

Nutrition and Mental Health

Protein for Breakfast

Protein for breakfast provides consistent energy throughout the day and prevents fatigue in the late afternoon. In order to consume a healthy amount of protein each day, you need to include it in every meal, particularly breakfast. Some of the most common breakfast foods, such as boxed cereal and white-bread toast, do not provide adequate amounts of protein.

Easy, protein-filled breakfast ideas. Many of these, such as hard-boiled eggs and quinoa cereal, can be started or made in advance.

- Quinoa cereal
- Protein shake
- Breakfast burrito with egg and beans
- Hard-boiled egg
- Plain yogurt with dark berries
- Scrambled egg on rye toast
- Vegetable omelet
- Toast with nut (almond or cashew) butter
- Cottage cheese with fresh fruit

Cooked Quinoa

Mix 2 T nuts, 1 tsp honey, 1 tsp flax oil, and a handful of dark berries such as blackberries, cherries, or raspberries into 1 c cooked quinoa.

Cooking quinoa:

Bring 1 c quinoa and 2 c water to a boil. Cover and simmer for 12 to 15 minutes.

Protein Shake

Blend together 2 c plain soy milk, 2 scoops protein powder, 1 c dark berries (blueberries, raspberries, blackberries, etc.) and/or one banana, 2 T fresh cod-liver oil (by Carlson's or Nordic Naturals). For vegetarians, Udo's choice is a good essential oils blend to use instead of cod-liver oil.

Breakfast Burrito

Wrap 1/4 c cooked beans, 1 scrambled egg, and a few teaspoons of salsa in a warmed tortilla.

Hard-Boiled Eggs

Fill pot with water until eggs are completely covered. Bring water to a boil. Allow to boil for 12 minutes. Remove eggs and plunge them into cold water. Eggs can be hard-boiled and kept in refrigerator for a few days.

Healthy Protein Sources

Healthy Protein Sources					
Legumes			Nuts		
Tofu	1/2 c	10 g	Nuts	1/4 c	8 g
Firm tofu	1/2 c	20 g	Seeds	2 T	3 g
Tempeh	1/2 c	16 g	Nut butter	2 T	8 g
Whole beans	1/2 c	7g	Seed butter	2 T	5 g
Lentils	1/2 c	9 g	Cheese		
Refried beans	1/2 c	8 g	Cottage cheese (LF)	1/2 c	12 g
Gardenburger	1 patty	11 g	Cream cheese (LF)	2 T	2 g
Seed Grains			Hard cheese	1 oz	7 g
Barley	1/2 c	10 g	Eggs		
Millet	1/2 c	4 g	Egg, whole	1	7 g
Dark rye flour	1/2 c	9 g	Egg substitute	1/4 c	7 g
Oats	1/2 c	3 g	Egg white	1	4 g
Quinoa	1/2 c	11 g	Note: Egg yolks contain nutrients that are excellent for mental health.		
Brown rice	1/2 c	3 g			
White rice	1/2 c	3 g	Other		
Dairy Substitutes			Protein powder	1 T	9-15 g
Soy milk	1 c	6 g	Yogurt (LF)	1 c	8-14 g
Soy cheese	1 oz	4-7 g	Wild fish	3 oz	21 g
Soy yogurt	1 c	6 g	Free range poultry	3 oz	21 g

Nutrition and Mental Health

Why Protein for Breakfast?

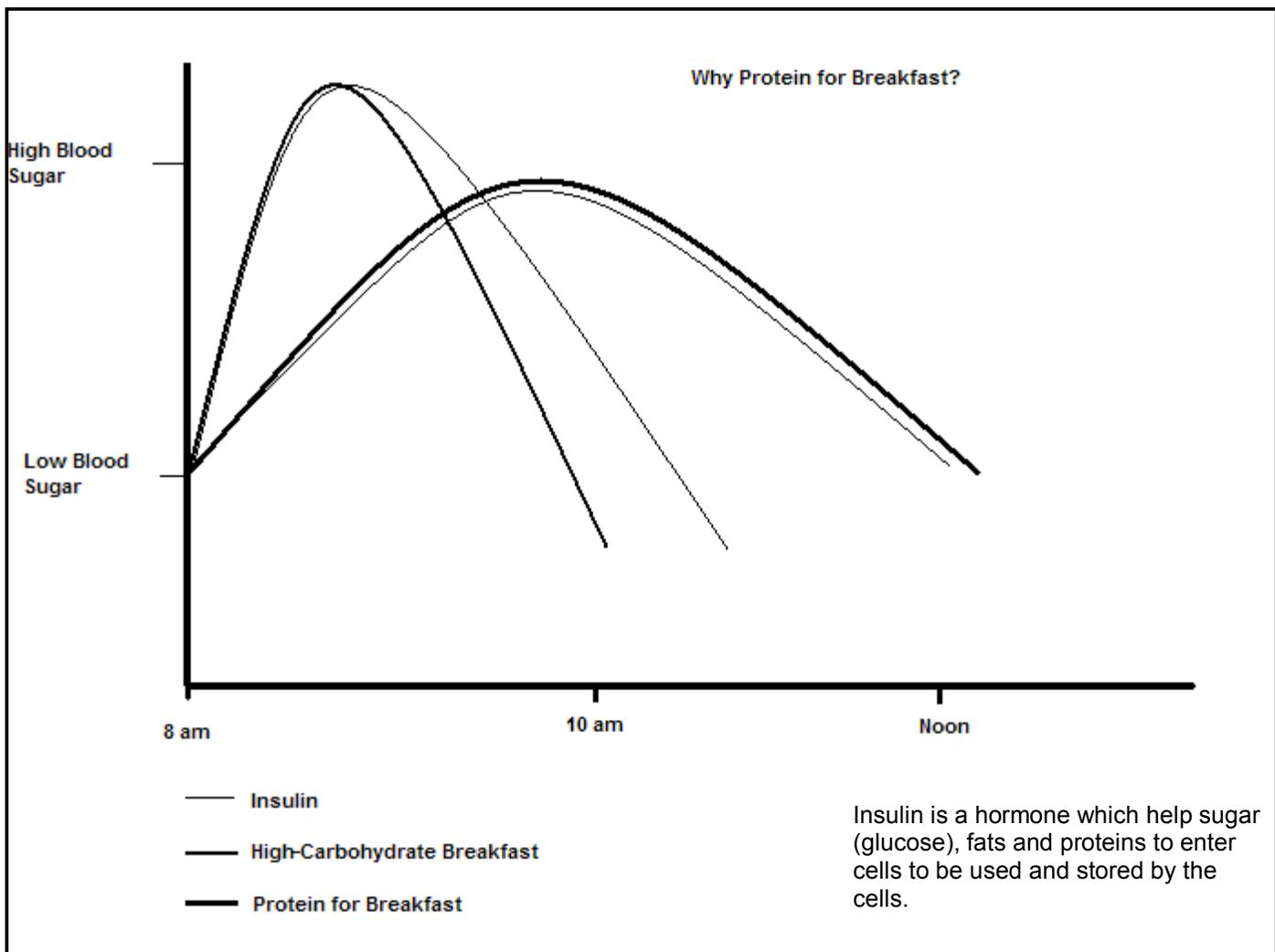
Less hunger, less fatigue, more energy, and mental clarity

