

Emotional Wellness

SUPPORT GUIDE



WELCOME

MEET YOUR NUTRITIONIST

HELLO, I'M SO GLAD YOU ARE HERE! MY NAME IS BECKY. I HAVE CERTIFICATIONS AS FUNCTIONAL NUTRITIONAL THERAPY PRACTITIONER AND FUNCTIONAL SUPPLEMENT SPECIALIST. I AM ALSO A BOARD CERTIFIED HOLISTIC NUTRITIONIST CANDIDATE®. AS A FUNCTIONAL NUTRITIONIST, I USE THE POWER OF REAL FOOD TO HELP MY CLIENTS FEEL THEIR BEST!

THE FOODS THAT WE CONSUME AND OUR LIFESTYLE HABITS INFLUENCE BOTH OUR MENTAL AND PHYSICAL WELLBEING. CHRONIC STRESS IS A HUGE CONTRIBUTOR TO **DIS-** EASE AND IMBALANCE OF THE GUT-BRAIN AXIS. I HAVE ORGANIZED THIS GUIDE TO SUPPORT EMOTIONAL WELLNESS, GUT HEALTH AND WHOLE BODY HEALTH.



Xo Becky

NUTRIENTS FOR THE MIND

MAGNESIUM

Magnesium is important for brain functions that reduce stress and anxiety. **Leafy greens, pumpkin seeds, nuts, soaked legumes, avocado and potatoes** are good sources.

VITAMIN D

Vitamin D plays important an role in brain function and is neuroprotective. Time in the sun helps in the production of vitamin D. **Food sources include fatty fish, egg yolks, and organ meats.**

B VITAMINS

B vitamins are very important for supporting cognitive function and may boost the production of neurotransmitters. **Food sources include green leafy vegetables, soaked legumes & grains, asparagus, cauliflower, broccoli, beets, nuts, seeds and organ meats.**

OMEGA 3'S

Omega-3 fatty acids are vital for the function of the entire nervous system and reduces systemic inflammation. **The best sources are fatty, wild caught fish, cold- water fish like salmon, and sardines. Nuts and seeds** are also good siources.

ZINC

Zinc is neuroprotective and helps the brain's response to stress. It is essential for normal brain function such as cognition and synaptic transmission. **Food sources include poultry, oysters, red meat, beans, nuts and sprouted whole grains.**

PHOSOTYDYL SERINE

Phosphatidylserine is a phospholipid that covers and protects the cells in the brain and carries messages between them. They play an important role in keeping the mind and memory sharp. **Food sources include organ meats and Atlantic mackerel and herring.**

NUTRIENTS FOR THE MIND

CHOLINE

Choline builds acetylcholine, a neurotransmitter essential for cognition, movement and other vital functions. Choline helps control mood swings and protects against mental illness. **Food sources include egg yolks, liver, beef, chicken, fish, & broccoli.**

ANTIOXIDANTS

Antioxidants counteract free radicals and reduce oxidative stress, improving mental health. **Food sources include fruits & vegetables of varying colors.**

WATER

When you are dehydrated, your body starts to trigger different areas of the brain that make you feel more anxious. Drinking enough water is an important step in managing anxiety. **Sources include clean filtered water with electrolytes, vegetables, fruit, bone broth & coconut water.**

PROBIOTICS

Probiotics are beneficial for supporting a healthy gut microbiome and regulate mood via the gut-brain axis. **Sources include fermented foods like kefir, raw sauerkraut & kimchi.**

FIBER

Fiber rich foods are crucial for proper gut health by feeding good bacteria in the gut. The gut communicates with the brain to release hormones that impacts mental health & mood. **Food sources include vegetables, spouted whole grains, soaked legumes, nuts & seeds.**

AMINO ACIDS

Amino acids are the build blocks for brain cells and brain chemicals which impact mood, anxiety and sleep. **Food sources include beef, poultry, fish, eggs, dairy, quinoa, and buckwheat.**

NOURISH THE MIND

TRY THESE STRATEGIES...

01

Hydrate!

Water plays a vital role in many functions in our body including brain performance, mood and digestion. Try to drink 1/2 of your body weight in ounces of water a day. Drinking more than a gallon is not recommended. Bone broth, coconut water and produce are great hydrating foods.

02

Eat Lots of Nutrient-Dense Wholesome Foods

We're talking plenty of vegetables & quality animal products with every meal. These foods are rich in nutrition and provide the basic building blocks necessary for strong cell integrity and healthy nervous system.

03

Avoid Processed Foods

Processed foods (breads, pastas, crackers, chips, sweets, etc.) are full of nutrient-depleting ingredients like refined sugars & flours, preservatives, food colorings and other additives that create inflammation in the body which is an underlying factor to many common conditions including anxiety and depression.

