

52 Foods that will have a powerful, positive impact upon your Mood*

by Dr. Jack Barnathan

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Dr. Jack Barnathan
introduces

The Compléments™

Energy. Physique. Cuisine. Enduring Strength. Style. l'esprit Inspiré.

1. **Salmon:** rich in omega 3 anti-oxidants which have been proven to improve mood / reduce some forms of depression, improve memory and reduce incidences of violence in prisons! Also studies show it is a powerful anti-inflammatory and antioxidant. Systemic inflammation is increasingly being associated with rapid joint degeneration and mood change for the worse.
2. **Asparagus:** loaded with Vits A, B6, C and E, iron, potassium and calcium, magnesium, chromium and fiber. Loaded with glutathione which helps fight free radicals, carcinogens and yes, preserve muscle mass. Huge source of mood altering folic acid to fight depression and fatigue.
3. **Saffron:** In Persian medicine used as a mood booster. Traditionally in tea or used to prepare rice. In a University study the researchers found that saffron has antidepressant effects comparable to the drugs fluoxetine (Prozac) and Tofranil. It's believed Saffron makes the *bliss* hormone more available to the brain (which is what the drug Prozac does)... but without the side effects of the drug.
4. **Basil:** Iron packed herb helps ease anxiety and even is an "anti-bacterial" which applied to skin (according to health.com). Also studies show it is a powerful anti-inflammatory and antioxidant. Systemic inflammation is increasingly being associated with rapid joint degeneration and mood change for the worse.
5. **Eat S L O W foods (not "Fast" Foods):** A powerful study from the University of Granada indicated that eating commercial baked goods (doughnuts, pies,) and fast food (hamburgers, hotdogs and pizza) is linked to depression. In the study those who ate these foods regularly were 51% more likely to develop depression.
6. **Black Pepper:** A natural anti-bacterial and aids in a healthy colon. The colon is the site of more receptors for the *bliss* hormone serotonin than anywhere else in the body, even

the brain! Healthy colon will impact mood. Further, a study in the Journal of Agricultural and Food Chemistry shows black pepper could impact the production of fat cells by affecting gene activity!

7. **Thyme:** Loaded with iron, Vits A, C, E, and K. In a study the antioxidants in this powerful herb was shown to boost brain power in aging rats.
8. **Red Onions:** Aside from lowering prostate cancer risk, the quercetin antioxidant is anti-inflammatory and anti-histamine in nature, reducing systemic inflammation (which impacts brain function / mood).
9. **Bananas:** rich in magnesium which reduces anxiety and improves sleep. Also has large amounts of serotonin building (the bliss hormone) materials. A recent study in Science Daily compared Bananas to "sports drinks" and found bananas superior.
10. **The SMELL of Cinnamon, Mint, Rose, Lavender, Lemon, Mango, Mint, Coriander** all cause changes in your genes that BOOST immune function (neutrophils and lymphocytes) and decrease cortisol levels. This is believed to be the scientific explanation for "aromatherapy." The study appears in the American Chemical Society's Journal of Agricultural and Food Chemistry.
11. **Olives:** Prevent inflammation systemically, helps prevent diabetes and even cancer due to a phytochemical called olecanthal. And due to the polyphenol hydroxytyrosol, it is associated with boosting memory and overall brain function.
12. **Black Rice:** loaded with iron, fiber and more antioxidants than blueberries! Iron helps with energy / oxygen transport to the cells.
13. **Spinach:** High in folic acid which helps alleviate depression and reduce fatigue. Loaded with magnesium which aids sleep and reduces stress.
14. **NO High Fructose Corn Hell:** Fructose is a favorite fuel of cancer cells, impairs memory in rats, causes high blood pressure, weight gain... all of which will make you sad - to say the least.
15. **Turkey:** Contains tryptophan and melatonin which helps the mind relax. Eat with folic acid rich complex carbs (like asparagus) for an added mood boost.
16. **Chard:** High in folic acid which helps alleviate depression and reduce fatigue. Loaded with magnesium which aids sleep and reduces stress.