Test your meals:

1. Create a daily log to record when you eat, what you eat, when you are hungry, what your emotions are.
2. Eat your typical breakfast for 2-3 days and record it in the log.
3. Next, eat a breakfast with protein for 2-3 days and record it in the log.
4. A good breakfast should allow you to not be hungry for at least 3 hours.
5. Notice how different meals effect how long you can go without being hungry, and how food effects your mood, energy level, and mental clarity.

Problems with High-Carbohydrate Meals:

1. They make you hungrier sooner than when you eat both protein and carbohydrates.
2. They make your blood sugar drop rapidly, which causes you to feel anxious and/or irritable.
3. When your blood sugar becomes low, you feel like you must eat sugar. Eating sugar creates the rollercoaster of high blood sugar and then low blood sugar.
4. Riding the high-carbohydrate meal rollercoaster throughout the day leads to fatigue in the late afternoon.
5. They are often low in fiber, vitamins, and minerals, creating nutrient deficiencies, which can cause anxiety, depression, cardiovascular disease, diabetes, and other diseases.
6. They also cause blood sugar to be high, which can cause weight gain and diabetes.



Nutrition and Mental Health

Getting Enough Protein?

Why is protein important?

Protein provides the building blocks for every cell in your body: it is the foundation for bones, muscles and tendons. Protein serves as a source for the structures that regulate your body: neurotransmitters, cell receptors, and enzymes.

How much protein should I eat?

The quick calculation for your target protein intake is 8 grams of protein for every 20 lbs of body weight. Or one third your caloric intake is protein. Use the chart below to find how much protein you should be eating.

Your Weight (lbs)	Target (g protein)	Acceptable Range (g protein)
100	40	36-45
120	48	43-54
140	56	50-63
160	64	57-72
180	72	64-81
200	80	71-90

Portion control

Here are some visual clues to help you keep servings to the proper size:

- 3 oz of fish or poultry = a deck of playing cards
- 1 c yogurt = a hand holding a tennis ball
- ½ c cooked grain = a small fist
- 1 oz cheese = a thumb
- 1 oz nuts = a golf ball
- 1 T nut butter or nuts = a silver dollar or a walnut
- 1 tsp oil = a quarter

Benefits of eating enough protein

- Less fatigue, particularly in the afternoons
- Better sleep
- More energy
- Hungry less often
- Better and more stable moods
- Higher metabolism from having more muscle mass

Healthy Protein Sources					
Legumes			Nuts		
Tofu	1/2 c	10 g	Nuts	1/4 c	8 g
Firm Tofu	1/2 c	20 g	Seeds	2 T	3 g
Tempeh	1/2 c	16 g	Nut butter	2 T	8 g
Whole beans	1/2 c	7 g	Seed butter	2 T	5 g
Lentils	1/2 c	9 g	Cheese		
Refried beans	1/2 c	8 g	Cottage cheese (LF)	1/2 c	12 g
Gardenburger	1 patty	11 g	Cream cheese (LF)	2 T	2 g
Seed Grains			Hard cheese	1 oz	7 g
Barley	1/2 c	10 g	Eggs		
Millet	1/2 c	4 g	Egg, whole	1 egg	7 g
Dark rye flour	1/2 c	9 g	Egg substitute	1/4 c	7 g
Oats	1/2 c	3 g	Egg white	1	4 g
Quinoa	1/2 c	11 g	Note: Egg yolks contain nutrients that are excellent for mental health		
Brown rice	1/2 c	3 g			
White rice	1/2 c	3 g	Other		
Milk Substitutes			Protein powder	1 T	9-15 g
Soy milk	1 c	6 g	Yogurt (LF)	1 c	8-14 g
Soy cheese	1 oz	4 -7 g	Wild fish	3 oz	21 g
Soy yogurt	1 c	6 g	Free range poultry	3 oz	21 g

If y
erc
ter
buy
the

Nutrition and Mental Health

How to Add Protein to Your Daily Life

Planning Ahead

The easiest way to reach your target protein intake is to consume protein throughout the day. One way to add protein into your day is to plan your snacks ahead. The following snacks can be packed in the morning, or left in the office to eat when you need a boost:

- Hummus with carrots, celery, or pita bread
- Baba ghanoush with corn chips
- Almond butter sandwich
- Cottage cheese—can be bought in small, yogurt-sized containers
- Nut butter (almond or cashew) with apple slices

Or consider one of the following items when you are at the store looking for a snack:

- Odwalla protein shake
- A few slices of deli meat such as chicken or turkey
- Deli salad with chicken or turkey
- Tofu salads, etc.
- Teriyaki chicken kabobs

Snacking on the road

Carry these snacks in a cool area of your car to snack on when you are feeling hungry or tired. Choose these instead of a trip to Starbucks or McDonald's:

- Bag of mixed, non-roasted nuts (hazelnuts, walnuts, almonds, cashews)
- Hard-boiled eggs
- Protein shake
- Low-sugar protein bar (like a Clif Bar)
- Keep a jar of nut butter in the car

Finding the protein in a menu

Restaurants focus their menus on what will appeal to your stomach, not necessarily your health. Instead of ordering the usual pasta with red sauce and meat, consider one of the following options:

- Stir-fry with meat and veggies
- Bean soup
- Greek platter—includes foods like hummus, pita bread, baba ghanoush
- Chili—either vegetarian or with meat
- Grilled chicken sandwich

Protein meals to cook at home

Black Bean Quinoa Salad

1/2 c quinoa
1 c white corn
2 scallions, chopped
1/2 c chopped green peppers
1/2 c chopped tomatoes
1/2 c chopped celery
1 can black beans, drained and rinsed
3-4 T olive oil
2 T balsamic vinegar
1 clove garlic, minced
Salt and pepper to taste
Cilantro or parsley

Soak the quinoa in water for 5 minutes, then drain. Cook in 1 c water (or vegetable stock) for 15 minutes. Drain, pour into large bowl, and let cool. Mix remaining ingredients into the bowl. Serve cold.

Bean and Quinoa Burrito

1/4 c cooked quinoa
1/4 c fat-free refried beans
1 T cheddar cheese
To taste:
Salsa
Lettuce
Avocado
Low-fat sour cream
Shredded chicken, turkey, or lean beef

Warm beans and quinoa in a small pot on the stove. Microwave tortilla for 15 seconds. Wrap ingredients in tortilla. Can be fixed in advance and heated when you're hungry.

Lentil Stew

In pan, brown:
2 T olive oil
3 cloves minced garlic
2 c stew lamb or chicken. Set aside.
Simmer until tender (40 min):
1 c French lentils
3 c vegetable broth
Add meat to lentil pot, and simmer along with the following spices for 1 hour.
2 bay leaves
1 tsp thyme

Add sea salt and pepper to taste. After the hour, add 1 bundle of kale and simmer uncovered for 30 minutes to reduce. Serve warm.

Nutrition and Mental Health

Getting Enough Sleep?

Sleep is vital to both physical and mental health. During sleep certain hormones are released that allow the body to recover and repair from daily use. Additionally, sleep is essential for mental and emotional regulation. Lack of sleep causes weight gain, attention problems, fatigue, and muscle pain, which can all lead to even more health problems.

What causes sleep deprivation?

- Not allowing yourself 7-9 hours in bed. It takes time to fall asleep and to wake up. If you get in bed at 11:00 p.m. and wake up at 6:00 a.m., you are not actually getting 7 hours of sleep.
- Poor sleeping conditions such as too much noise or light, uncomfortable bed, uncomfortable room temperature, and others
- Emotional concerns that need examination and/or expression
- Use of caffeine, alcohol, and recreational drugs
- Eating habits that do not support glucose (brain food) control while sleeping
- Lack of physical activity during the day
- Sleep partner is waking you
- Snoring
- Jet lag/shift work
- Physical pain
- Sleep disorders such as obstructive sleep apnea
- Restless legs syndrome

Can alternative medicine help?

Acupuncture and naturopathic medicine can help with a variety of issues that are causing insomnia. You may want to try them before you try medications. Some areas that they can help with are:

- Racing thoughts
- Learning to relax
- Jet lag/shift work
- Physical pain
- Late-night urination
- Restless legs
- Early-morning waking
- Inability to go to sleep
- Problem solving around sleep issues

Signs of sleep deprivation

- Heavy-feeling body
- Heavy eyelids
- Slow breathing
- Cool body temperature
- Yawning
- Irritability
- Seeking stimulating activities
- Feeling bored
- Moodiness
- Fatigue

Sleepy-time foods

- 1 c cottage cheese
- 1 slice turkey
- 2-3 T nut butter (cashew, almond)
- 1 avocado

Protein contains amino acids that will help you go to sleep, and the protein will give your brain the fuel to fast for 7-9 hours while you sleep. If you are having problems staying asleep, limit the sugars (bread, pasta, sugar) before you go to bed.

Sleepy-time bath

Draw a hot bath and pour 2-4 c of Epsom salts into the bath to dissolve. Add a few drops of lavender or rose essential oil to the bath water. Light a candle. Soak in the bath until the water is almost tepid. While you relax, imagine a relaxing place or scenario, or listen to relaxing music. Dry off and go straight to bed.

Sleepy-time teas

1. Try Celestial Seasonings' Sleepytime Tea.
2. Make your own tea with ingredients from your local herb store or natural food store using equal parts of chamomile, oat straw, schisandra, and passion flower. Steep 1 T tea in 1 c water.

Nutrition and Mental Health

Help! Why can't I go to sleep?

- Maintain a consistent sleep schedule. Try to get into bed at the same time every day, and plan on staying in bed for 7-9 hours.
- Remove objects that can disturb sleep, such as TVs, radios, and phones, from the bedroom.
- Make the room as dark and quiet as possible.
- Limit the activities done in bed to sleep, sex, and light reading (less than 30 minutes). This will train your body to associate sleep with the bed.
- Create a routine for the hour before you go to sleep so your body learns to expect to go to sleep. You can do quiet activities such as watching TV, drinking a cup of relaxing tea, reading, taking a bath. Try to limit stimulating activities such as preparing for the next day, cleaning, searching the internet, or playing video games.
- Consume no caffeine after noon.
- Try sleepy-time foods, teas, and bath.
- Notice the signs of sleepiness. When you begin to experience these, listen to your body and start going to bed.
- Try progressive relaxation: Try to imagine feeling heavier, having droopy eyelids, and slowness of breath.
- Monitor any anxious thoughts around bedtime. Write them down and, if possible, address them in the morning. Note patterns of what is worrying you and discuss these worries in a journal, with a friend, or with a trained mental health professional.

Agggghhhh! Why can't I stay asleep?