04

Eat Plenty of Healthy Fats

Fats have gotten a bad rap for far too long. Mood hormones require essential fatty acids to be produced. Fats are also necessary for nutrient absorption, cellular health & detoxification! The brain is made mostly of fat and needs healthy fats for proper function. Please don't be afraid to eat healthy fats in the forms of wild-caught fish, grass-fed meats, eggs, nuts, seeds, as well as coconut oil, ghee, olive oil & avocados.

05

Avoid Vegetable Oils

Vegetable oils (aka seed oils like canola oil, sunflower oil, grapeseed oil & soy oil) are highly inflammatory on the body which can lead to added stress and inflammation. Cook with high-quality fats at home and be careful when eating out at restaurants.

06

Eat Lots of Cruciferous Vegetables

Cruciferous vegetables (broccoli, cauliflower, cabbage, kale, Brussel sprouts etc.) are packed with vitamins and minerals which support brain health and also provide a great source of fiber which supports gut health and the gut-brain axis.

07

Eat lots of Antioxidants

Antioxidants prevent or slow damage in the body. Intake of antioxidants are essential for optimal health and can be found in a nutrient-dense whole food based diet rich in fruits, vegetables and high quality animal products.

08

Eat Plenty of Fermented Foods

Fermented foods are rich in probiotics which add beneficial bacteria and enzymes to your gut intestinal flora, supporting healthy digestion and the gut-brain axis.

EMOTIONAL WELLNESS HABITS

BEYOND NUTRITION, THESE ASPECTS ARE ALSO VERY IMPORTANT TO SUPPORT EMOTIONAL WELLNESS

09

Prioritize Sleep & Avoid Excess Screen Time Before Bed

Sleep is critical for mood hormone production & management. Melatonin is a very protective hormone that helps to regulate our Circadian Rhythm. Blue light emitted from screens can disrupt Melatonin production and interfere with hormone balance resulting in issues like insomnia and a decreased stress response.

10

Make Sure You're Pooping Daily

Daily bowel movements are necessary for flushing out excess hormones & toxins in our system. If you aren't going at least once per day, you are constipated and should consider finding ways to support your digestive health & more frequent bowel movements. Try incorporating more fiber into your diet and prioritizing hydration.

11

Eat Mindfully

Pay attention to your food. Notice the taste and focus on the sensation of eating. Chew your food slowly & completely. Count to five between bites. Do whatever is necessary to slow down and support the digestion process.

12

Decrease Exercise Intensity & Focus on Light, Frequent Movement

Excessive cardio puts a lot of stress on the body resulting in inflammation and hormone imbalances. Instead, prioritize frequent movement and lighter intensity workouts like yoga, weight lifting, & walking.

13

Prioritize Stress Management

Stress is one of the biggest problem-makers. Stress can interfere with the communication between our brain and our endocrine system resulting in dysfunction, decreased hormone production & mood stabilization. Find ways to manage your stress daily whether that be through meditation, exercise, journaling or simply taking out time just for yourself each day. Adaptogenic herbs can also help support a healthy stress response.

14

Avoid Endocrine-Disrupting Chemicals

Certain chemicals found in common beauty & household products can put a burden on our immune system and interfere with our natural hormone balance. Opt for natural or homemade products that are free of parabens, phthalates, preservatives & other toxic chemicals.

15

Calm Down

Calm down the nervous system and support good vagal tone with habits like prayer, meditation, tapping, deep breathing, grounding, and yoga

16

Get in Touch with Nature

Fresh air and sunshine does wonders for you health. Getting outdoors reduces stress, enhances the immune system, and improves mood. Exposure to sunshine helps your body produce vitamin D.

DEEP BREATHING

1 **BASIC DEEP BREATHING**

Breathe in through your nose while counting to 4, exhale out of your mouth to the count of 5.

2 **BOX BREATHING**

Breathe in to the count of 4, holds for 4, exhale for 4, hold for 4.

3 **4-7-8 TECHNIQUE**

Breathe in through the nose for a count of four, hold the breath for a count of seven, and exhale loud for a count of eight.

