

# We are what we eat

To change your diet, you have to leave your comfort zone, writes Lucia Giovannini

People who claim that it's enough to have a balanced diet to get all the nutrients we need obviously have a garden and an orchard in an uncontaminated place and eat only that which they have just picked. Even if your diet is balanced, most land nowadays has been so overplanted and overworked that produce no longer has the quantity of minerals and vitamins that we need. To eat them is important, but it's not enough for the optimal functioning of the mind-body system. In the same way, it's good to pay lots of attention to everything that we eat. Most of the food that is found at the market contains many preservatives, artificial colourants and chemical additives.

You can imagine the effect that all these substances have on our body over the long term, not to mention the energy aspect. In the end, we are what we eat — even at the psychological level.

Servan-Schreiber explains that 60 per cent of the brain is made of acidic fats that are the principal components of the cerebral membrane, where most of the communication between the brain and the rest of the body happens. Since even brain cells are regenerating their components constantly, it is absolutely necessary to furnish them with fatty acids in the form of Omega 3, which is not produced by the human body but can be found in fish oil and oil of linen seed.

In the last ten years, much research has been done on polyunsaturated fats. Apparently, in addition to being able to normalize emotional brain functioning and therefore a potent antidepressant and stabilizer of mood, they can also have multiple benefits on heart, skin and joints.

## **Food And Mood**

Dan Baker, who for years has studied the relationship between food and mood, suggests daily doses of lecithin, 5000 to 10,000 mg, vitamin C, 1000 to 2000 mg and B5, 100 mg. This would help to produce acetylcholine which activates communication between the neurons.

It appears that vitamin C and E are among the most important nutrients for mood; magnesium and calcium are for remaining calm; chromium is to stabilize sugar in the blood and the complex vitamin B, especially B12 for energy, niacin against anxiety and B6 and folic acid for preventing depression. This last element also explains why, when we are down in the dumps,

we crave chocolate; it is rich in folic acid.

Several scientific studies have amply demonstrated the influence of diet on character. It was discovered that those who regularly consume red meat tend to have more aggressive reactions and that refined sugars deplete the body of precious vitamins and minerals, producing a condition of hyperacidity. This, in time, induces sleepiness, difficulty concentrating, irritability and loss of mnemonic ability. In other words, it makes the mind still more unstable and diminishes its potential. To regularly eat food rich in these substances is like giving your computer a virus.

It is, however, decidedly a call to be more aware of the material with which you build your boat because it will definitely make a difference during your journey. Experiment for yourself or better yet, with the help of a professional. You can get real help.

To change your diet means to leave your comfort zone, to modify a very deep and consolidated habit. To do this also makes it necessary to make changes in other areas of your life as well. A Whole New Life, Hay House Publishers