- Is something waking you up? Try keeping track of certain sounds or changes in your surroundings (creaking doors, cold room, sounds or ambient light) that wake you up. If you can figure out what it is, you can try to make changes, so it no longer bothers you.
- Are you waking up to go to the bathroom? Limit water before bed or try acupuncture.
- You may be experiencing hypoglycemia (low blood glucose/sugar). If your brain is low on glucose, the body releases adrenaline to provide glucose. The adrenaline wakes you, and often starts the “should committee” talking in your head. Try eating protein 30 minutes before bed. This will help prevent hypoglycemia, so you won't wake up in the middle of the night with an adrenaline rush.
- Limit your alcohol to 1-2 servings of alcohol per day, particularly in the evening. Alcohol can also cause hypoglycemia.
- Imagine the signs of sleepiness, or try progressive relaxation.
- If you wake up, do not lie in bed and panic about not sleeping. Panic will not help you to go to sleep.
- After 20 minutes of trying to go to sleep, get up and relax yourself by trying sleepy-time foods, teas, or bath.

Mmmm...Why can't I get out of bed?

- Are you getting 7-9 hours of sleep consistently? Try allowing more time for sleep.
- In the winter, you may naturally need more sleep, and you may need daylight to feel awake. Try “Daylight” light bulbs in your kitchen.
- Some people just need an hour to wake up. Try getting up and sitting and watching the world wake up.
- Do you have something in your day that you, personally, enjoy doing rather than just things you “should” do? Having something in your day that is meaningful to you makes it easier to wake up.

Creative Commons Licence: Give Attribution, Non-Commercial Purposes Only, No Derivative Works 

Contact: Dr. Kristen Allott, allott@dynamicbrainsconsulting.com, www.KristenAllott.com

Please consult with your doctor before changing your diet.

Nutrition and Mental Health

Anxiety and Anger: Is It Low Blood Sugar?

In the following lists, circle the symptoms that you experience.

Anxiety or Anger

Racing thoughts
Obsessive thoughts
Worrying about the future
Reliving past events
Hyper-vigilance
Avoiding certain situations
Restlessness
Angry outbursts
Irritability
Muscle tension
Difficulty sleeping
Palpitations
Sweating
Trembling
Shortness of breath
Feeling light-headed
Chills and hot flashes
Fatigue

Hypoglycemia

Mild signs
Nervousness
Trembling
Increased heart rate
Palpitations
Increased sweating
Hunger
Moderate signs
Irritability
Decreased concentration
Headache
Fatigue
Mental confusion
Severe signs
Unresponsive
Unconscious
Convulsions

Why are the symptoms of anxiety, anger, and hypoglycemia so similar?

The symptoms are similar because they are caused by the same hormones. These hormones are the fight-or-flight hormones—called adrenaline. Anger is the fight and anxiety is the flight. When adrenaline is preparing the mind and body to fight or flee, it increases heart rate, respiratory rate, blood flow to skeletal muscles, blood glucose; decreases digestion, and stimulates the amygdala, the part of the brain that prepares for a quick response, to be ready for fight or flight.

The brain's primary fuel is glucose. When your blood sugar (glucose) becomes low, your brain becomes concerned. In order to continue to function well, your brain will tell your kidneys to release adrenaline in order to increase blood glucose. Although your brain now has some fuel, the amygdala has been stimulated by adrenaline. This can cause your concerns or irritations to become amplified.

Nutrition and Mental Health

How Can I Prevent Hypoglycemia?

- Eat protein for breakfast. Some good breakfasts are: a whole boiled egg and toast, a protein shake, quinoa with walnut, or nut butter (almond or cashew) on toast.
- Eat a small snack or meal every 2 to 4 hours.
- Eat something with protein or that is low in sugar, such as nuts (almonds, cashews, walnuts), nut butter, or hummus with apples or carrots for snacks.
- Decrease the portion sizes of foods that your body recognizes as sugars (sweets, breads, pastas, white rice, white potatoes).
- Have foods with fiber in them at every meal. Vegetables, seed grains (quinoa, brown rice, bulgur, millet), beans, nuts, and fruit are all great examples.
- Limit your alcohol intake to no more than 1 serving per day.
- Find ways to be physically active each day.
- Try to only eat sweets soon after eating foods that have fiber in them. This will slow the absorption of sugar into your blood stream.
- Take a multivitamin once a day. This will provide you with some nutrients that help control blood sugar.

How do I know if hypoglycemia is contributing to my anxiety or anger?

Be curious. Try keeping a daily log for a few days so you can see the patterns.

Time	Food	Drink	Activities	Emotions

Some questions that suggest hypoglycemia

- Does the anxiety or anger occur 2 to 4 hours after eating?
- Does food help decrease the anxiety or anger?
- Did your breakfast lack protein?
- Do you eat a lot of sweets, breads, and pastas?

Some questions that suggest an emotional component

- Is there a current situation or person whom you are anxious about or irritated with even right after a meal?
- Do you worry or become irritated about events that occurred in the past or will happen in the future?

Who can help me with anxiety, anger and hypoglycemia?

- **A naturopathic doctor** can help you identify and treat the physical causes of hypoglycemia. Although prevention of hypoglycemia is often about changing what and when you eat, there can also be other causes such as adrenal exhaustion, food allergies, high blood pressure, and weight gain.
- **An acupuncturist** often approaches anxiety, anger, and hypoglycemia symptoms differently than most Western doctors. Acupuncture can adjust qi in you body to decrease the symptoms. Additionally, the Chinese have developed herbal formulas that help with these conditions.
- **A counselor or therapist** can help you examine the emotional causes of anxiety and anger. Often, talking to a trained professional will help you with the situation and decrease your anxiety and anger. The decrease in the anxiety and anger can decrease the symptoms.

Nutrition and Mental Health

The Magic Pill is Physical Activity

Physical activity is essential for the body and mind to work well. Economists calculate that diseases, such as cardiovascular disease and depression, cost employers billions of dollars in work productivity and missed days of work. Disease could also limit your time spent with family, vacation time, lost income, hobbies, or ability to follow your childhood dreams. Additionally, lack of physical activity costs you money. By making time for physical activity in your life to prevent disease and improve your health, you can reduce the money you spend on health insurance, co-pays, medications, and supplements.

What is your Goal?

