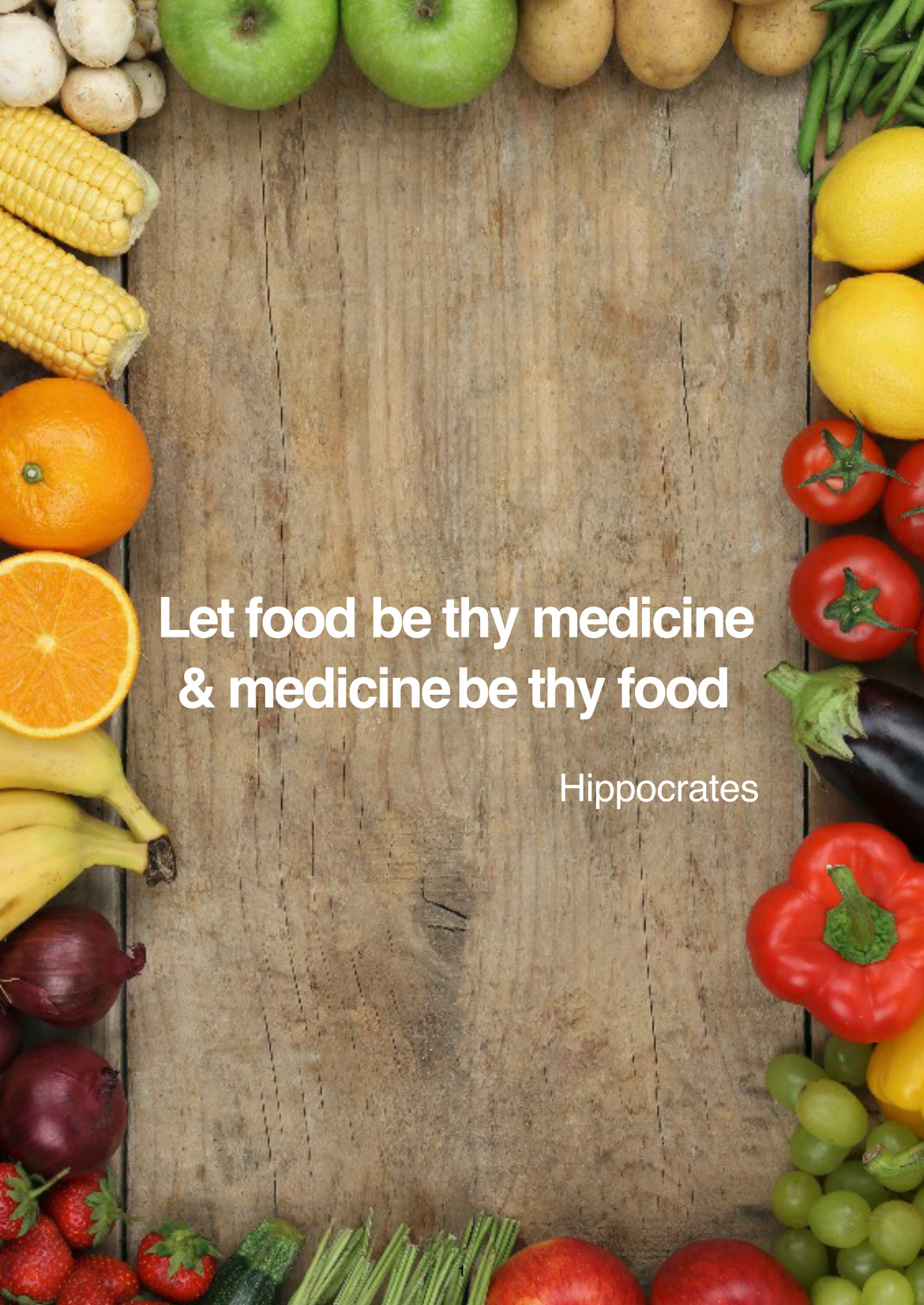


A top-down view of various tea ingredients on a dark, textured wooden surface. Several silver spoons are scattered around, each containing different types of tea leaves, including loose-leaf tea, dried flowers, and small round tea balls wrapped in twine. A wooden honey dipper with a spiral design is also visible. Fresh green tea leaves are scattered throughout the composition. A bundle of cinnamon sticks is tied together with a piece of twine.

GOOD MOOD FOOD

Your guide to better mental health
through nutrition and lifestyle

A wooden board with a border of fresh fruits and vegetables. The border includes mushrooms, green apples, potatoes, green beans, lemons, tomatoes, eggplant, red bell pepper, grapes, red apples, asparagus, cucumber, strawberries, onions, bananas, orange slices, and corn cobs.

