

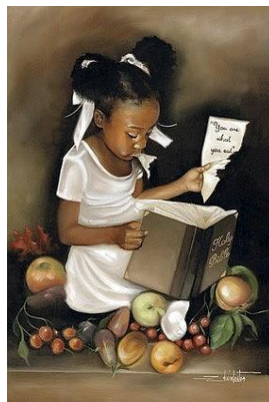


Take Back Your Health  
 Take Back the Love  
 Take Back the Fun  
 Take Back Your Faith  
 A Health Ministry of the Philadelphia 7<sup>th</sup> Day  
 Adventist Church - Burlington, NC

# You Are What You Eat

## Happy Foods to Improve Your Mood

By Renee Lea-Currie, Ph.D.  
 September 7, 2019



**Girl READ Your BIBLE**

You can eat all the kale, buy all the things,  
 lift all the weights, take all the trips,  
 trash all that doesn't spark joy, wash your face and hustle like mad  
 But if you don't rest your soul in Jesus  
 you'll never find peace and purpose  
 -Unknown

**Psalms 34:8**

*Taste and see that the LORD is good;  
 blessed is the man who takes refuge in Him!*



### HAPPY FOODS TO keep you healthy and strong and smarter

Happy Foods	Examples	Can Cause
Omega-3 fatty acid foods	Flaxseed, avocado, extra virgin olive oil, chia seeds, walnuts, soybeans, hemp seeds, cod liver oil, fatty fish	Improve symptoms hot flashes/reduced night sweats in women, fights depression, fights anxiety, maintains healthy vision, lower blood pressure, decreased aggression in ADHD kids
Medium chain fatty acid foods	Coconut oil	Weight loss (belly fat) in postmenopausal women when used for cooking, increases fat burning, improved exercise performance, moisturized hair and skin, anti-fungal, improved brain health including dementia/Alzheimer's, dental health, pain relief, whiter teeth
Fermented foods	Sauerkraut, kefir, miso, tempeh, yogurt, olives, vinegar( apple cider, balsamic), kimchi	Healthy digestive system, stronger immune system, pain relief
Fruits, vegetables, nuts, seeds, legumes	Your favorites God made just for you	Feeling Good- Looking Good Thinking Well
Herbal teas	Hibiscus, chamomile, peppermint, ginger, valerian, turmeric root, dandelion root, rooibos, peach, Tulsi	Lower blood pressure, weight loss, better digestion, strong immune system, relaxation, fewer sleep issues, allergy relief, pain relief
Natural Sweeteners (not sugar or honey)	agave nectar, stevia, coconut sugar, monk fruit	better blood sugar control- does not raise blood sugar fast. TASTE GREAT
Natural Seasonings	Himalayan Pink Salt, herbs, spices	Lower blood pressure while keeping great taste (you use less total sodium)



## Products that make you weaker and unhappy

Sad Foods	Examples	Can Cause
Artificial (FAKE) sweeteners	Aspartame, sucralose, Neotame, saccharin, acesulfame potassium (acesulfame-K)	Depression, headaches, sleeplessness, anxiety, ADHD, aggression in children
Artificial Preservatives	Sodium benzoate, sodium nitrate, hydrogenated/partially hydrogenated oils ( TRANS FAT)	Acne, skin problems, bloating, digestive problems
Highly Processed "foods"	Fried food, processed meat, refined cereals, candy, high fat dairy products	Weight gain, acne, sleep issues, digestive problems
Processed caffeinated beverages	Colas and Coffee	Can interfere with calcium absorption in women- leading to osteoporosis, sleep issues blood pressure problems
Artificial colors (made from petroleum by-products)	Red #40, Yellow #5, Blue #1, Blue #2 , Yellow #6, Green #3	Hyperactivity in children, poor attention control, poor mental focus in school children

### You Are What You Eat Word Search

T S S F D S D S A E Y K H N D  
 A S E A E O U L M L N Y X O I  
 F T Y L G R L C A A P C R I G  
 S I U W B E M I S E R A A S E  
 N U N N R A C E R I G T X S S  
 A R S G O I T A N E B N E E T  
 R F I B F C C E N T D I Q R I  
 T E D I O T O I G Z E F H P V  
 S C T M I W V C T E G D E E E  
 J R E V N I M A T I V C Q D Y  
 A G I A G G R E S S I O N P G  
 A T E R U S S E R P D O O L B  
 Y E K A F I D E S S E C O R P  
 A N X I E T Y P R A Y E R V I  
 I I D O J J D Q A T B Y D R O

ACNE  
 AGGRESSION  
 ALLERGIES  
 ANXIETY  
 ARTIFICIAL  
 BLOOD PRESSURE  
 COCONUT  
 DEPRESSION  
 DIGESTIVE  
 FAKE  
 FERMENTED  
 FRUITS  
 GOD  
 HIBISCUS  
 HYPERACTIVITY  
 OMEGA  
 PRAYER  
 PROCESSED  
 SMARTER  
 TRANS FAT  
 VEGETABLES  
 VINEGAR  
 VITAMIN

#### Hibiscus Tea : One of my favorites!

Other drinks made from hibiscus: sour tea, sorrel, Sudan tea

- High in vitamin C
- Naturally caffeine free- TASTES GREAT!
- Lowers blood pressure (diuretic)- DON'T DRINK BEFORE BED
- Soothes sore throat

#### DID YOU KNOW HOW TO FIND?

Find Vegan Dark chocolate- Enjoy Life vegan (rice milk) found at Food Lion, Harris Teeter, Sprouts, Whole Foods, Sprouts (gluten-free section)

Find Dairy-free yogurts by Silk \* Almond, Oat, soy at Food Lion, Lowes' Foods, Harris Teeter; So Delicious coconut based at Harris Teeter, Lowes' Foods, Whole Foods