

## Food, Mood and Energy

For the purpose of this article, I will refer to “food” as all products that you consume by mouth including solids, liquids, tablets/supplements and junk food.

You may be thinking to yourself that your diet is really good because you eat a wide variety of foods; therefore, it's well-balanced. And that may be the case, though, I'd like to share with you that nutrients require, what I call, “bff's”, that is, they require their absolute best friends right there with them to maximise nutrient absorption. Off course, if there are areas of internal inflammation, for whatever reason, that can limit absorption effectiveness too.

Hydration is also really important to nutrient optimisation and it is a common misconception that daily consumption of standard tea, coffee, or soft drink is an acceptable form of “water” intake. It is really important that you drink water, just water, aside from all the other beverages you may drink throughout the day. Dehydration can contribute to the onset of headaches, dizziness, confusion and many other ailments. The quantity will vary according to each individual's requirements and lifestyle. Initially, it can take a real concerted effort to retrain yourself into reaching for a glass of filtered water (depending on your water supply) rather than another type of drink. However, you will reap the rewards of hydration once you establish a new pattern.

In addition to this, the body uses different amounts of energy to digest food. We can often be unaware of whether what we eat, really is good for us. Sometimes, the foods we consume simply affect our health. Perhaps the food irritates rather than nurtures or demands a lot of our digestive organs to break it down into useable parts.

If what you eat or drink, takes more effort to digest than the energy it provides your body, wouldn't you want to eliminate it or modify your intake? What if, what you eat contributes to the lethargy you feel, or the headaches you experience? It is possible that you have been eating it your whole life and have not yet experienced what life can be like without it.

Dr Jeremy E. Kaslow suggests that eating regular smaller meals benefit the body's ability to process. It is suggested that smaller meals demand less effort by the digestive enzymes and active digestive processes to turn the food into useable energy. This energy is either used instantly or, if there is a surplus of energy left compared to energy used at the time, it will be stored as fat. Consuming smaller regular meals that support your body's function also stabilises blood sugar levels and lessens the likelihood of cravings. This, however, does depend on the type of food you are eating. In short, consuming real seasonal whole foods equals more sustained energy.

So, it makes sense to discover what foods work best for your body's sustainability. In terms of Kinesiology, there are 3 groups that food is categorised by: Biogenic (My body loves it, give me more), Biostatic (My body doesn't hate it, nor like it – it's middle ground) and Biocidic (My body struggles to cope with it).

In general terms, consuming a well-balanced diet suitable to your metabolism and environmental requirements are just as important as your sleep cycle, self-care, and emotional and psychological health.

It isn't just food types, quality or amount that can disrupt how your body processes and uses energy, stress can be a major contributing factor to your energy and mood.

Some of you can “manage” stress very well, in fact, can thrive on a high percentage of stress and that is ok, however that will depend on your body type and how long you can sustain

that type of living. Generally, the body has automatic “built-in” responses to combat perceived threatening situations and environments. As part of this automatic system it also has a “shut-off” switch. However, more and more patients are seeing me because, for some reason, their “shut-off” switch isn’t shutting off. This can be caused by many reasons. The point here is that if your body is in a continued state of stress it is highly likely that while your body is busy being stressed and “ready for action”, it is not dedicating time and energy to digestion.

The human body requires a regular supply of vitamins, minerals and trace elements to function optimally. A great way to add value to your diet is to include Himalayan Salt.

As each person is individual, I encourage you to look at your own food intake and seek support to tailor a health plan which will sustain you. In general, include foods that are rich in iron, Vitamin B, Magnesium, complex carbohydrates and protein that are in season to where you live. Decrease stimulants, processed foods and begin the *practise of observation*.

Observation is your “tool” to creating a lifestyle that works best for you, including what you eat. Have you noticed that when you eat a particular food it seems to just sit in your stomach? Or maybe you have experienced a restless night because all you do is toss and turn with something you ate repeating on you? Have you experienced pain or discomfort after consuming food, such as heartburn/indigestion? Maybe it isn’t an instant reaction and takes a little while longer to notice your skin condition has flared up again?

There are so many signs and symptoms your body will communicate with you, if you are listening.



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