**Let food be thy medicine
& medicine be thy food**

Hippocrates

Your first steps to success

With this publication our aim to educate and inspire you to view food and nutrition as two separate arms. Food is something we put into our mouths, often to satisfy our cravings or 'fill a whole' so to speak, but when it comes to nutrition its not always that simple. Good nutrition is subjective and must be designed with purpose as everyone is different.

The following pages aim to help you make better choices for your specific nutritional needs.



Topics Covered

- Welcome to change
- The impact of stress
- All foods are created not equal
- Food from natures table
- Let food be thy medicine
- Mindful eating
- Measuring progress
- Foods that support chronic disease
- Dietary guidance and much more

A message from me

A new model for community health care will have its roots in functional medicine which seeks to treat the cause of an individual's suffering not just their symptoms. Due to dietary changes, the liberal use of recreational drugs, pharmaceuticals and modern-day stressors, millennial's have higher rates of long-term illness than previous generations.



Unless there is a shift towards healthier happier communities, a new epidemic of auto immunity as well as cognitive related diseases is inevitable.

Time For A Change?



Taking control of your healthy destiny

When things go wrong with our health, the general consensus is to go to the Doctor for a quick fix. But a prescription of antibiotics and pharmaceuticals over lifestyle intervention is potentially fuelling our problems. The only way forward is to take control of our own health.

Long term health conditions pose a substantial drain on our health care system. But as the current system is barely meeting demand, we would do better to self educate and seek radical self-care over disease management. The solution is health preservation through personal ownership and intervention. This is more than just eating your '5 a day' it must become your focus to become totally responsible for your own health and wellness. The following pages are set to guide you in the right direction. But remember maintaining great health is a marathon and not a sprint.



Let's begin with a little less stress

Research shows a dramatic increase in use of the medical system during times of stress, such as job insecurity. Stress is a factor in many illnesses – from headaches to heart disease, and immune deficiencies to digestive problems. A substantial contributor to stress-induced decline in health appears to be an increased production of stress hormones and subsequent decreased immune function.

Non-pharmaceutical approaches have much to offer such patients. This publication focuses on the use of nutrients and botanicals to support the adrenals, balance neurotransmitters, treat acute anxiety, and support restful sleep.

Chronic stress is very bad for us, that much we know. The stress we experience, when stuck in a traffic jam or if we lose our house keys is not the same.



Those stresses soon go away. It's the chronic stress, starting from an early - age or long - term adversity that poses our biggest threat. Such incidents can cause the adrenals to over produce cortisol which can distresses our hormones and nervous system.

Disease often manifests later in life, with prolonged adrenal stimulation of this nature.

To invest our time wisely, in activities that bring joy and focus on the journey of life, is a way to combat stress.

To do this, we must understand the difference between good and bad stress. Not all stress is bad – stress teaches us to adapt. The right amount and type of stress is known as 'eu-stress'. The wrong type we know as 'di-stress'.

From a food perspective, all food is potentially seen as a stressor to the body. Anything that enters the body is first checked out by our immune system to see if it is friend or foe. When you chew your food well you improve this important food relationship.

**All foods are not
created equally**



Food from natures table

What you eat becomes you...

With the pace of modern living, stress and mental health issues are on the rise. We all need as much support as we can get and nutrition as fuel is a great place to start.

Before we cover foods that support good body and brain function, it's important to consider foods that might be better reduced from the diet - especially for those challenged with gut conditions which often leads to emotional and mental health imbalances.

Test small and measure big is our message here: Reducing wheat and dairy can have profound positive effects on digestive related illnesses - which, by the way, is most health conditions according to Ayurveda (the Indian science of wellness). However, if you choose to irradiate wheat and dairy altogether it is best-done gradually.



Believe it or not, how we drink and swallow is equally as important as the food we eat. The phrase 'drink your food and chew your drink' is a great mantra. When hungry, it's easy to gulp down food, in order to stop your hunger pangs, but as a result bloatedness and lethargy can soon follow.

Ayurvedic proverb

"Over consumption is the disease of kings and the king of diseases"

Over consumption has no bearing on healthy eating – no matter what quality the food is.

Eating quickly and washing your food down with lashings of cold juice, wine or even water dilutes important gastric juices and impairs digestion. Instead, try to savour every mouthful.

The goal set by the Ayurvedic Doctors' in India is this: one-third food, one-third warm water and one-third empty. This equation gives the gastric juices time to process the contents of your belly and time to rest before the next sitting.