17. **Dark Chocolate:** Antioxidants that keep blood vessels healthy and if over 70% cocoa it delivers a natural brain boost of endorphins. Increases phenylalanine which believed to enhance production of (calming) dopamine in the brain.
18. **Spinach:** High in folic acid which helps alleviate depression and reduce fatigue. Loaded with magnesium which aids sleep and reduces stress.
19. **Walnuts:** High in serotonin boosting omega-3 fatty acids & magnesium. Ounce for ounce it has MORE omega-3's than SALMON (which has the most of any animal food source!) Magnesium deficiency may cause depression, anxiety, irritability and insomnia. Regulates blood sugar levels and eases mood swings.
20. **Red or Orange Bell Peppers:** Rich in Vitamin C. Vit C deficiency is associated with low energy, depressed mood and irritability.
21. **Eggs:** An egg contains countless nutrients to help support mind & body. High protein slows absorption of carbs in blood and is rich in Vit D & B12 which supports serotonin (*bliss hormone*) and choline which enhances memory.
22. **Pistachio Nuts:** Second only to walnuts in Omega-3's, which gives it major support in preventing depression / mood swings.
23. **Beans, Legumes, nuts like Brazil & seafood:** High in Selenium which in several studies indicate this mineral acts like an anti-oxidant in the body and eases depression, especially in elderly.
24. **Eat a Mediterranean Style Meal Plan** (more fish, very little meat, whole grains, olive oil as your 'fat' of choice, vegetables, fruits) and you'll live longer, have less inflammation, have a better memory, do better on college entrance exams and have a significantly healthier mood.
25. **Beans and Greens:** high in Folic acid and seem to prevent disorders of the central nervous system and mood disorders. (often Folic is pushed as being in "lean meat" which it is, but you should know there are other animal friendly sources.
26. **Fruits & Vegetables:** Loaded with antioxidant phytochemicals which in one study showed two servings a day improved functional health 11%.
27. **Tuna, Sardines, Oysters, Trout, Herring:** HIGH in Omega-3's which reduce depression, anxiety, irritability and insomnia.
28. **Nutrients from Fish, and the Sun:** We should be afraid of sun cancer, but fear should make us prepare with hats and sunscreen - and not total avoidance. Vitamin D has been

shown to improve PMS, seasonal affective disorder and other major depressive disorders. Also high in Fish like salmon, tuna, mackerel.

29. **Non-Dairy Milk:** soy, almond milk, etc are rich in Vit D which increases serotonin production and eases depression (J of Internal Medicine). Goat milk and cheese is a great choice. Far fewer "lactose intolerance" than cow milk - actually closer to human milk.
30. **Brazil Nuts:** A complete protein! Helps recovery of muscle and very high in Omega-3's which reduce depression, anxiety, irritability and insomnia.
31. **Eliminate saturated Fats:** Causes heart disease, cancer and also plays role in depression. Major study demonstrated that 6 weeks of reducing will improve depression symptoms.
32. **Sea Vegetables / Seaweed:** like kelp, nori, hijiki and wakame are incredibly rich in iodine which is so important for thyroid health. The thyroid has a huge impact upon metabolism and energy.
33. **Limit Alcohol:** It is a chemical depressant to the brain and ALL nerve cells. Be selective about alcohol choice and intake.
34. **Caffeine intake must be limited:** Drink caffeine after 2pm and you will not sleep well, which means poor recovery and a bad day to follow. It can make you agitated and hyper, and unable to think clearly or make proper decisions. ENJOY your cup of coffee... grinding the beans, smelling the aroma, selecting the spring water...literally make that cup like a chef and savor every bit of it.
35. **Don't go too "low fat"** - a study of suicide attempts in 16 European countries showed a correlation to those with too high, or too low levels of cholesterol.
36. **Sugar:** Americans consume on average 216 liters of soda annually. A liter of soda has 108 grams of sugar. Sugar is a powerful, addictive mood altering drug. You already know this, but you have to try and remember the clear feeling of a mind that's not altered by this chemical hell.
37. **Whole grains, fresh vegetables and lean protein:** Provide energy at stable levels. The Mayo Clinic found that sugars, salts and caffeine can cause rapid elevations of blood sugar. You receive brief "bursts" of energy, followed by a severe crash.
38. **Sleep:** Mood is impacted by recovery and 7 hours of sleep is considered best (from two major studies in the past three years). OK technically it's not a "food" but when you get a GREAT nights sleep, doesn't it almost "taste good!"

