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**TotalHealth**  
**life, in balance.**



## **FOOD AS MEDICINE: GOOD MOOD FOODS**

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# FOOD AS MEDICINE!

*"The beauty of Food As Medicine is that the choice to heal and promote health can begin as soon as the next meal."*



# ABOUT YOUR PRESENTER

## TONI ST. CLAIR-FISH

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TrueSelf TotalHealth

Certified Nutritional Endocrinology  
Coach and Educator

Functional Medicine Coach-  
Certification Candidate –FMCA-IFM

Certified Digestive Health Coach

Certified Insulin Resistance Coach

Certified Plant Based Nutrition Educator

Certified Raw Vegetarian Chef and  
Instructor



# DISCLAIMER

I am not a licensed practitioner, physician, dietician, nutritionist, nurse or medical professional. This document/course is informational only. Anything you learn here is to be utilized/taught/shared at your own risk. Antoinette (Toni) St. Clair, Health Coach (Functional Nutrition & Life) and Wellness Consultant claims no responsibility to any person or entity for any liability, loss, or damage caused or alleged to be caused directly or indirectly as a result of the use, application, or interpretation of the information presented, suggested or recommended. **It is not intended as medical advice. I am not treating, curing, or diagnosing any condition or illness.** If you have a condition that requires medical attention, I encourage you to make your own health care decisions based on your research and in partnership with a qualified health care practitioner.



# WHY ARE YOU HERE?

- ✓ Depression?
- ✓ Anxiety?
- ✓ Mood Swings?
- ✓ Minimize Risk of Mood Imbalance?
- ✓ Curious?



# WHY IS IT IMPORTANT?

- ✓ Impacts 30% of adults in US.
- ✓ Depression and anxiety most common conditions.
- ✓ Increased by 49.86 percent between 1990 and 2017.

<https://www.nimh.nih.gov/health/statistics/any-anxiety-disorder.shtml>

<https://pubmed.ncbi.nlm.nih.gov/31439359>



# WHAT YOU WILL LEARN

- Nutrients to support and maintain a good mood.
- Plant based foods and herbs highest in those nutrients.
- Tips, tricks, and tools to easily create your unique good mood food and wellness lifestyle plan.

# NUTRIENTS THAT SUPPORT GOOD MOOD

<b>B Vitamins</b>	Potassium
<b>Fiber</b>	Selenium
Iron	Vitamin A
<b>Magnesium</b>	Vitamin C
Omega 3 Fatty Acids	Vitamin D
<b>Phytonutrients (Flavonoids)</b>	Zinc
<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6102571/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6102571/</a>	

*Reference: Dr. Deanna Minich, Top Foods To Eat For Your Moods  
Dr. Ritamarie Loscalzo, Institute of Nutritional Endocrinology*

# AMINO ACIDS

**NUTRIENT:** Amino Acids (Essential)  
**Tryptophan**

**WHAT IT DOES:** Building blocks for neurotransmitters  
Dopamine  
Serotonin  
GABA

*Reference: Dr. Deanna Minich, Top Foods To Eat For Your Moods*

*Dr. Ritamarie Loscalzo, Institute of Nutritional Endocrinology.*



# FOODS THAT CONTAIN TRYPTOPHAN

## PROTEIN RICH PLANT BASED

Soybeans  
Pumpkin seeds  
White beans  
Sesame seeds  
Split peas  
Kidney beans  
Some nuts (Almonds, Cashews,  
Some grains (Oats)



*Reference: Dr. Deanna Minich, Top Foods To Eat For Your Moods*

*Dr. Ritamarie Loscalzo, Institute of Nutritional Endocrinology*

<https://www.myfooddata.com/articles/high-tryptophan-foods.php>

# PLANT FOODS HIGHEST IN B6

- ✓ Spinach
- ✓ Cabbage
- ✓ Bok Choy
- ✓ Bell Peppers
- ✓ Turnip Greens
- ✓ Cauliflower
- ✓ **Sweet Potatoes**
- ✓ Potatoes
- ✓ Bananas



*Dr. Ritamarie Loscalzo, Institute of Nutritional Endocrinology*

Source: World's Healthiest Foods- [WWW.WHFOODS.COM](http://WWW.WHFOODS.COM)

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# PLANT FOODS HIGHEST IN B<sub>1</sub> (Thiamin)

- ✓ Asparagus
- ✓ Sunflower Seeds
- ✓ **Green Peas**
- ✓ Brussels Sprouts
- ✓ Spinach
- ✓ Cabbage
- ✓ Eggplant
- ✓ Romaine Lettuce
- ✓ Legumes

Ref: Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, (INE)

Source: World's Healthiest Foods- [WWW.WHFOODS.COM](http://WWW.WHFOODS.COM)