LET FOOD BETHY MEDICINE

By Glen Monks - Primal Nutrition Certified

When it comes to healthy food choices, the problem is we have too much choice. Couple choice with conflicting advice, and we have a recipe for confusion. Instead of seasonal foraging and hunting, we humans are now teased and tempted by food. Yet many health food and supplement fads, telling us they are more suitable, are driven by profit and not results.

A simple way to address this complex subject is to ensure we have natural food on our plates. If it comes in a box, packet, tin, or coated in plastic, then it's manufactured. If it comes with a label, explaining what's inside, then it's been processed. Refined oils, grains, sugars and flavours are all 'obese-forming' and contain potential carcinogens. The process of preparing and eating is best when natural, fresh and enjoyable. Optimal nutrition is about nutrient density.

Field, farm, forest and fish are good indicators - if they sit morally with you. Nothing natural is formed with a bar-code. But it's not just about food choices. To source, consume and digest optimally, we must be in harmony with our environment. When told what we should be eating, we fall out of harmony, 'shoulding' does not aid our digestion. It's a matter of your frame of reference; what is your diet trying to achieve? Food choices can vary for everyone, which is why the, 'my diet is better than yours' model is flawed. Find out which foods naturally satiate your palate, not your cravings, and your mind, body and energy levels will be greatly rewarded.

To Summarise

Eat consciously, eat whole, listen to your body and not anyone else. When you hear, yourself giving dietary orders to others, ask yourself this, can I be sure it's right for them? Above all remember, food is life. Choose your foods with purposeful reason. Perhaps most importantly, bring gratitude and love into your relationship with food and to those with whom you share it.

For those using food as medicine, it's good to take a slow and methodical approach. Remember this, to re tune an instrument requires a skilled musician. If you are approaching diet from a therapeutic standpoint, then knowledge on human biology is crucial.

Our capacity to convert food into fuel relies on many factors. Firstly, gastric juices are secreted to break down nutrients required by our cells. This process then feeds the millions of bacteria, pathogens, and fungi, that we house. Some of these are more favourable than others.



Collectively, the microbiota supports or hinders the neuro-chemistry of the brain. The problem lies when certain bacterial strains overpopulate the gut through poor food choices.

With education and a few tweaks, the good news is you can tailor a diet specific to your health needs. A personalised functional approach of this nature is the way forward for longevity.

Mindful Eating

Meditation and mindfulness are the new buzz words in the field of human, holistic care. To gain results, requires a leap of faith in something greater than our usual self-driven perspective. The concept of 'less is more' is not easy to grasp in a 'go get' society, however, with practice, many people can benefit from mindfulness. Mindful eating is a great starting point.

Good nutrition is about your approach to food and not just what you eat. The environment in which you eat is important when it comes to metabolising your food well. When our nervous system is relaxed and we feel content we are in rest and digest mode. When stressed, we are in fight or flight mode. There's no call for digesting food when dealing with a stressful situation, instead all our energy goes towards getting away from the stressor as fast as possible. With this in mind, it's important to check in with your nervous system before sitting down to eat. Is your heart still racing from your daily activities? Are you emotionally uptight? What can you do to calm your system down before you eat?

The process of preparing and **cooking food can itself be a meditation**. With a clear focus, that this time is for nurturing your mind and body, you can make it a daily ritual. Better still, where possible, eating with friends and loved ones - sharing your love of food is most beneficial.



Measuring Progress

Measuring our tangible feelings and intangible thoughts is perhaps the easiest way to measure our state of mindfulness. This approach to life can work on many levels. Often, we humans have too much mental energy, demanding things to be different or desiring things we cannot have. But not always do we get what we want. In spiritual terms, the root chakra (our metaphorical energy centre) represents the earth. The earth is our Homebase: friends, family, manual labour, food and shelter. It is where we sow our seeds of growth. When we have a strong Homebase, we digest our food well and also the things that affect our life seem to be much better digested. Knowing this, emphasises the importance of approaching the food that we eat mindfully. Show me discomfort of the digestive tract and I will show you dullness of mind.



