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Liz Copeland's newsletter February 2007

BRAIN FOOD

Someone once asked me if natural medicine could help with depression. "Yes," I said, "both herbs and nutrition can help your brain work properly." "But," he said, "My doctor says it's all to do with the chemicals in my brain." True, but I wondered where the doctor thought the chemicals in his brain came from.

Food provides the raw materials to make the brain work. In the long term we need food to grow and repair the brain tissue. On a day-to-day, minute-to-minute basis we use food to change our mood, attention span and concentration.

Most of us have used food chemicals to change our brain function – coffee, tea, chocolate and alcohol will do this. We are also familiar with the side effects of this self-medication. The coffee high followed by exhaustion and headache; the alcohol euphoria followed by depression and headache.

It is less well known that sometimes you need more nutrients to help the brain work properly. Proteins are needed to make neurotransmitters. But if you cannot process proteins efficiently you may produce chemicals that make your brain feel worse.

Glucose is needed to give the brain energy.

But too much sugar at once (sugar rush) leads to a burst of energy followed by a crash. Essential fatty acids contribute to brain structure – but how do you know which ones you need and how to get them in your diet?

To find **your** best mood food or to balance your brain energy call Tranzformations. You are uniquely you, and your brain deserves the best!

Contact Liz on 020 8668 3502 to get your brain in gear!