# PLANT FOOD SOURCES OF B<sub>9</sub> (FOLATE)

- ✓ Vegetables, especially asparagus, Brussels sprouts, and dark green leafy vegetables, such as spinach and mustard greens
- ✓ Avocado
- ✓ Fruits, especially oranges, papaya, grapefruit, and strawberries
- ✓ Nuts and seeds, such as almonds, flaxseeds, and sunflower seeds
- ✓ Legumes such as lentils, kidney beans, and black-eyed peas



# PLANT FOODS HIGHEST IN MAGNESIUM

Food	Serving Size	Magnesium (mg)	Food	Serving Size	Magnesium (mg)
Spinach	1 cup	156.60	Oats	0.25 cup	69.03
Swiss Chard	1 cup	150.50	Tofu	4 oz	65.77
Beet Greens	1 cup	97.92	Almonds	0.25 cup	61.64
Pumpkin Seeds	0.25 cup	190.92	Papaya	1	57.96
Summer Squash	1 cup	43.20	Flaxseeds	2 TBS	54.88
Turnip Greens	1 cup	31.68	Green Peas	1 cup	53.72
Soybeans	1 cup	147.92	Tuna	4 oz	47.63
Sesame Seeds	0.25 cup	126.36	Scallops	4 oz	41.96
Black Beans	1 cup	120.40	Collard Greens	1 cup	39.90
Quinoa	0.75 cup	118.40	Beets	1 cup	39.10
Cashews	0.25 cup	116.80	Broccoli	1 cup	32.76
Sunflower Seeds	0.25 cup	113.75	Brussels	1 cup	31.20
Navy Beans	1 cup	96.46	Raspberries	1 cup	27.06
Tempeh	4 oz	87.32	Winter Squash	1 cup	26.65
Buckwheat	1 cup	85.68	Cabbage	1 cup	25.50
Pinto Beans	1 cup	85.50	Asparagus	1 cup	25.20
Brown Rice	1 cup	83.85	Kale	1 cup	23.40
Lima Beans	1 cup	80.84			

Food	Serving Size	Magnesium (mg)
Strawberries	1 cup	18.72
Bok Choy	1 cup	18.70
Mustard Greens	1 cup	18.20
Cumin	2 tsp	15.37
Parsley	0.50 cup	15.20
Watermelon	1 cup	15.20
Mustard Seeds	2 tsp	14.80
Fennel	1 cup	14.79
Leeks	1 cup	14.56
Basil	0.50 cup	13.57
Cucumber	1 cup	13.52
Romaine	2 cups	13.16
Cauliflower	1 cup	11.16
Celery	1 cup	11.11
Bell Peppers	1 cup	11.04
Cloves	2 tsp	10.88



Source: World's Healthiest Foods- [WWW.WHFOODS.COM](http://WWW.WHFOODS.COM)



# BRAIN AND NEUROTRANSMITTER FOOD - GENERAL

Healthy Fats	Fruits and Veggies High in Antioxidants	Probiotic Foods
	Dark Chocolate	



*Ref: Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)*

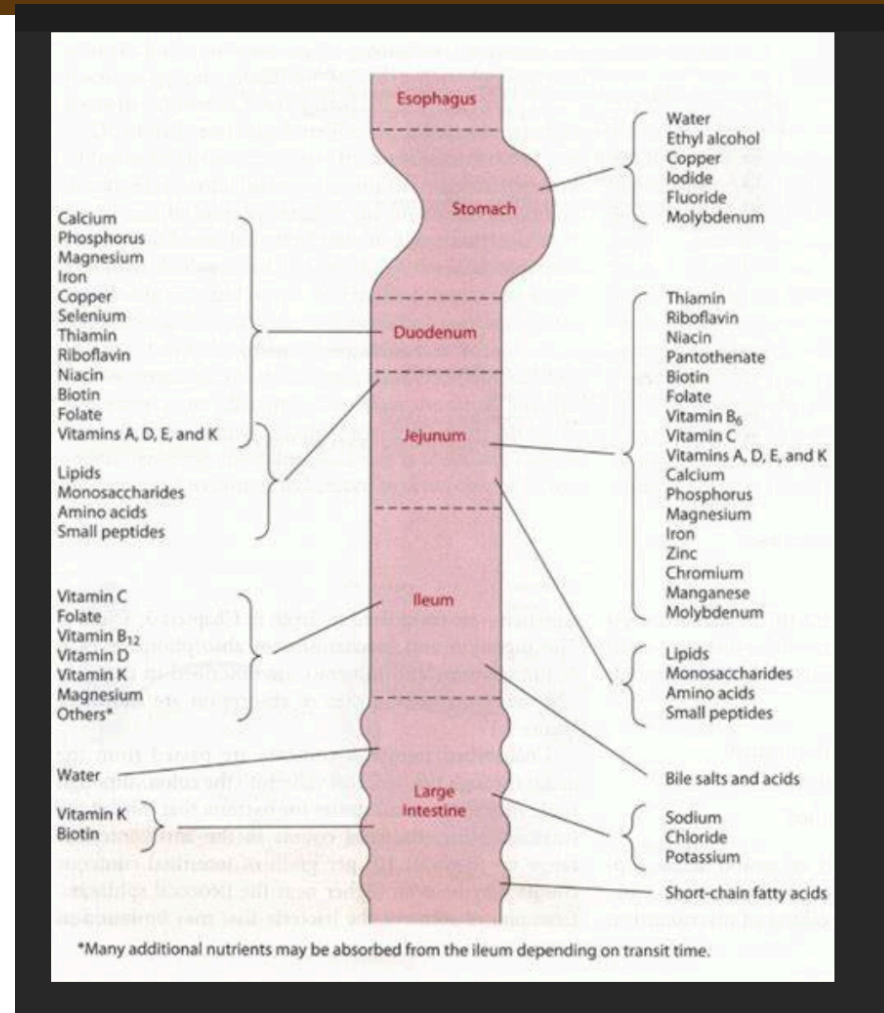
# ARE YOU DEFICIENT IN GOOD MOOD NUTRIENTS?

