



## NUTRITIONAL DEFICIENCIES AND MOOD

# HERE ARE THE TOP 6 NUTRITIONAL DEFICIENCIES INVOLVED IN POOR MOOD AND

## Mental Health:

### ESSENTIAL FATTY ACIDS

The brain is composed of around 70% fat, which contains cholesterol. Cholesterol is mostly present in the brain, where it plays a critical function. The brain requires Omega-3 fatty acids for normal development, function, and mood regulation. Omega 3 fats have been shown to help people who are depressed or have mood disorders.

*Foods to eat: salmon, avocados, flax and chia seeds, brazil nuts and walnuts.*

### OXIDATIVE STRESS

Oxidative stress contributes to anxiety and depression by causing inflammation, which affects normal brain function and leads in poor mood. Several factors contribute to this, including an inflammatory diet high in sugar and refined carbohydrates, processed foods, harmful fats, toxins, and stress.

*Foods to eat: colourful range of vegetables and fruits.*

### VITAMIN B6

Vitamin B6 is one of the most important vitamins for mental health because it's a cofactor in the key mood neurotransmitters serotonin, GABA and dopamine. A deficiency can cause anxiety, depression, irritability, confusion, fatigue and PMS.

*Foods to eat: wild-caught seafood, turkey breast, grass-fed beef, beans, nuts, avocado and leafy greens.*

### ZINC

Hippocampus and prefrontal cortex are affected by zinc deficiency. Inflammation and oxidative stress in the brain are both exacerbated by high levels of glutamate activation. Zinc is also required for the production of neurotransmitters, and deficiency in this mineral can result in symptoms such as depression, ADHD, memory problems, seizures, and aggressive behaviour.

*Foods to eat: oysters and shellfish, chicken, almonds, spinach and raw cacao.*

### EXCESS COPPER

Excess copper can disrupt the equilibrium of neurotransmitters, decreasing dopamine and raising norepinephrine. Copper enhances brain activity, giving the sensation of a rushing mind and anxiousness. This may lead to postpartum depression and other forms of mental illness. Zinc and copper have an inverse connection. To properly detox from copper, you will require expert advice.

### VITAMIN B9

If you don't get enough methylfolate in your diet, your body may have difficulty producing dopamine, serotonin, adrenaline, and noradrenaline, which can lead to a spike in cortisol levels and a variety of mental health issues, including anxiety, depression, OCD, and schizophrenia. Environmental and hereditary factors can contribute, including poor nutrition and lifestyle choices, as well as psychological and physical stress.

*Foods to eat: spinach, asparagus, broccoli, papaya and lentils.*