

What Has Dr. Shook Been Reading?

Improve Your Mood with Food

By Alexandra Massey with Anita Bean

Improve Your Mood with Food offers a way of improving mental wellness by eating the right kinds of food at the right time of day.

Alexandra Massey explains to the reader how taking charge of your food, planning ahead and eating three meals a day, can have a dramatic and positive effect on your moods and the way you feel. Without dwelling upon complicated chemistry and physiology and without promising a magic cure Massey explains the connection between food and the chemistry of the body specifically blood sugar and neurotransmitters.

Oats, eating oats, will lower cholesterol and stabilize blood sugar which will help in reducing sugar cravings. Raw nuts are filled with essential fatty acids, protein and vitamin E providing an excellent defense against depression, stress and chronic fatigue. Vitamin and fiber rich broccoli is considered a “superfood” along with berries, figs, tomatoes and seafood.

Bad mood foods include salt, sugar, white flour, trans fats and dairy. Processed foods and fast foods are considered addictive and mood mashing. If you can't bring yourself to quit your favorite burger, pizza, fried chicken at least cut back. Try eating half as much and fill up on mood mending “superfoods”.

Improve Your Moods with Foods offers several 7 day eating plans which have been designed to beat depression, fatigue and stress. Massey recommends being prepared, planning, shopping and filling your cupboards with mood stabilizing fruits, vegetables, raw nuts, whole grains, and other mood improving superfoods. Then when fatigue and stress gang up on you perhaps the lure of those mood mashing processed fast foods won't be quite so powerful. Perhaps if it's there, you'll reach for an apple instead the chips.

I recommend this simple and informative book to anyone interested in taking an active role and making changes to reduce their stress, fatigue, moodiness and depression.

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