39. **Meditate on your Food - and even your plate!:** Studies in the University of Georgia indicate that “mindful eating” with full presence (including the environment, plating, etc) can have a huge impact. Causes a flood of hormones in the body like serotonin - this is the “bliss” hormone. Kimberly Galbraith has done exciting research in this arena and I highly recommend her blog.
40. **Eat good Carbs with Protein for Tryptophan Delivery:** We want the bliss hormone *serotonin* in abundance in our body. Tryptophan has a direct connection to serotonin entering the brain... but it has to compete with other amino acids and he’s not good at this. BUT... when you eat protein with complex carbs, it enhances the delivery of tryptophan to the brain, helping build more bliss hormone *serotonin*
41. **Lentils:** Are a complete protein! You get a complex carb, and protein all in one! Loaded with Omega-3’s for that bliss hormone serotonin, and also iron which is important for energy production.
42. **Comfort Foods Modified:** A powerful study demonstrates that fatty foods with carbohydrates can stimulate areas deep in the brain where memory is stored from our early years... this is where the “comfort” feeling comes from with “mac n’ cheese” and other simple carb / fat foods. But... we pay a price for the “sugar” like simple carb and high fats (as mentioned earlier). Chef / Master of Fitness Design Donald Doward of Boston has exciting recipes and with Dr. Barnathan will soon be releasing a new concept of “cook book” sharing both healthy recipes and how they can trigger empowering mood, energy and recovery. And, he being the best Chef I know, can make a healthy mac n’ cheese that brings me to my childhood and back again with a smile.
43. **Apricots:** Loaded with potassium, fiber and Vits A, C, beta-carotene and lycopene. This is a recovery food if there ever was one. High levels of natural vitamin E help the body heal, and in a University study thought to decrease liver cancer risk.
44. **No Food:** severe reduction in food intake can have a major impact on mood and depression. Follow **The Compléments** program of “seasonal change” for gradual, meaningful, lasting transformation.
45. **Combine Carbohydrates and Proteins in EVERY meal:** The combination makes serotonin available to the brain and this is the “bliss” hormone. We want lots of this.
46. **Don’t do a “no carb” or “low carb” fad diet.** A study at Arizona state demonstrated these people become fatigued and stressed and exercise LESS after just two weeks.
47. **ENJOY Breakfast:** Those who do have better memory, more energy and feelings of calm throughout the day.

48. **After you eat, get physical activity:** Depression and obesity seem to go hand in hand. In many cases it's suspected that depression feeds obesity... and visa / versa. Exercise has been demonstrated (for decades) to enhance health, mood, energy, and even healing. But... and this is a BIG but... it has to be an exercise program that "compléments" the body, not brutalizes it. If you attack mother nature, she goes into defense mode and tries to save you. You will not grow. She will release defense hormones (that create mood swings / depression like cortisol) and the evil cycle continues. Fitness should energize...not brutalize.
49. **Enjoy Dark Green Vegetables, nuts, legumes:** which has high amounts of B-12 and folate, both associated with depression (in low amounts).
50. **Carrots:** great source of fiber, potassium and vitamin C & K. Beta carotene is a natural, safe source (unlike supplements which have been linked to lung cancer) and give your immune system a boost, which directly impacts all function in the body.
51. **"Sun Tan" Mushrooms:** Rich in selenium which if deficient, can cause one to have a higher risk of depression, anxiety and fatigue. But here's an exciting variation. Mushrooms normally grow in the shade. But if after harvesting for 5 minutes you put mushrooms in the sun, it causes their Vit D content to go over 800 % of the daily need! And Vitamin D deficiency has a big impact upon mood. I use two portobello mushrooms as my "bread" for a fun sprout and salmon sandwich. Oh yum... and eat the blues away!
52. **Omega-3 Fatty Acid ANYTHINGS:** reduce systemic inflammation, which impacts brain function, immune function, joint function and may promote some cancer progression. It's not just "stress" but the inflammation the stress creates that causes our body to go into a downward spiral. A major study at Carnegie Mellon University this year proved the "common cold" finds a breeding ground in individuals with high systemic inflammation. Salmon, trout, herring, sardines, oysters, walnuts, pistachio nuts, Brazil nuts, lentils, pumpkin seeds are just a few of the omega rich foods that reduces inflammation. A good dose of meditation and yoga would do well in between meals to help things along as well...

*Remember, these are only general suggestions for foods that have been scientifically proven to have a healthy impact on overall health. It is NOT in any way a substitute for medical care and prescription treatment when required by your physician. Mental heal is not something to be played with. Always consult your medical physician to discuss your one individual situation, and pay close heed to their recommendations.