

A person's arm and leg are visible on the right side of the image, extending into the water. The background is a sunset sky with a gradient from blue to orange, and the water is visible at the bottom. A semi-transparent pink rectangle covers the middle and bottom portions of the image, serving as a background for the text.

THE

Importance
Of Nutrition

Workbook

Nutrition & Why You Need it

At the end of the day what you put into your body will directly determine what you can get out of it. Your body is constantly putting in requests for key building blocks that it needs to function at it's best. When we neglect to provide our bodies with essential minerals & vitamins the body resorts to breaking down other areas of our bodies to fill the order.

Your body is designed to handle this for short-term episodes. If the problem continues we end up with a multitude of health related issues. This forces our bodies to work overtime to complete even the simplest of tasks. Think of it like running an engine without oil it causes it to over heat and break. Stress is our bodies warning sign that we are reaching our breaking point.

*Pamela
Tremblay*

Poor Nutrition Causes Stress

Listen Up

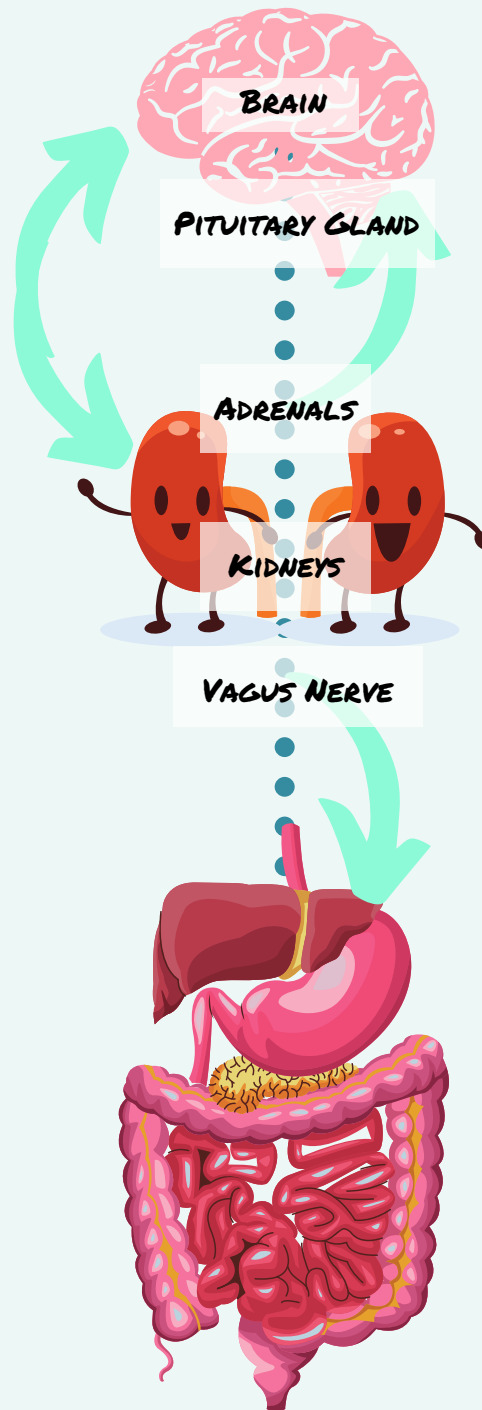
Stress is part of our everyday lives, however, our ability to process and deal with this stress can lead to some harmful repercussions. The following is a list of signs and symptoms that may indicate you have too much stress!



What is Your Body Telling You?

If you are suffering from any of these signs or symptoms you owe it to yourself to take the time to invest in your health and happiness.

The Effects of Poor Nutrition on the Brain & Gut Health



GUT TO BRAIN

- Neurotransmitter production is inhibited
- Increases stress & anxiety
- Impacts mood behavior & causes lethargy
- Causes brain fog

HPA AXIS:

Hypothalamus, Pituitary & Adrenal Glands

- HPA Axis is taxed
- Triggers fight, flight, or freeze response
- Excess cortisol is released & affects various systems in the body, including the nervous system

BRAIN TO GUT

- Indigestion
- Heartburn/Acid Reflux
- Increase of pathogens (bad microbes)
- Production of serotonin (the happy hormone) is inhibited

It Goes Both Ways

The Brain Can affect the Gut

The Gut Can affect the Brain



Butterflies in our stomach when we're in love or anxious



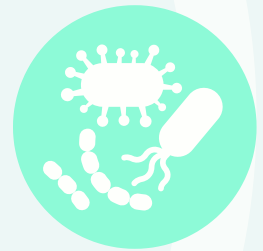
Fear or sadness makes us feel sick to our stomach



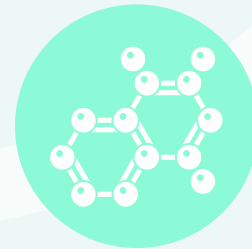
Acute stress can suppress our appetite, while chronic stress can increase appetite and cravings for high calorie foods



When we eat, receptors in the gut cause the release of enzymes to aid digestion



Gut cells, including microbiome bacteria send signals to release hormones that indicate hunger or satiety



The gut produces as much as 60%-90% of neurotransmitters involved in mental wellness, including serotonin & dopamine



WHOLE FOODS ARE THE BEST CHOICES

Your hormones don't have to rule your life. You have everything you need to take back control of your body and life. The following foods will help you get your hormones back in line.