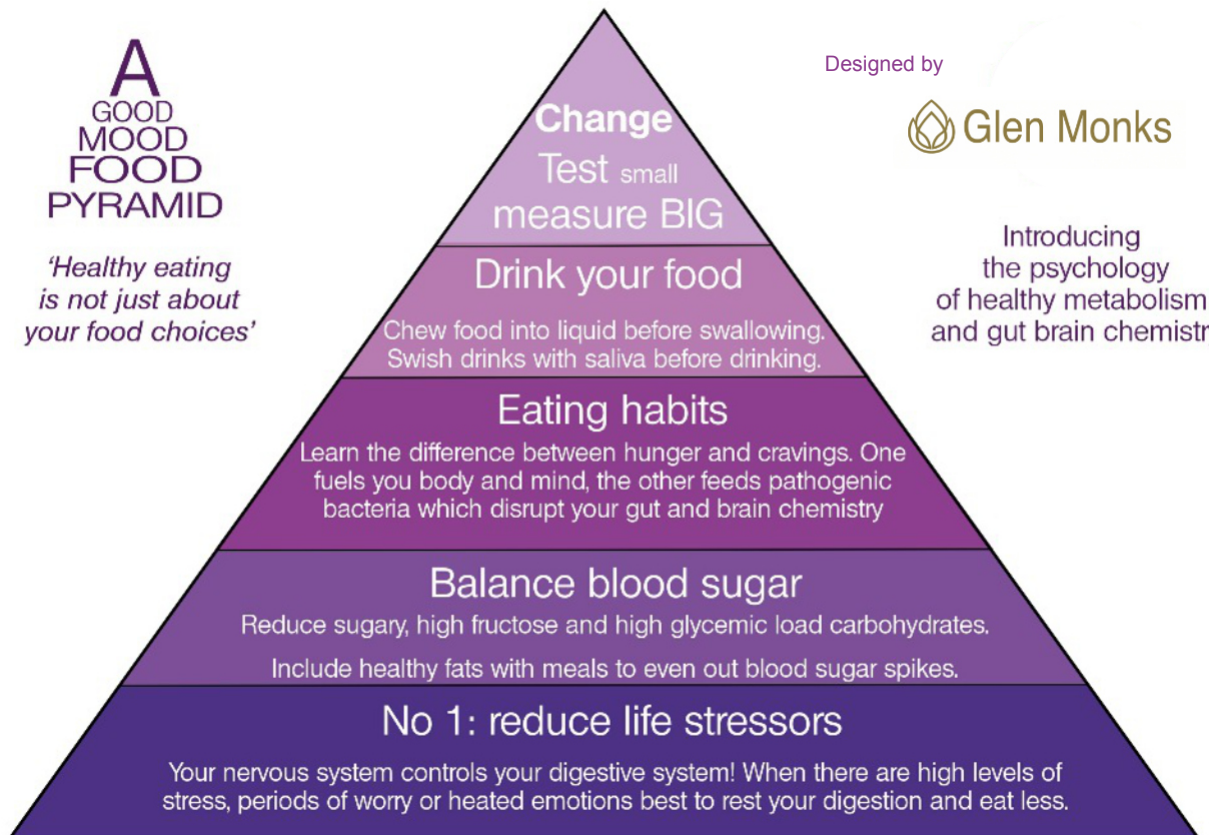
When we spend lots of time living in our heads we divert blood flow and vital life force away from our digestive tract. Our work, therefore, is to learn to manage the mental and emotional demands of the world whilst tending to the physical needs of the body. To do this, it is important to take your time when eating. Try to make it a pleasant, stress free experience, mindful eating is about focusing on the bodies response to food. Distractions such as talking, or watching tv all negatively impact digestion. Try to notice the feeling of being satiated, when the body is satisfied, with the right amount of food, it sustains our energy needs.

Whenever you feel challenged by life, try to reduce your calorie intake and give your body time to adapt to your emotional needs. With patience, your breath, mind and body will sync into alignment and you will be able to enjoy some food instead of using it as a crutch – this is mindful eating. The feeling of being satiated is different from feeling full which can cause dysbiosis and lead to all kinds of gastrointestinal issues such as yeast and bacterial overgrowth. To eat mindfully is to taste, welcome and celebrate the food you eat. Come to know food as the fuel that sustains your life - the better the quality the better your life.

