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The food-mood solution : all-natural ways to banish anxiety, depression, anger, stress, overeating, and alcohol and drug problems / Jack Challem ; foreword by Melvyn R. Werbach. p. cm. Includes bibliographical references and index. ISBN 978-0-471-75610-1 (cloth) 1. Mental healthâ€”Nutritional aspects. 2. Mood (Psychology)â€”Nutritional aspects. 3.

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The Food-Mood Connection c01.qxp 12/19/06 8:03 AM Page 9 COPYRIGHTED MATERIAL. c01.qxp 12/19/06 8:03 AM Page 10. 11 A ... 14 THE FOOD-MOOD SOLUTION A Better Fix for Blood Sugar Swings Instead of a soft drink or a sugary snack,eat some unsalted mixed nuts or a slice of deli turkey and cheese.

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thorities, sugar, food colorings, and other all-too-common food additives do indeed adversely affect mood. In June 2004, Archives of Disease in Childhood reported a study, involving 277 preschool children conducted by the UK's Southampton General Hospital. The findings? Artificial food colorings and other additives increased hyperactive behavior.

Book Reviews - Orthomolecular.org

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