Improve:	Prevent/Reduce:
life expectancy	high blood pressure
quality of life	coronary heart disease
quality of sleep	colon cancer
daily moods	osteoporosis
effects of mental stress	weight gain and obesity
self-esteem	type II diabetes
health during menopause	depression
HDL (good) cholesterol level	anxiety
triglyceride level	Alzheimer's and dementia
bone density	
quality of life with a chronic disease	
quality of life with asthma	

What do the Studies Show?

- Staying active, such as doing house hold chores and walking stairs, prolongs life.
- Moderate to vigorous activity for 150 minutes a week and a healthy diet can help to prevent high glucose disease, such as diabetes, and prevent weight gain.
- A mix of aerobic and resistance exercise, such as weight lifting, for 4 hours per week can help to prevent cardiovascular disease.
- Seven hours of exercise per week, including aerobic and resistance exercise, plus a healthy diet can help a person lose weight, maintain weight loss and prevent diabetes and cardiovascular disease.

Nutrition and Mental Health

Getting the Magic Pill to Work for You

What would you like to try to improve your life?

Brisk Walking Skipping Basketball Bird Watching Weight Lifting Volleyball Swimming Yoga Pilates Kickball Baseball Softball Rowing Rock Climbing Canoeing Kayaking Sailing Hiking Cycling Backpacking Gyrotonics Gardening Dog Walking Horseback Riding Aikido Tai Chi Qi Chong

I haven't been active in a while, how do I start up again?

Move into a physically active life slowly. Take small steps.

- Get professional help from your medical doctor, naturopathic physician, physical therapist, or a personal trainer.
- Start by parking at the back of the parking lot, or a few blocks away from your destination.
- Walk up one flight of stairs per day. Add flights as time goes on.
- Go for a walk once a day. Start with a 5-minute walk, and add 5 minutes each week or at a rate that is comfortable to you.
- Set a goals in 3-month intervals.

Develop a plan for physical activity

Take the time to write out a plan.

- What motivates you? Being social and with groups? Having to meet with someone? Having a consistent plan? Having variety? Being allowed to cheat?
- How much time can you commit? How many days of the week? How long each day? Do you have it written into your schedule?
- Can you integrate physical activity into your daily life?
- What degree of not meeting your ideal plan is OK?

Find ways to increase physical activity

- Schedule time for physical exercise.
- Ask a friend to join you. This will give you more of a reason to keep the dates. It can also make the experience more enjoyable.
- Join a gym and/or get a personal trainer.
- Try new activities.
- Contact a local gym, YMCA, or Parks and Recreation for a list of activities or events.

Notice how you feel after exercising

- **Appropriate amount of exercise for the present.** Physically tired and mentally relaxed after physical activity. The next day you may be a little sore but not physically or mentally tired.
- **Too much exercise for the present.** Physically and mentally tired. The next day sore and physically or mentally tired.
- **Time to seek help.** If you cannot find an exercise level that does not leave you tired the next day, seek the assistance of a doctor, physical therapist, or physical fitness trainer.

Creative Commons Licence: Give Attribution, Non-Commercial Purposes Only, No Derivative Works 

Contact: Dr. Kristen Allott, allott@dynamicbrainsconsulting.com, www.KristenAllott.com

Please consult with your doctor before changing your diet.

Nutrition and Mental Health

Bowel Movements

What comes out is just as important as what goes in. Having bowel movements every day is essential to good health. The frequency and consistency of your bowel movements can greatly influence how you feel, and indicate how your digestive system is working.

What is a normal bowel movement?

- At least 1-2 times/day
- Formed (neither loose nor hard)
- Easy to pass
- Occasional, non-cramping gas
- Minimal whole foods in the stool (although occasional corn and grains and other foods is normal)
- No mucus, no blood, no black tar in the stool

How much water do I need to drink per day?

The minimum amount of water you need in a day is 1/3 your body weight in ounces of water (150 lb = 150 oz = 50 oz water a day). Activities such as exercise and smoking will increase your need for water. The majority of your water should be from water or non-caffeinated teas. Sodas, diet sodas, coffee, and caffeinated teas cause your body to need to urinate so they are not helpful in getting enough water.

What is fiber and how much fiber do I need?

Fiber is found in vegetables, fruits, nuts, beans, and seed grains (i.e., grains that you can see that are seeds, such as brown rice, quinoa, millet, and bulgur). The saying, “an apple a day keeps the doctor away” rings true. An apple contains the same amount of fiber as a fiber supplement. Unlike a supplement, an apple contains not only fiber but vitamins, minerals and other health promoting nutrients, so it will reduce cholesterol, prevent some cancers, and prevent muscular degeneration. If you have a vegetable, a fruit, and nuts, seeds, beans, or seed grains at every meal, you should be getting enough fiber.

If you are eating enough fiber from whole foods, you should not have to supplement. If you do have to supplement, use a food source rather than store-bought powder or pills. Some examples of high-fiber foods are flaxseed, steel-cut oats, and cooked quinoa. These can be added to protein shakes or sprinkled on foods like salads and pasta. One way to get a lot of quick and easy fiber is to substitute quinoa for your pasta.

How much physical activity do I need?

For general good, a minimum of 30 minutes 3 times a week is recommended. If you are using exercise to create a bowel movement, try a minimum of 15 minutes every day. For example, walk around the block. Exercise not only stimulates the movement in the intestines, but also helps in the detoxification of the body through breathing, moving, and sweating, and will help you have more energy and mental clarity.

One last thought

Be sure to make time to go the bathroom. Morning is a good time to train your body. Sometimes people get so busy they forget to take a moment to allow the body to “do its thing.”

Nutrition and Mental Health

Constipation

Constipation is when bowel movements are hard to pass and/or are occurring less than once a day. Chronic constipation allows toxins, hormones, and cholesterol to be re-absorbed into the body.

Why is having a daily bowel movement important?

Having a bowel movement less than once a day can cause the following:

- Fatigue
- Mental fog
- Headaches
- Menstrual cramps
- Fibrous breasts
- Uterine fibroids
- Depression
- Irritability
- Weight gain
- Increased cholesterol

What if I have a bowel movement every other day?