It ain't what you do it's the way that you do it

A GOOD MOOD FOOD PYRAMID

*'Healthy eating
is not just about
your food choices'*



Welcome Change

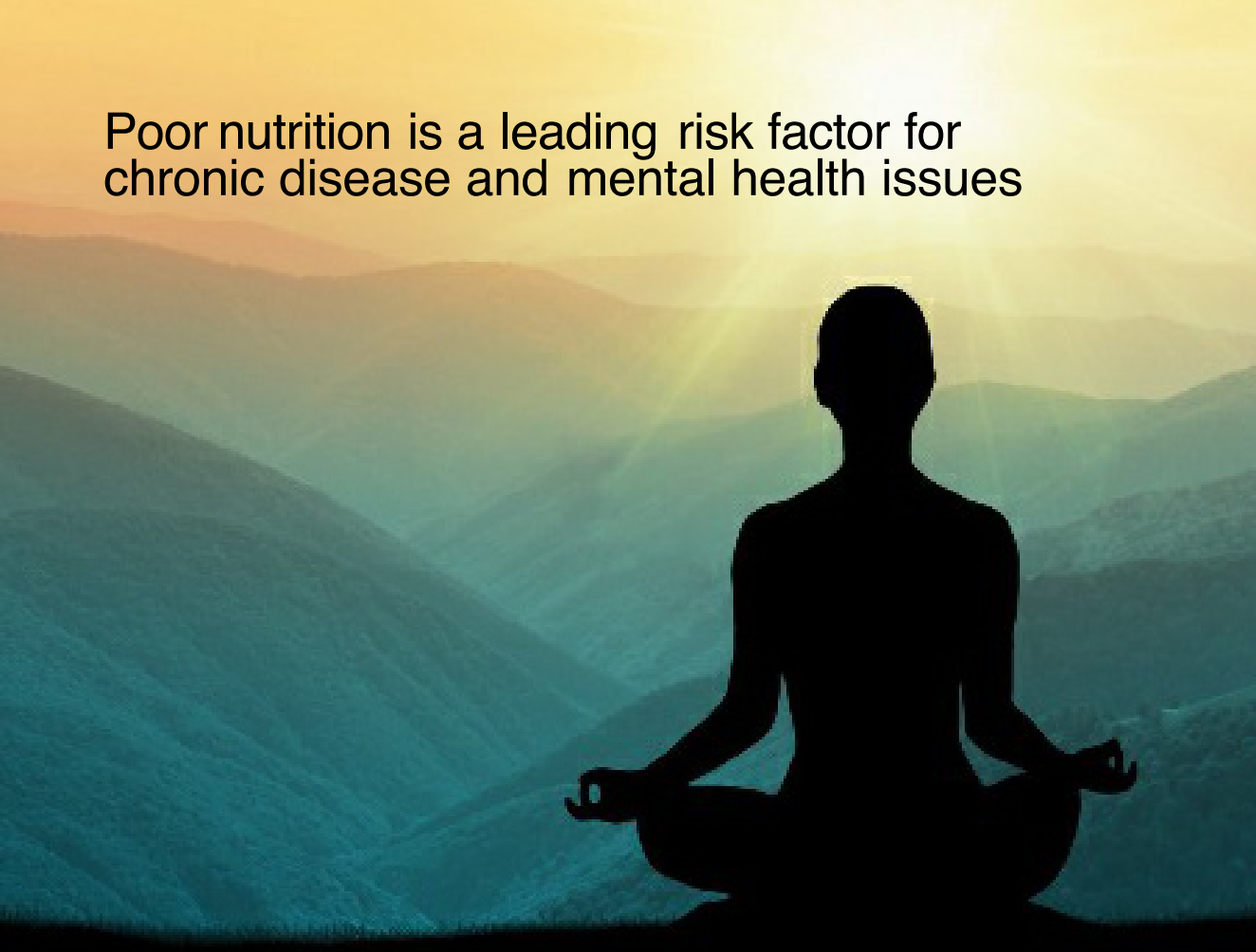
Transformation begins in the mind, first with a desire to change. However, to address change means meeting the wall of resistance. All change-work lives just the other side of this wall. By approaching change safely and with the right support you can own lasting results.

For the next 7 days listen to the language of your unconscious, is it working 'towards' or 'away from' your life goals. As you become more familiar with your unconscious -

language you will begin to notice what has been causing you to hold on to any disruptive eating patterns. This is the first step on the ladder of transformation. We cannot change what we are blind to.

Once you familiarise yourself with habits and cravings you will be more likely to change the foods that don't serve you. Positive self talk is key here. Don't judge, just notice, then positively confirm to your unconscious mind that change is just around the corner and that these habits will soon be under control.

Poor nutrition is a leading risk factor for chronic disease and mental health issues



Being in control of your own health destiny means choosing what you eat. This has the potential to increase or decrease your risk of developing Alzheimer's, other forms of dementia, and overall cognitive decline.

So what are the right foods to promote healthy brain function? To help guide you, we have compiled a list of some widely available, nutrient-rich brain foods you can buy in your local grocery store.

The way to approach dietary change is slow and methodical. We do not recommend changing your diet instantly. Be more tortoise and less hare.

