

The *MOOD*-based Diet: Good Mood Food

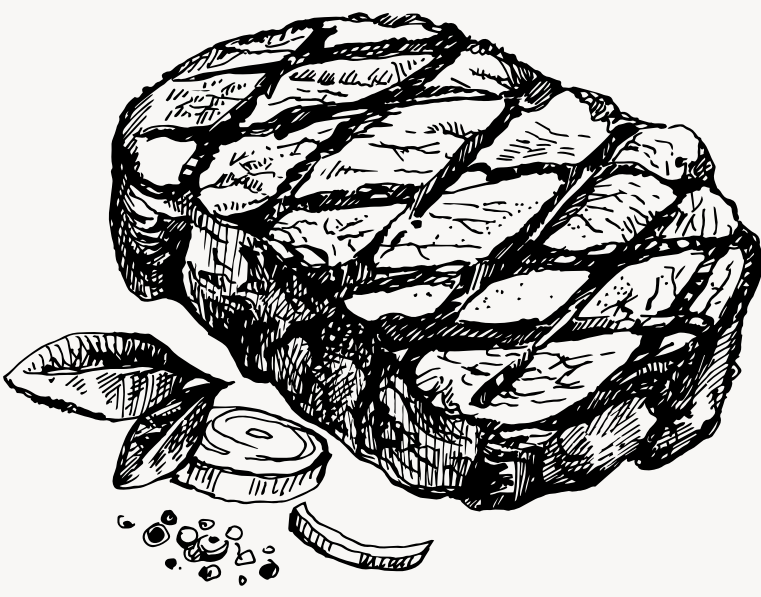
The Foundation

The foundation represents aspects of food you need the most for optimal brain and nervous system function.

Meat

Higher protein leads to better signalling from our brain.

- Beef
- Bison
- Venison
- Lamb
- Pork
- Chicken
- Salmon
- Sardines
- Oysters



Organ Meats

Organ Meats have the highest concentration of brain supporting amino acids and micronutrients on earth.

- Liver
- Heart
- Kidney
- Pancreas
- Spleen
- Organ Supplements



Collagen

Collagen is not found in muscle meat, but rather skin, bones, and cartilage. Full spectrum collagen is essential for supporting structural gut health and brain function.

- Bone & Marrow
- Gelatin
- Bone Broth



Probiotic Foods

Probiotic rich foods help promote gut micro flora. They increase the “good” bacteria responsible for supporting enzymes on their journey to break down your food.

- Yogurt
- Kombucha
- Kefir
- Sauerkraut
- Raw cheese

The MOOD

Ask yourself, is my mood **high** or **low**? Think of **high** as anxious and overwhelmed, and think of **low** as sad or depressed.

High

High moods can be triggered by foods that over stimulate your **sympathetic** nervous system. The following foods will help to stimulate your **parasympathetic** nervous system “rest & digest”.

- Oranges
- Lemons
- Limes
- Apples
- Pineapple
- Coconut Water
- Mango
- Honey
- Sweet Potatoes / Yams
- Organic White Rice
- Root Vegetables
- Maple Syrup



Low

Low moods can be triggered by foods that overstimulate your **parasympathetic** nervous system “rest & digest”. The primary focus here is to stimulate your **sympathetic** nervous system “fight or flight” to create energy balance. The following foods will help bring you up.

- Bacon
- Butter
- Tallow
- Lard
- Ghee
- Olive Oil
- Coconut Oil
- Avocado Oil
- Coconut Meat