By eating fiber, drinking enough water, and getting enough exercise, you should be able to have a daily bowel movement. Try to use this formula for regular bowel movements:

Water + Fiber + Physical activity =
1 to 2 bowel movements per day.

When should I see my doctor?

- If you are having a bowel movement consistently less than every other day
- If it takes a lot of effort to have a bowel movement
- If you have consistent mucus
- If you ever see blood or “black tar” in the stool
- If you have very bad abdominal pain

Irritable bowel syndrome

Irritable bowel syndrome (IBS) is a common gastrointestinal disorder that has the following symptoms:

- Alternating constipation and diarrhea
- Abdominal distention, gas, or pain
- Bowel movements with mucus
- Nausea or lack of appetite
- Often, associated with anxiety or depression

How is IBS diagnosed?

IBS is diagnosed by excluding many other problems. If you have symptoms of IBS, it is best to see a medical doctor or naturopathic physician to get a clear diagnosis.

Who can help with me with IBS?

- **A naturopathic doctor** can help you identify and treat the physical causes. There are several things that can cause IBS, such as antibiotic use and food sensitivities.
- **An acupuncturist** often approaches IBS differently than Western doctors. Acupuncture can help relax your body and calm your digestive system. Additionally, the Chinese have developed herbal formulas that specifically address the physical and energetic causes of IBS.
- **A counselor or therapist** can help you examine the emotional causes contributing to the symptoms of IBS. The digestive system uses the same neurotransmitters as the brain. Thus, there is a direct link between anxiety and depression and how your digestive system is functioning.

Nutrition and Mental Health

Good Fats

In the 1980s, Americans reduced the amount of fat they were eating and gained more weight. As fats were removed from foods, excessive amounts of sugars were added. The American waistline grew because our bodies quickly convert excess sugar into fat. We are now sick with physical and mental health problems because we are eating too much sugar and not enough “good fats,” fruits and vegetables, and protein.

How are fats going to help me feel better?

Recent studies have shown that omega-3 fatty acids—the good fats—are important for preventing and treating a variety of diseases such as cardiovascular disease, diabetes, and autoimmune disease. Omega-3 fatty acids have also been shown to help depression, bipolar disorder, and schizophrenia. They decrease inflammation, are an essential part of the cell membrane of nerve cells, and influence hormones.

If I increase my good fats will I gain weight?

No, they will not increase your weight. First, the good fats will be replacing the bad fats and sugars that your body makes into fat. Second, the good fats will help you feel better, and often people are more active when they are feeling better. Third, research has shown that omega-3 fatty acids help people lose weight.

What fats can I eat to improve my mental health?

1. Every day, eat from the Good category on the chart on the next page. Flaxseed and cod-liver oils are especially healthful.
2. Eat whole eggs. If you can afford it, buy organic and/or free-range eggs. The yolks are great for mental health. Essentially, the yolk is there to build a chick brain, so it has lots of nutrients that assist the brain to function. Research shows that eggs alone do not increase cholesterol, but frying them does.
3. While good fats can help with depression, not all fats work in the same way. Studies have shown that individuals suffering from depression have high levels of omega-6 fatty acids in their cells. Try to limit your intake of this fat by avoiding corn oil, safflower oil, sunflower oil, margarine and foods from the Ugly category. Instead, try to cook with canola oil, olive oil, walnut oil, organic butter, and egg yolks.

How can I increase the good fats in my daily life?

- Take daily capsules of cod-liver oil from Nordic Naturals or Carlson’s, or flax oil.
- Use olive oil, walnut oil, canola oil, and/or flax oil in salad dressings.
- Add cod-liver oil, flax oil, walnut oil to protein shakes.
- Eat nuts and seeds as snacks, or add them to salads and meals.
- Add avocados to salads and meals.
- Use soy milk instead of cow’s milk.
- Eat more nut butters (almond, cashew).
- When possible, buy organic oils, nuts, seeds, and meats. They contain more beneficial nutrients and fewer pesticides, antibiotics, and toxins, which are often carried by fats.

Nutrition and Mental Health

Fat Sources:

What's Best, What's Good in Moderation, and What's Bad

This is a chart to help you choose foods wisely based on the kind of fat they contain. Foods with Good fats can benefit your current and future health, and you can eat them daily—particularly the plant oils, nuts, seeds, and avocados. The In Moderation foods contain nutrients that support health, but, when consumed in large quantities, will contribute to cardiovascular disease, diabe-

Best	<p>Nuts, Seeds, Avocados Can be eaten 1-3 times daily as whole foods, nut milks or non-roasted nut butter</p> <p>Avocados Winter squash Walnuts Kale Almonds Hazelnuts Cashews Flaxseed</p> <p>* Limit peanuts; they cause allergic reactions and the fat content causes inflammation.</p>		<p>Plant Oils 1-2 T per day</p> <p>Omega-3 oils: 1-2 T Cod-liver oil: S, PS Flax seed oil: S, PS, SD Walnut oil: S, PS, SD</p> <p>Omega-6 oils: 1 T Safflower: SD, HH Sunflower: SD Hemp: SD Pumpkin: SD Sesame seed: SD, LH</p> <p>Omega-9 oils to use as SD base: Olive oil Almond oil</p>		<p>Chicken, Turkey, Eggs</p> <p>0-2 servings per day</p>
	Good in Moderation	<p>Lean and Organic Pork, Beef, Lamb, and Fish 1 time per week</p> <p>Organic, free-range, or wild is a more healthy choice because it has a higher omega-3 content and it lowers your exposure to antibiotics, and persistent toxins such as pesticides that are stored in fat.</p>	<p>Dairy 0 to 2 servings per day</p> <p>Low-fat sources: LF and low sugar yogurt Fresh mozzarella cheese LF milks High-fat sources: Yogurts (even LF) with added sugar Hard cheese such as cheddar Full-fat milk</p>	<p>Sugars Become fats in the body</p> <p>White sugars (white bread, pasta, white rice, sugar): monitor serving size.</p> <p>Butter 1-2 T of organic butter per day if your cholesterol is within normal limits without Medication</p> <p>Alcohol: one serving per day</p>	<p>Wild, Cold-Water Fish 1 to 2 times per week</p> <p>Wild salmon Scallops Halibut Non-Albacore tuna</p> <p>Because many fish have high levels of mercury, their consumption should be limited.</p>
Bad		<p>Trans-Fatty Acids Limit exposure by reading labels carefully.</p>			
	<p>Shortening Hydrogenated vegetable oils Partially-hydrogenated vegetable oils</p>	<p>Non-lean meats Non-organic butter Fried foods</p>			

