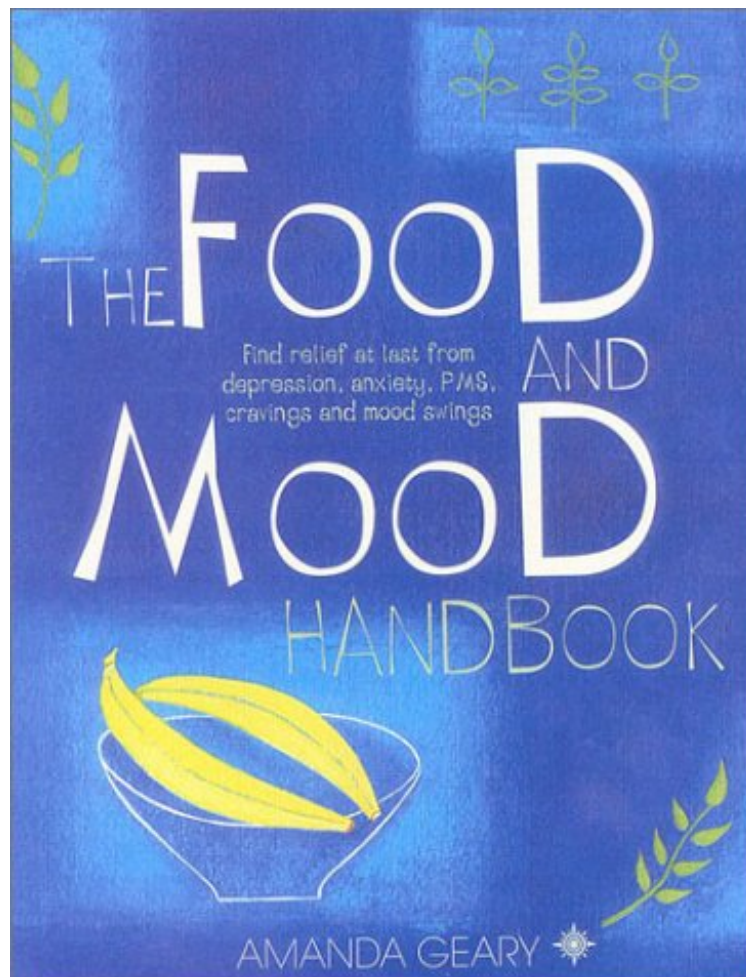


[E-BOOK] The Food and Mood Handbook: Find Relief at Last from Depression, Anxiety, PMS, Cravings and Mood Swings

## The Food and Mood Handbook: Find Relief at Last from Depression, Anxiety, PMS, Cravings and Mood Swings

Amanda Geary

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#1811186 in Books Thorsons 2001-09-25Ingredients: Example IngredientsOriginal language:EnglishPDF # 1 9.64 x .66 x 7.44l, #File Name: 0007114230192 pagesClear guidelines for changing what you eat to improve the way you feelExplanations for some of the effects of food on moodTop ten quick-and-easy good mood food recipesFull details of the Mind Meal for mental health | File size: 17.Mb

**Amanda Geary : The Food and Mood Handbook: Find Relief at Last from Depression, Anxiety, PMS, Cravings and Mood Swings** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Food and Mood Handbook: Find Relief at Last from Depression, Anxiety, PMS, Cravings and Mood Swings:

0 of 0 people found the following review helpful. Awesome book .. Makes so much senseBy Deb Farnworth-WoodGreat book. I've bought several copies over the years and given them to friends. Great resource for depression, anxiety and a clear reminder of the link between what we eat and how we feel0 of 1 people found the following review

helpful. Five StarsBy Judith TruittExcellent6 of 6 people found the following review helpful. Give this book a chance and you will be pleasantly surprised...By First off, I want to respond to the person that gave this book a low rating. I am sorry that it was not what you had expected however everyone has a different opinion on books as to what is a good read for them or not. I will share my experience after reading this book.The Food and Mood Handbook by Amanda Geary was one of my first introductions into the area of food and mood and in learning about exactly how much diet can impact on your mental health. As someone who used to suffer terribly with PMS, finding anything that might relieve my symptoms was an ongoing task for me and I know diet has a huge effect on premenstrual problems, especially mine!Geary's book is an excellent manual in learning how to eat a nutritious diet that can help relieve mental health symptoms such as anxiety, depression, and generalized mood swings. She herself had struggled for many years with severe depression and mental health problems, and after years of medication, it was only when her diet changed that her depression was finally dealt with. So Geary wrote this book, after training to become a nutritionist, in order to provide a guide on good mood foods. There is a huge amount of explanation into how the brain works in conjunction with food and what types of neurotransmitters are needed and produced when we eat certain types of food. The book also talks about foods which sustain blood sugar levels, and which can promote the production of 'good mood' chemicals in the brain. Like Geary, I agree that a lot of mental health problems that exist could be relieved simply by changing diet and if all else has failed, why not alter the diet in order to see if it can help? Even better, why not change the diet first, before resorting to medication? This is an excellent book and worth reading even if good nutrition is simply your interest.

This book enables you to understand the relationship between what you eat and how you feel.