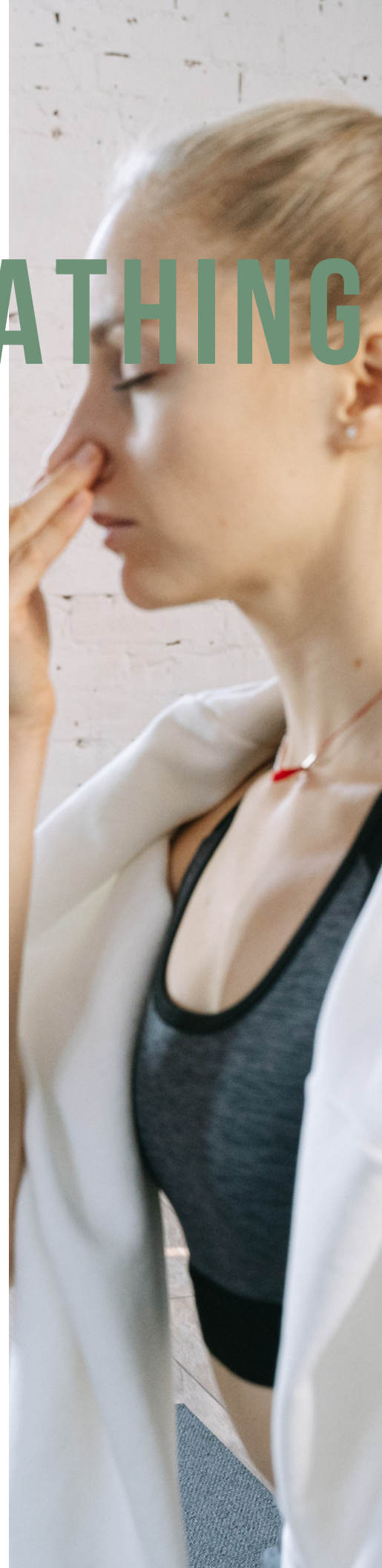
4 **BREATHE AND HAND TRACE**

Trace your hand and breathe slowly as you trace each finger, breathing in through your nose going up your finger and exhaling out of your mouth going down your finger. Do this for each finger.



ALTERNATE NOSTRIL BREATHING

- 1** Press your pointer and middle finger of your right hand together. Place them on the upper bridge of your nose, between the eyebrows, so the thumb falls on the outside of the right nostril and your ring finger is outside your left nostril.
- 2** Close the eyes and gently apply pressure to your right nostril using your thumb until it's closed. Inhale slowly through the left nostril for three counts.
- 3** Release the right nostril and gently apply pressure to your left nostril using the ring finger. Exhale slowly through the now-open right nostril for three counts. Then, inhale through the right nostril for three counts.
- 4** Release the left nostril, and gently apply pressure to the right nostril again. Exhale through the left nostril for three counts. This concludes one sequence. Repeat for up to 5 minutes.



MANTRA

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**I AM SAFE
I AM HAPPY
I AM HEALTHY
I WILL LIVE AT EASE**

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DAILY MINDSET PRACTICE

MORNING

TODAY'S MANTRA:

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LOOKING FORWARD TO:

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.....

TO MAKE TODAY GREAT, I WILL:

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.....
.....

EVENING

I AM GRATEFUL FOR:

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.....

PEOPLE I APPRECIATE:

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.....
.....

THREE GOOD THINGS TODAY:

.....
.....
.....

OTHER THOUGHTS

MOMENT TO REMEMBER

THE PRAYER BREATH

I receive your LOVE & release my INSECURITY

I receive your JOY & release my UNHAPPINESS

I receive your PEACE & release my ANXIETY

I receive your PATIENCE & release my IMPULSIVENESS

I receive your KINDNESS & release my INDIFFERENCE

I receive your GOODNESS & release my UNGODLINESS

I receive your FAITHFULNESS & release my DISLOYALTY

I receive your GENTLENESS & release my SEVERITY

**I receive your SELF-CONTRL & release my SELF-
INDULGENCE**

RESOURCES

RESOURCES

<https://www.thetappingsolution.com/>

Tapping Solution app

The Smiling Mind app

Advanced Buteyko Institute app

<https://littlehousestudio.net/blog/2020/5/21/breath-prayers-for-anxiety-free-mental-health-printables>

<https://chriskresser.com/nutrition-and-mental-health-whats-the-connection/>

<https://drjockers.com/depression/>

<https://drhyman.com/blog/2021/08/10/is-our-modern-diet-behind-our-mental-health-crisis/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5997867/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8837476/>

<https://www.cambridge.org/core/journals/proceedings-of-the-nutrition-society/article/role-of-diet-and-nutrition-on-mental-health-and-wellbeing/372284768DB78DB02EB199E277AABF79>

HEALTHY RECIPES RESOURCES

BLOGGERS

- Castaway Kitchen
- UnboundWellness
- Danielle Walker
- The Defined Dish
- The Whole Cook
- 40 Aprons
- The Whole Smiths
- PaleoRunningMomma
- The Real Food RDS

BOOKS

- Against All Grains- Danielle Walker
- Practical Paleo
- Nourishing Traditions
- Real Life Paleo
- The Nutrient-Dense Kitchen

DO YOU WANT

Even More?



Work With Me!

For a more customized plan based on your health concerns & goals, work with me 1-on-1. I'm passionate about the power of real food and helping my clients feel their best. Contact me to see how I can support you on your health journey.

[CONTACT ME HERE!](#)