Key / Suggested uses:

S=Supplement

SD=Salad dressing

PS=shake

LH=Low-heat sauté

HH=High-heat frying

LF=Low fat

Creative Commons Licence: Give Attribution, Non-Commercial Purposes Only, No Derivative Works 

Contact: Dr. Kristen Allott, allott@dynamicbrainsconsulting.com, www.KristenAllott.com

Please consult with your doctor before changing your diet.

Nutrition and Mental Health

Name: _____ Date: _____

Diet Checklist

Diet can play a large part in your level of energy and mental clarity. This checklist will help determine if some of your daily habits are contributing to your anxiety, anger, depression or attention difficulties.

Consider your typical day as you answer the following questions:

1. Do you eat 3 meals a day? Yes ___ No ___
2. Is there protein in your breakfast? Yes ___ No ___
3. What is the protein in your breakfast and how much do you have? _____
4. Is there protein in every meal? How much protein do you eat in a day?
(Healthy amount: 8 g of protein for every 20 lb of body weight) _____
5. How many servings of nuts, seeds, and beans do you eat? How many in a week? (Healthy amount: 1-3 servings/day) _____
6. Do you eat dairy? How many times? _____
7. How many servings do you have of fruits and vegetables? (Healthy amount: fruits 2-3 servings/day and vegetable 3-5 servings/day) _____
8. How many total ounces of water or other beverages do you drink (1 glass = 8 oz)? (Healthy amount: 1/3 your body weight in ounces of water, 150 lb = 50 oz water) _____
9. How many times do you eat refined carbohydrates such as bread, pasta, cereal, yogurt, candy, etc? _____
10. Do you drink more than 1 cup of coffee or other caffeinated drink? _____
11. Do you drink more than 1 serving of alcohol? More than 7 servings in a week? _____
12. Do you have 1 bowel movement? Do you have diarrhea or loose stools? _____
13. What do you do for physical activity? How many times per week and for how long? _____
14. How many hours of sleep do you typically get? Do you wake feeling rested? _____

Nutrition and Mental Health

24-Hour Diet Log

Write down all foods and liquids that you have consumed in the last 24 hours.

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Snack/Dessert _____

Water _____

Other Liquids _____

Medications and supplements _____

Nutrition and Mental Health

Philosophical Principles of Complementary and Alternative Medicine

Naturopathic Principles

1. **Assist the Healing Power of Nature—*Vis Medicatrix Naturae*:** Nature acts powerfully through healing mechanisms in the body and mind to maintain and restore health. The Naturopathic Physician work to restore and support these inherent systems.
2. **First Do No Harm—*Primum Non Nocere*:** The Naturopathic Physician seeks to provide the most effective health care with least risk to her/his client.
3. **Find Cause—*Tolle Causam*:** The Naturopathic Physician shall strive to identify and remove the causes of illness, rather than to merely eliminate or suppress symptoms.
4. **Be a Teacher—*Docere*:** The Naturopathic Physician shall educate her/his clients, inspire rational hope and encourage self-responsibility for health.
5. **Treat the Whole Person:** Health or disease comes from a complex interaction of physical, emotional, dietary, genetic, environmental, lifestyle or other factors. The Naturopathic Physician treats the whole person, taking these factors in to account.
6. **Optimize Wellness:** Wellness is a state of being healthy, characterize by positive emotion, thought, and action. Wellness is inherent in everyone. The Naturopathic Physician shall seek, restore, maintain, and optimize wellness.
7. **Promote Preventive Medicine:** The Naturopathic Physician shall promote health through the prevention of disease for the individual, each community and the world.

Therapeutic Order

The therapeutic order is a guideline for re-establishing and maintaining health.

1. **Re-establish the basis for health:** Remove obstacles to wellness and establish a healthy regimen.
2. **Simulate the healing power of nature:** Assist the body in returning to its healthy processes. The body inherently seeks to be in balance. Botanical medicine, Chinese medicine, acupuncture, homeopathy, nutrition, and psychological and spiritual healing can help the body regain balance.
3. **Tone weakened systems:** Re-assess and cultivate systems that support our well being. Multiple systems support our health. By supporting metabolic and physiological systems, strengthening our energetic bodies and developing our personal supports systems of family and community, we create systems that allow us to function optimally.
4. **Correct Structural Integrity:** Correct and maintain the structural integrity of the body through the use of physical activity, therapeutic exercise, spinal manipulation, massage, and cranial-sacral treatment. Physical and emotional structural systems gives us the support to successfully move through the world.
5. **Prescribe specific natural substance for pathology:** Use vitamins, minerals, and herbs to alter metabolic pathways to relieve symptoms, but not necessarily to bring the body into sustained independent balance.
6. **Prescribe pharmacological substance for pathology:** Use pharmaceutical drugs alter metabolic pathways in order to relieve symptoms, but not necessarily to bring the body into sustained independent balance.
7. **Prescribe surgery, suppressive drugs, radiation and chemotherapy:** At times, aggressive therapies are needed to preserve life.

Nutrition and Mental Health

Vegetables: The Basics

How much is enough?

Even most people who consider themselves healthy eaters wouldn't claim to sit down and eat vegetables a minimum of 5 times a day. So how does anyone really eat the recommended 5 servings? The answer is in the definition of a 'serving'. One serving is equal to one half cup, so in a day every person should eat 2.5 cups of vegetables. While it is unrealistic for most people to plan 5 salads into a day, it is much easier to eat a large salad and a few pieces of broccoli.

