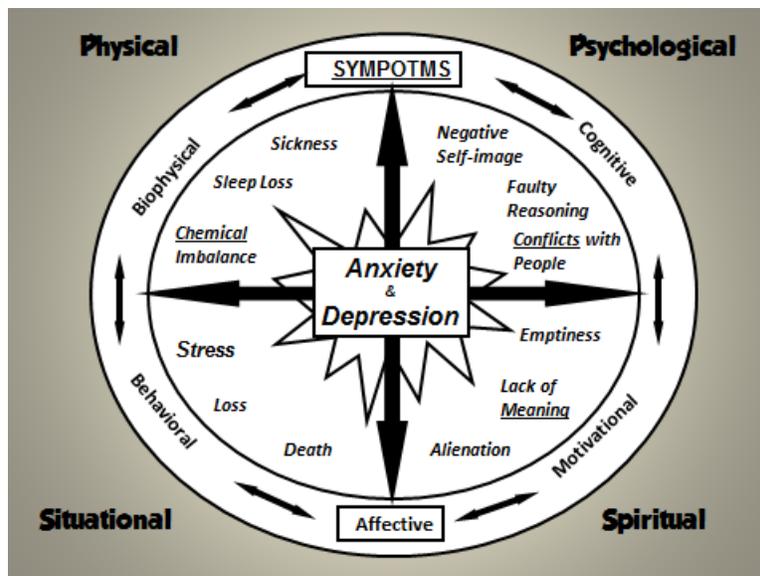


Nutrition and Mental Health

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A study in the Archives of General Psychiatry reported that slightly more than 9 percent of American adults currently have serious mood disorders, and another 11 percent have clear-cut anxiety disorders. These percentages add up to a frightening 42 million adults, equivalent to the combined populations of New York, Illinois, Oregon, Colorado, and Connecticut.

When it comes to Mood Disorders there are many factors that join together to bring about mental, emotional, and physical changes in the body.



In understanding mental health it's important to not only look at the symptoms but the causes of the symptoms. Anxiety and Depression are the results or symptoms of something going on in a person's life. Anxiety is closely tied to fear about the future. Will I lose my job? Who will I marry? What will happen if my unhappy marriage is not fixed? Depression, on the other hand, is closely tied to hurt, loss, and guilt. Something or someone in my past has hurt me deeply. It may be a parent, friend, or teacher. I may have had a loved one die. I might be guilty of doing something wrong and I can't forgive myself or I'm afraid of being found out.

There's a thread that runs through both anxiety and depression. That thread is called *control*. With anxiety I would like to be able to *control my future* but I can't and that leaves me with concern, worry, and fear. With depression I would like to be able to *change hurtful situations*, loss, or a troubled conscience filled with guilt. But I can't change the past. It is what it is. Much of life is filled situations and events that we cannot control as we like.

FUTURE ← CONTROL → PAST

There are three important questions to ask when it comes to mental health and the control of thoughts, emotions, and physical well-being.

1. *What's going on?*
2. *How do you feel about it?*
3. *Do you want to change?*

When it comes to nutrition and mental health you can support your body by taking supplements that will nourish, give energy, repair, and heal your body during times of mental, emotional, and physical stress. These nutritional supplements will assist your God-given immune system.

TRE-EN-EN assists cells in the body to absorb nutrients and carry out waste products

NEOLIFE SHAKES help the body to produce the necessary enzymes, hormones, and anti- bodies for maximum health.

SUPER B
CHELATED ZINC
CHELATED CAL-MAG
SALMON OIL

These supplements will be of assistance for individuals experiencing ADHD, Anxiety, Endurance Issues, Inattention Difficulties, Depression, Mood Swings, Schizophrenia, Mental Stability Problems, Bi-Polar Disorder, Need for Increased Energy, Emotional Well-Being Struggles, Stress Pressures, Headaches and Migraines, and Nervousness Conditions.

SUPER C
CAROTENOID COMPLEX

Nutritional Supplements will not fix a bad job, repair an unhappy marriage, or erase grief and loss of a loved one. However, they will assist the body during times of severe mental and emotional testing.

10 Mood-Enhancing Eating Habits

- # 1 Eat a little protein at each meal
- # 2 Eat a variety of high-fiber non-starchy vegetables
- # 3 Eat a variety of high-fiber non-starchy fruits
- # 4 Cook with olive oil
- # 5 Drink water and teas
- # 6 Avoid fast-food and chain restaurants
- # 7 In all restaurants, practice defensive eating
- # 8 Avoid prepackaged microwave meals
- # 9 Avoid most refined oils
- # 10 Avoid or strictly limit your intake of sugars and grain-based carbohydrates

12 Mood-Enhancing Behavioral Changes

- ❖ Exercise—Go for walks
- ❖ Get plenty of sunshine
- ❖ Secure proper rest and sleep
- ❖ Reshuffle your priorities
- ❖ Learn to laugh more
- ❖ Develop a fun hobby
- ❖ Repair broken relationships
- ❖ Learn to forgive others
- ❖ Spend time with positive people
- ❖ Think encouraging thoughts
- ❖ Serve and help other people
- ❖ Read the Bible & spend time in prayer