The following food list could help:

- Protect your brain from damaging inflammation
- Nurture your gut and foster better moods
- Reduce risk of diabetes, a leading risk factor for Alzheimer's
- Provide your brain with the nutrients it needs to thrive
- Improve your overall cognitive function and mental health

Remember food is life - so enjoy!

Foodlist to support mental health and cognition

We encourage you to incorporate the following brain foods into your diet regularly.

You may notice that you are thinking more clearly and even experience a boost in your mood and energy levels! Start improving your health today by bringing these healthy fats and high protein foods into your diet.

The following brain foods are an amazing starting point. If you want to discover more ways to improve your brain function and prevent cognitive decline be sure to eat more food from nature's table. We strongly believe your body and brain will thank you for it.

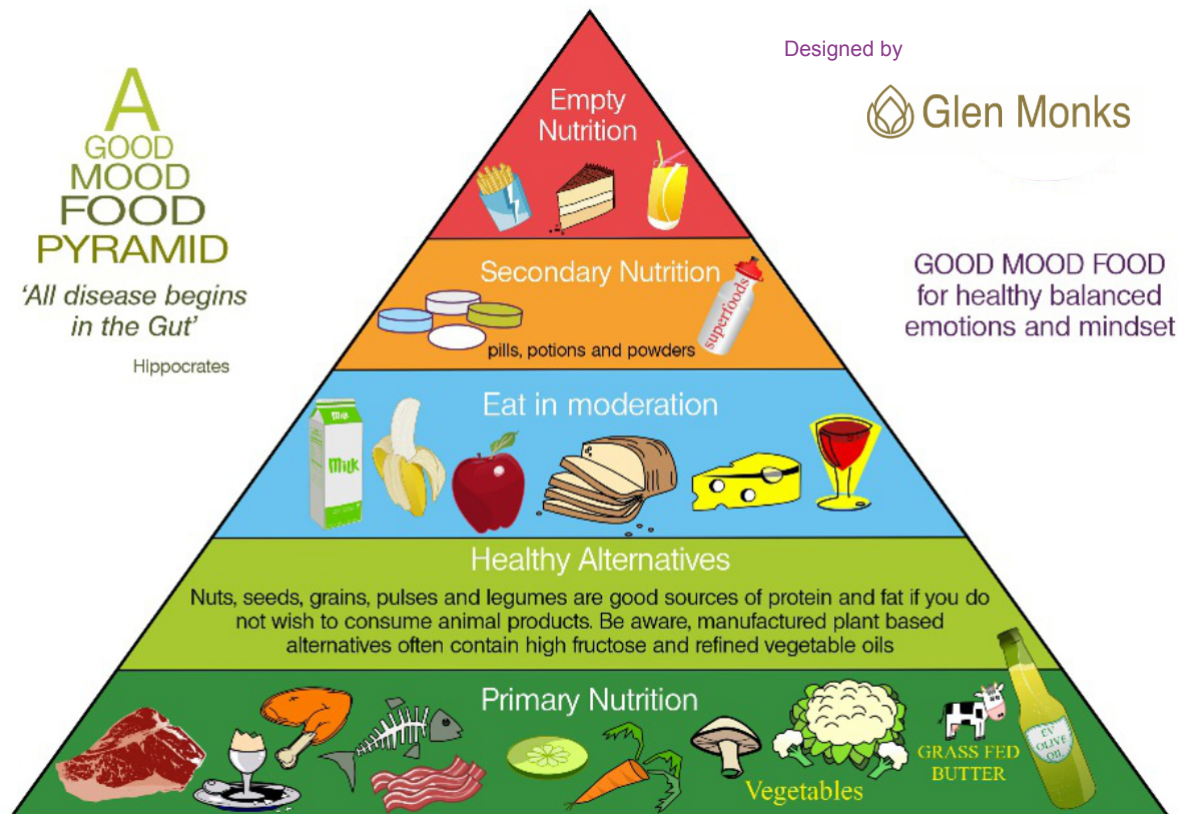
- Freshly caught salmon
- Organic farmed meat
- Organ meats - liver, kidney, tongue
- Avocado
- Active cultured yogurt
- Blueberries
- Broccoli
- Kale
- Cabbage
- Kimchi
- Kefir
- Kamboucha
- Jerusalem artichoke
- Whole nuts - best brazil and macadamia
- Healthy fats and oils - not refined veg oils



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GOOD MOOD FOOD
for healthy balanced
emotions and mindset



It's all about balance



Balancing blood sugar

Balancing blood sugar is something we all must take into consideration. It is the cause of many long term health conditions. The key is you can do something about it.