AVOCADO



Contains antioxidant "Glutathione" which boost the immune system. Avocados are packed full with vitamins and minerals that keep you in optimal health.

CITRUS FRUIT



High in vitamin C and fiber they are good for more than just reducing your stress levels. They are great for keeping you healthy and fit!

BERRIES



High in antioxidants, vitamins, and minerals. These tiny guys are heavy hitters for your health. One of the best things about them is that they are low in calorie and tasty too!

ALMONDS



Contain vitamin E, Calcium, Potassium, Iron, Copper, Zinc, Manganese, and more. All of which can help keep you happy and healthy.

CACAO



Is high in heart-protective Flavanols. Studies show they can protect against cardiovascular disease, lower blood pressure, and improve circulation.

BROCCOLI



Broccoli is another vegetable with a high concentration of both antioxidant and anti-inflammatory ingredients. It contains 9 grams of protein per serving.



SPINACH & KALE

Packed with powerful nutrients and an excellent source of folate, vitamin A, iron, vitamin K, fiber, magnesium, and calcium.



BEST TEAS FOR STRESS REDUCTION



Green Tea

Green tea has a variety of health benefits due to its high concentration of antioxidants. As an added bonus it also contains caffeine and anti-inflammatory properties. Green tea has also been shown to increase your metabolism and more.



Chamomile Tea

Whom among us doesn't love the sleepy time blend of tea. One of its main components is chamomile. Known for its natural soothing effects on the nervous system making it a clear go-to for stress reduction.



Peppermint

Studies have shown that peppermint tea may help modulate activities in the central and peripheral nervous system. Its natural cooling effects on the stomach muscles also aid in better digestion which houses the majority of Serotonin production.



Cinnamon Tea

Is not just great for helping to regulate blood sugar levels and improve circulation throughout the body. Cinnamon tea can also help to reduce inflammation and lower stress levels naturally.



Orange Tea

The health benefits that come from oranges have been shown to help not only reduce stress levels. They also can help improve your immune system. Due to its abundance of vitamin C and its natural diuretic ability it is a great choice to help flush your system.

ADD HERBS FOR NUTRITIONAL VALUE

ADD A LITTLE SPICE TO YOUR DAY!



LEMON BALM

Powerful Calm

Participants who took lemon balm self-reported an increased sense of calmness and reduced feelings of alertness. Lemon balm is known to inhibit thyroid function which can make it helpful for someone with an overactive thyroid gland.



CHAMOMILE

Natural Analgesic

Chamomile contains flavonoid apigenin, which induces sleepiness and also has antispasmodic activity, which helps relieve gastrointestinal discomfort. Chamomile also works as an analgesic which makes it beneficial for pain relief.



KAVA ROOT

High In Kavapyrones

Kava kava ("kava" for short) contains substances called kavapyrones. They act much like alcohol on your brain, making you feel calm, relaxed, and happy. The plant is also thought to relieve pain, prevent seizures, and relax muscles.



GARLIC

High In Selenium

Garlic is also great for your heart health and can help lower blood triglycerides, blood sugar, and total cholesterol. It can protect against oxidative stress and support blood pressure.



PEPPERMINT

Soothing Mint

Helps calm an upset stomach, ease cramps, acts as an anti-inflammatory on bowels, reduces nausea, lowers stress levels and promotes digestion.

USING SPICES TO REDUCE STRESS

ADD A LITTLE SPICE TO YOUR DAY!

VARIETY IS THE KEY TO HEALTH AND HAPPINESS



CINNAMON

Contains a natural chemical called cinnamaldehyde which increases Progesterone and decreases Testosterone production and balances out hormone levels naturally.

TURMERIC

Contains Curcumin which has been proven to significantly lower levels of inflammation and helps promote detoxification of the liver and additional organs.



GINGER

Ginger is known to reduce nausea, congestion, headache, cramps, hot flashes, and indigestion. It also helps to improve the digestive tract and reduces inflammation.



ALLSPICE

It relieves pain, eases stomach upset, and kills bacteria and fungus. Compounds in allspice are also being investigated for use in the treatment of cancer and hypertension.



CURRY POWDER

This wonder spice has been used for centuries in Ayurvedic medicine to help treat inflammation, pain and rheumatoid arthritis.





Want to know more?

I hope this week's focus has helped you not only see how important Nutrition is for your health. But also helped you make better food choices throughout the week by eliminating fast/processed foods, especially lowering your sugar gram intake.

Remember at the end of the day it is all about being consistent in everything you do.

Get ready for even more skills and tools to help you improve your brain health!

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