use stimulants to obtain a rush of serotonin again.*
- *We feel better for a short time only to start this cycle all over again.*
- *The demand for carbs and stimulants can thought of as noise in our heads.*

Noise

- *We give into these cravings not because we are weak but because their brain is telling us that we are not producing enough serotonin.*
- *People react to the noise differently.*
- *Some people crave comfort foods others crave stimulants .*
- *Next time you feel the urge to overeat carbs, smoke a cigarette, or drink another cup of coffee, know that your brain is dictating this strong desire because of low-serotonin levels.*

Curing Addictions

- *The over use of carbs, recreational drugs, alcohol, caffeine, and other stimulants is, in part, due to low-serotonin levels.*
- *These are stimulants that cause an immediate release of serotonin, setting up a vicious cycle of craving that leads to addiction.*
- *Using stimulants leads to using another. That is because stimulates, whether they are carbs, drugs, or caffeine, affect serotonin levels in the brain.*

Addictions

- *Addictions feed on each other. Craving caffeine can cause craving for sugar.*
- *Smoking can cause craving for alcohol , and so on.*
- *The use of any stimulant will make you dependent on other stimulants to repeat the rush of serotonin.*
- *This is also the reason why, if you quit one addiction, your brain demands that you replace it with another.*

How to raise your Serotonin levels

- *In order to halt all cravings and cure depression, we have to make sure we have everything our brain needs to produce serotonin on an ongoing basis.*
- *We need to eat enough food and good fats to balance insulin levels.*
- *Things our bodies need: tryptophan, proteins, B vitamins, calcium, magnesium.*
- *Serotonin is produced from tryptophan- Turkey*
- *We must also stop habits that deplete serotonin.*

Food Sources of various nutrients

- *B Vitamins: brown rice, chicken, corn, eggs, green leafy vegetables, legumes, meat, nuts, peas, poultry, salmon, shrimp, soybeans, spinach, sunflower seeds, tuna.*
- *Calcium: almonds, asparagus, broccoli, cabbage, dairy foods, green leafy vegetables, kale, mustard greens, oats, parsley, salmon, sardines, seafood, sesame seeds, tofu, and turnip greens.*
- *Magnesium: almonds, apples, avocado's, brown rice, cod, flounder, green leafy vegetables, halibut, salmon, sesame seeds, shrimp.*
- *Tryptophan: almonds, cottage cheese, peanut butter, peanuts, shellfish, soy foods (tofu), tuna, and turkey.*