## Possible Reasons:

- Actual intake
- Depletion due to certain medications
- **Digestive issues**

Ref: Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN,

Institute of Nutritional Endocrinology (INE)



# TIPS TO INCORPORATE GOOD MOOD FOOD IN YOUR DIET

- **Cruciferous vegetables** (fiber, folate, iron, phytonutrients, potassium, selenium, vitamin C, vitamin A, and zinc)
- **Fruit** (folate, fiber, potassium, phytonutrients, vitamin C)
- **Leafy greens** (B-vitamins, fiber, iron, magnesium, phytonutrients, potassium, vitamin A, vitamin C, vitamin K)
- **Nuts and seeds** (B-vitamins, fiber, iron, magnesium, phytonutrients, potassium, protein, selenium, zinc)

# BRAIN AND NEUROTRANSMITTER HERBS - GENERAL

## Adaptogens for Depression

Herb	Dosage	Cautions
American Ginseng	Tincture: take 20-40 drops up to 3x per day. Capsule: powdered herb take 2 400-500 mg. caps 2-3x per day. For powdered extract take one capsule of 400-500 mg. 2 times per day.	Can over stimulate if you have anxiety or insomnia. Start "slow and low" to work your way up to recommended dosage.

# BRAIN AND NEUROTRANSMITTER HERBS - GENERAL

## Adaptogens for Depression

Herb	Dosage	Cautions
Holy Basil	Tincture: 40-60 drops 3 times per day. Tea: add 1 tsp. of dried leaf to 8 oz. of hot water. Let it steep for 5-10 minutes. For therapeutic benefits, drink the tea up to 3 times per day.	Start "slow and low"



# BRAIN AND NEUROTRANSMITTER HERBS - GENERAL

## Adaptogens for Depression

Herb	Dosage	Cautions
Rhodiola Root	Tincture: 40-60 drops 3x per day.	Avoid Rhodiola if you have bipolar, or are paranoid. From some it can cause insomnia. Start "slow and low"

# BRAIN AND NEUROTRANSMITTER HERBS - GENERAL

## Adaptogens for Anxiety

Herb	Dosage	Cautions
Ashwagandha root	Tincture take 30 drops 3-4 times per day, as capsule take 400-500 mg. twice a day.	It can increase the effects of barbiturates.  Start "slow and low"

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# BRAIN AND NEUROTRANSMITTER HERBS - GENERAL

## Adaptogens for Anxiety

Herb	Dosage	Cautions
Schisandra (fruit and seed)	Tincture: 40-80 drops 3-4 times per day. Capsules: 1-2 400-500 mg caps, 2-3 times per day.	It can increase the effects of barbiturates.  Start "slow and low"

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# LIFESTYLE FACTORS THAT INFLUENCE YOUR MOOD

- ✓ Rest and Sleep
- ✓ Movement
- ✓ Breathing
- ✓ Stress Management
- ✓ Fun

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# GOOD MOOD ACTION PLAN – CHECK LIST

- ☐ Assess and improve digestion as appropriate
- ☐ Assess “good mood” nutrient status
- ☐ Include more “good mood” nutrients in your diet
- ☐ Eat primarily whole plant based food
- ☐ Implement appropriate lifestyle activities (sleep, stress management)
- ☐ Eliminate toxic “food” (sugar) and food like substances
- ☐ Improve vitamin and minerals with supplements as appropriate
- ☐ Introduce appropriate herbs



# THANK YOU FOR COMING!



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**TAKE CONTROL OF YOUR HEALTH NOW!!**