Eating as nature intended is beneficial to our body mind because it helps us balance blood sugar levels.

When refined carbs and sugar serve as the brain's primary energy source our neural pathways can become overwhelmed. Free radicals and glucose can also deplete antioxidant levels and thus hinder detoxification. Overtime this leads to excess oxidation and can create inflammation in the brain.

Alternatively, when the brain draws its energy from ketones, by including more healthy fats and protein in our diet, fewer free radicals are produced, allowing natural antioxidants to work for us.

Understanding which foods create high blood glucose and the role of healthy fats and protein to balance insulin, is crucial to diet mastery. Fasting also helps us to realign the body's fuel pathway, Intermittent fasting plays an important role in building better all-round health. With the right methodology, fasting not only heals, but can help you thrive. For more details research the benefits of fasting and ketogenic diets for mental health.

Healthy Gut Happy YOU!



Balance food intake balance microbes

We could not address food and fasting without re-confirming the sound body of evidence, showing that gut microbes are responsible for the connection between chronic stress and brain health. It is estimated that there are over 100 trillion bacterial cells in the human gut. They live in colonies throughout the digestive tract, starting at the mouth, right through to the colon.

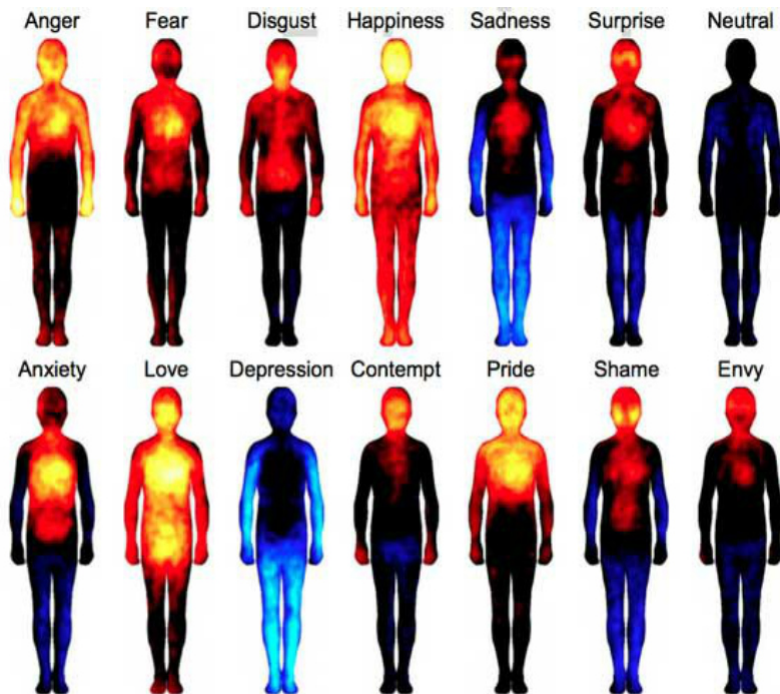
To keep your body and mind running well, it's critical to keep your digestion optimal and the gut microbiota balanced. Much of the brain's neuro-chemistry is triggered by the gut which influences neural development and all behavioural phenomena. The simple message here is this: 'a healthy gut is a happy you'.

Fasting builds bacterial resilience

A good way to develop microbial balance is to starve sugar feeding bacteria and yeasts. A good overnight fast should give your body a 12-hour break from food – between your evening meal and breakfast the next day. This allows 4 hours to complete digestion and 8 hours for your liver to complete its detoxification cycle. Once you can do this, you can try extending your fasting window to 16 -18 hours. Eventually, you can build up to a full day fast each week.

As with everything covered in this document, Test small and MEASUREBIG. If you have any adverse affects consult a professional therapist. With long term health conditions always consult your GP.

What when it all goes wrong?