Examples of a full days worth of vegetables:

1. A medium salad (2 cups, or the size of two yogurt containers) and 5 green beans
2. One large beet and a small salad (1.5 cups)
3. One baked sweet potato and 6 sprigs of asparagus
4. Two large carrots and a stalk of celery

What Vegetables Have to Offer:

Fiber:

Among other things, vegetable fiber can lower cholesterol, help prevent colon cancer, stimulate production of important immune system mechanisms, stabilize blood glucose, decrease hunger 8 hours later and help in having regular bowel movements. Eating 5 servings of vegetables a day should give a person all the fiber they need to keep their body running healthily. Some of the best vegetable sources of fiber are: corn, broccoli, collard greens, and spinach.

Vitamins:

Vegetables are important sources of vitamins A, C, E, and K. Vitamin A is necessary for the formation of healthy tissue throughout the body. Vitamin C is necessary for immune system function and helps in the healing of injuries. It is a nutrient that the body cannot store on its own, and therefore needs to be constantly replenished. Vitamin E is an antioxidant that helps the growth of skin cells and the production of blood cells. Vitamin K is necessary for proper clotting of the blood.

Minerals:

Magnesium, Potassium, and Phosphorous are some of the most important minerals found in vegetables.

Magnesium can help to relax your nerves and muscles and is needed for circulation and bone building.

Pumpkin seeds, spinach, and soy beans are all good sources of magnesium.

Potassium is necessary for nerve and muscle function and can help lower high blood pressure. Swiss chard, yams, winter squash, and papaya are all good sources of potassium.

Sense of Fullness:

Vegetables are low in fat and calories, but give a significant sense of fullness because of their high levels of fiber. It has been shown that a person's sense of fullness can go up 8 hours after consuming high-fiber foods. For this reason, a diet high in vegetables can be an effective way of limiting calorie and fat-intake without having to forgo the full stomach.

Easy Cooking with Vegetables:

Salad with Vinaigrette: Mix 2 cups spinach or romaine lettuce with several slices of your favorite vegetables. Top with a mix of one tbsp olive oil and one tbsp balsamic vinegar.

Roasted: Slice several vegetables (yams, eggplant, carrots, zucchini, onions, or garlic) into 1/2 inch pieces. Toss in a light coating of olive oil, salt, pepper, and either lemon juice or balsamic vinegar. Cook at 450 degrees for 20-40 minutes till soft and golden. Serve with quinoa, couscous, or brown rice.

Steamed: Place carrots, asparagus, string beans, or other vegetable of choice in a covered, microwave safe container filled with 1/2 inch of water. Cook in microwave for 6-10 minutes or until soft.

In Eggs: Sauté onions and red peppers in pan until onions begin to brown. Add 2 beaten eggs to pan. When eggs are no longer runny, add spinach and sliced mushrooms. Top with light salt, pepper, and cheese.

Creative Commons Licence: Give Attribution, Non-Commercial Purposes Only, No Derivative Works 

Contact: Dr. Kristen Allott, allott@dynamicbrainsconsulting.com, www.KristenAllott.com

Please consult with your doctor before changing your diet.

Nutrition and Mental Health



Fruit and Vegetable All-Stars



Top 8 Vegetables:

1. Spinach

High in vitamins K, A, C, B2, B6, B1, manganese, folate, magnesium, iron, calcium, potassium, tryptophan, and dietary fiber.

2. Broccoli

High in C, K, A, folate, dietary fiber, manganese, and potassium.

3. Bell Peppers

High in vitamins A, C, and B6.

4. Beans

High in molybdenum, tryptophan, manganese, protein, iron, phosphorus, fiber, vitamin K, omega 3 fatty acids, and much more.

5. Asparagus

High in vitamins K, A, C, B1, B2, and B6, folate, tryptophan, manganese, and fiber.

6. Cabbage

A cruciferous vegetable (know for anti-carcinogenic effects) high in vitamins K and C.

7. Sweet Potato

High in vitamins A and C.

8. Carrots

Very high in vitamin A and high in vitamins K, C, and dietary fiber.

Top 8 Fruits:

1. Apples

Have high fiber and flavonoids. Easy to transport and snack on.

2. Raspberries

(and other dark berries)

High in antioxidants and manganese.

3. Bananas

High in fiber, potassium, and vitamin B6.

4. Grapes

High in flavonoids.

5. Cantaloupe

High in vitamins A and C.

6. Avocados

High in vitamin K, fiber, potassium, folate, and good, cholesterol-lowering fats.

7. Oranges

High in vitamin C and easy to transport and snack on.

8. Pineapple

High in bromelain (protein-digesting enzymes), manganese, and vitamin C.

☆ What will do these vitamins and minerals do for me?

Beta-Carotene: an antioxidant that promotes cell communication and helps immune function.

Vitamin B1: involved in nervous system and muscle function.

Vitamin B2: needed for metabolic processes and energy production.

Vitamin B6: needed for neurotransmitter production.

Vitamin C: needed to form connective tissue, helps immune system.

Vitamin K: needed for blood clotting.

Antioxidants: promote healthy cells and prevent disease and aging.

Calcium: helps bone strength and muscle and nerve function.

Dietary Fiber: needed for bowel regularity. Lowers risk of diabetes and heart disease.

Flavonoids: protects blood vessels from rupture, prevents inflammation.

Folate: could help prevent Alzheimer's, cancer, depression, and chronic fatigue.

Iron: needed for neurotransmitter production and prevents anemia.

Magnesium: helps circulation, prevents constipation, anxiety, and menstrual cramps.

Manganese: enzyme activator needed for cell function.

Potassium: needed for muscle and nerve function, and electrolyte balance. Lowers blood pressure.

Nutritional Information from George Mateljan's website, World's Healthiest Foods at whfoods.org. Visit the website for more facts about fruits, vegetables, vitamins, and healthy eating in general.

Creative Commons Licence: Give Attribution, Non-Commercial Purposes Only, No Derivative Works



Contact: Dr. Kristen Allott, allott@dynamicbrainsconsulting.com, www.KristenAllott.com

Please consult with your doctor before changing your diet.