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Xandria Williams



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Good Mood Food Natalie Savona, Charlotte Watts, 2018-12-25 The ultimate guide to using the power of food to improve your mood energy and mental wellbeing with over 70 specially selected recipes This brilliantly accessible diet book explains how you can use simple steps in your nutrition to manage any mood disorder Each chapter explains how to use diet to combat the most common issues that affect people of all ages Looking at all the ways in which disordered mood can manifest Good Mood Food discusses specific body mechanisms underlying causes symptoms nutrient needs and recipes that support these for each category improve your energy levels focus resist cravings reduce anxiety get more sleep tackle depression and achieve balanced hormones Each chapter also features 6-8 recipes that are perfect to combat each issue and ends with diet plans to help you work mood boosting ingredients into your diet every day Drawing on the latest research into the human microbiome mental health and links between the gut and the brain this book will be the perfect companion for anyone who wants to understand a little more about how what they eat affects how they feel and what to do about it

GOOD MOOD FOOD. CHARLOTTE WATTS AND NATALIE. SAVONA, 2020

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