

## ARTICLE: 7 WAYS IN 7 DAYS FOR A MORE MOOD BALANCED YOU

### DAY 1

- Recognise the symptoms of your anxiety, depression, panic, aggression and PMT etc.
- Don't bury the feeling – it's better to deal with it consciously.
- Your body will often give you signs that all in not well. Eg. Dizziness, irritability, shortness of breath, racing heart, upset stomach, sleeping problems, restlessness and fatigue/sluggishness.

### DAY 2

- Overhaul the pantry – Throw out or give away sugary products, refined white carbohydrate foods and alcohol.
- Things like sugary jams, sweet sauces, biscuits, breakfast cereals, white crackers, most breads, museli/fruit bars, crisps and ice-cream etc.

### DAY 3

- Head to the shops for a healthy buy up: Berries (fresh or frozen), broccoli, sweet potato, kiwi fruit, carrots, nuts and seeds, fresh herbs, brown rice, wholemeal pasta, grainy breads, oats, legumes, fish and seafood, eggs, natural unsweetened yoghurt, lean red meat (preferably grass/pasture fed), organic chicken, cottage and ricotta cheese – just to name a few of the basic staples.

### DAY 4

- Get moving if you aren't already. Start with 15 minute brisk walk and up the pace and duration over 4 weeks until you feel it is getting easy.
- Choose swimming, stationary cycling or yoga if you have existing joint issues.
- Consider hiring exercise equipment over winter if you find it too cold outside.

### DAY 5

- Eat protein rich foods to help boost alertness, at every meal, but especially for breakfast and lunch – turkey, salmon, legumes, reduced fat cheeses, good quality unsweetened yoghurt, eggs, nuts and seeds.

## DAY 6

- How are you sleeping? Alcohol, caffeine, stress, and late dinners are all obstacles to a good sleep.
- Try stretching, an Epsom salts bath, herbal tea, meditation, and perhaps a herbal sleep formula.
- Try using a vapourizer if you have a cough or blocked nose.
- Review medications – some drugs interfere with sleep.
- Be careful with anxiety-inducing news shows on tv.

## DAY 7

- Low levels of Vitamin D and Omega 3 fatty acids are associated with depression.
- Ensure 15-20mins of sun exposure per day, or take a supplement.
- Eat anchovy, sardines, salmon, mackerel, flaxseeds, and walnuts to boost your omega 3 levels.

### Natural Medicines that may also help...

- **Depression:** St John's Wort, magnesium, and fish oil capsules.
  - **Sleep problems:** Zizyphus, Magnolia, magnesium, tryptophan, melatonin, adenosine, and histidine.
  - **Anxiety:** Kava, lemon balm, Vervain, Withania, and Zizyphus.
  - **Restless leg syndrome:** Iron, folic acid, and magnesium.
  - **Hot flushes:** Soy, Sage, Black cohosh, and progesterone cream.
  - **Addiction:** Glutamine and B6 to reduce cravings, B3, magnesium, and homoeopathic remedies.
  - **PMS:** Chaste tree, B6, Dong quai, and magnesium.
  - **General stress:** B vitamins, Ginseng, magnesium, and amino acids.
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