

Elevating Your Experience of Wellbeing, Emotionally and Mentally with Nutrition.



For some, the food that they eat directly influences their moods because the macronutrients (carbohydrates, proteins, fats) and micronutrients (vitamins, minerals and phytonutrients) plus undefined micro-constituents ultimately act as potent neuro-chemicals in the body. For example, some people feel energized when following a low-fat, high carbohydrate diet, while many others are left feeling hungry, lethargic and depressed.

These experiences are not uncommon amongst the community. There have been many well documented cases where sufferers have unknowingly been misdiagnosed with chemical imbalances associated with neurotransmitters in the brain only to discover adverse food responses were the cause of the problem.

Nutritionists regularly document the dramatic improvements in mood, emotions, confidence and self-efficacy that are the result of some very simple lifestyle modifications. Regular exercise and modified diets can result in profound changes in the body's own production of mood elevating chemicals. Hormones such as endorphins as well as improved uptake of serotonin contribute to the improvement in emotional well-being.

Unwarranted Emotions and the Sugar connection.

Sugars and carbohydrate eventually convert into blood glucose. Unfortunately for some people, they have overt or more volatile blood sugar reactions than others which lead often to mood changes. For some these changes occur not long after the sugars have been consumed and for others within the next half hour or two.

Sugar-sensitive people tend to have a more volatile blood sugar reaction to eating sweet foods than other people. For these individuals their blood sugar seems to rise more quickly and goes higher. Whether this is the actual case or not is contentious though for sufferers the feelings are overwhelming and very real.

To their minds this feels like a panic. This in turn causes the adrenal glands to release adrenaline in order to give you extra energy to cope with whatever dangers you feel you are facing. The adrenaline, in turn, signals the pancreas to release insulin. Usually more than is actually needed for the amount of food that has been eaten. The task of the insulin is to move the blood glucose out of your blood and into your cells where it is needed to sustain an energy response.

The payload of insulin does its job well and the sugar is taken into the cells. The result of this evolutionary chain reaction, as you might guess, is that you experience a very quick and a very steep drop in your blood sugar level. This makes you extremely vulnerable to the symptoms of low blood sugar which include fatigue, restlessness, irritability, depression and foggy thinking.

Diet, therefore, for many becomes very important in the management of their emotional state. You can take as many supplements or deal with as much emotional baggage as you like though for these individuals very little results will be experienced until a suitable diet to manage the blood glucose responses is incorporated into their daily lives.