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# Summary of “Key Foods for Incredible Mental Health”

YouTube channel: Tom Bilyeu

## Original Source

Harvard Nutritional Psychiatrist Shares the Key Foods for Incredible Mental Health | Dr. Uma Naidoo ([YouTube](#) 42 mins)

## Jottings

- Theme: Nutritional Psychiatry (Food Mood)
- Anxiety: Foods to avoid: gluten, sugar, processed veg oil (fried stuff outside-home), artificial sweeteners (cold drinks/soda)
- Hypoglycemia: keto diet may help
- Dementia/Brain-fog: Foods to have:
  - Turmeric+black pepper, Cinnamon, saffron, rosemary, ginger
  - Olive oil + onions, garlic ( good pre-biotics)
  - Juniper berries, sage ,thyme, celery seed, dried Mexican Oregano, peppermint
- Sodium-salt but not in excess, from processed food.
- Fast food, like French fries, has sugar (no taste though)





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- Depression/Anxiety: Mediterranean diet helps: avocado, lean protein, olive oil, seafood, whole grains
- Aggression: increases with trans-fats
- Have:
  - Pre-biotic: onion, garlic
  - Fermented food: Kafir, Kimchi
  - Salads: Color of rainbow vegetables (avoid unhealthy toppings), seeds, beans, lemon, herbs

*The above summary was also posted in the Comments section of the original [YouTube video](#).*