Many rivers to cross, a final note

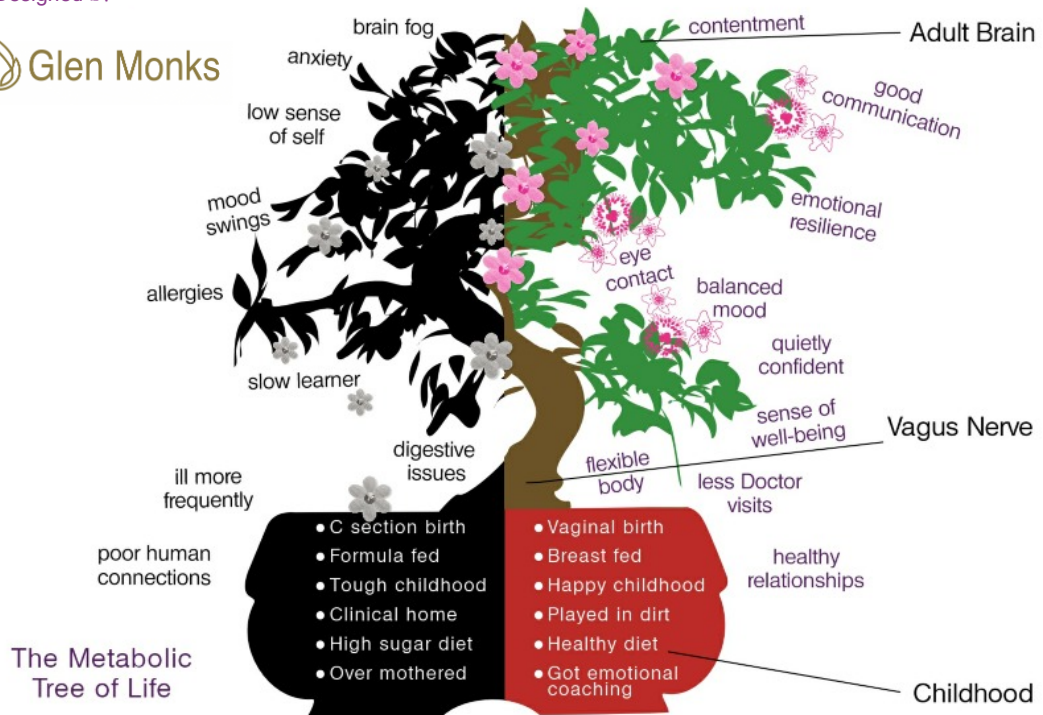
Balancing gut and brain health is an art and a science. Mastering the two can cause discomfort or reveal underlying causes which can be challenging at first. We cannot emphasize enough the importance of working with a practitioner if changing your diet brings adverse side effects. However, with perseverance, guidance and a little integrity transformation, from many of today's debilitating health conditions, is possible by tailoring a diet specific to your individual needs.

Through practice and patience we encourage you to embrace change and live in a state of acceptance. Embracing acceptance, of how things are, is how we develop compassion and empathy. As you shift your life experience, to needing nothing more than peace of mind, you will begin to feel safe in our own skin. Here, your body will be able to relax and begin to balance itself.

Finding inner balance, is the foundation of a strong body and a healthy brain. This is why we believe **Good - Mood - Food wins over empty nutrition.**

Any images are available as downloads upon request

Designed by



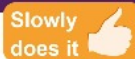
Reduce inflammation
& improve your
brain chemistry



Inflammatory Foods



- **Gluten** - (none celiac sensitivity)
- **Dairy** - Problematic for many
- **Nightshades:** - May lead to bloating and gut distress for some
(Tomatoes, eggplant, white potatoes, bell peppers)
- **Oxalates:** - May cause gut distress in sensitive cases
Kale, broccoli, cauliflower, chocolate, nuts
- **Histamines:** - Can cause yeast overgrowth and hives
Yogurt, cheese, processed meats, sauerkraut, coco, cinnamon, canned fish, left-over food, alcohol
- **FODMAPS:** Various - Bloating and distention



Anti-inflammatory Foods



- **Fresh oily fish** - All high histamine unless very fresh
- **Fresh Meat, organ meat**
- **Pulses** - use in moderation
- **None FODMAP vegetables** - Lettuce, olives, pumpkin, fennel, sweet potatoes, chard, courgette, celery, cucumber, radish
- **None FODMAP Fruits** (mainly berries, lemon, lime, dates, orange, melon, kiwi)
- **Aloe vera - flesh and juice** - Plant leaf fleshly juiced
- **Coconut oil, grass fed ghee, butter, olive oil** - Avoid refined oil dressings & cooking oils
- **White rice over whole grain.** - Avoid grains if possible

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Working in the field of holistic health for 20 years, I am trained in functional medicine modalities, with a special interest in trauma-related illness and how stress impacts gut health. My work covers the bio-psycho-social aspects of human development. I use a functional medicine approach to support those I work with. This sometimes, but not always, involves laboratory testing depending on the pathology and virulence of the client. The first steps involve lifestyle medicine and addressing the psycho-dynamics of the individual. Deeper work may involve working with other specialists to help us address the root cause. There is no one size fits all.

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