

5 Family Friendly Nutrients That Boost Mood & Alleviate Anxiety

You've got more than just a hunch that what we put in our bodies directly affects how we think, act and feel. But you didn't grab this free guide just for you. You're worried about your family's health. Maybe you've got a hyperactive child, or an anxious teen, or a family history of depression. Whatever brought you here today, know this: you're NOT alone.

At a staggering rate of 25%, anxiety is the most common psychological condition seen in kids and adolescents. And over 75% of those suffering from anxiety have at least one additional mental health condition — the most common being depression and attention-deficit/hyperactivity disorder (ADHD). Millions of families are struggling right this second. But, there's good news:

Several dietary factors can directly impact one's mental health, particularly nutrient deficiencies. Simple dietary microshifts can stabilize mood, boost one's sense of well-being and alleviate anxiety. Here are 5 nutrients you can pick up at your grocery store today:

- 1** *Omega-3 fatty acids enhance communication between brain cells and are proven to alleviate both anxiety and depression. Where: flaxseeds, walnuts, salmon, cauliflower, scallops, sardines, grass-fed beef and Brussels sprouts.*
- 2** *Magnesium is a mineral that helps calm the body, nourishing the nervous system and preventing anxiety, fear, nervousness, restlessness and irritability. Where: Swiss chard, spinach, summer squash, broccoli, nuts and seeds.*
- 3** *B vitamins boost mood and help the body combat stress by aiding in the manufacture of neurotransmitters and maintenance of healthy serotonin levels. Where: crimini mushrooms, egg yolks, calf's liver, poultry, fish and shellfish.*
- 4** *Zinc is a critical mineral for proper nervous system function, but can be depleted by stress; zinc deficiency has been linked to emotional disorders. Where: grass-fed beef (particularly calf's liver), oysters, nuts, peas, eggs, whole-wheat grains, oats and pumpkin seeds.*
- 5** *Vitamin D plays a role in mental health, as low levels have been associated with both anxiety and depression. Where: while most people can adequately convert vitamin D from the sun, some have a genetic mutation that makes it difficult. In this case, supplements are recommended. Foods like shrimp, sardines, milk, cod and eggs are also good sources of vitamin D.*

Did you happen to notice what ALL these nutrients have in common? That's right! They're all found in whole foods like fruits, vegetables, whole-grains and animal products. ProTip: look for foods that are organic, in season and locally grown or raised. And try to buy grass-fed meats, wild caught fish and seafood and eggs from pastured chickens.

Achieving optimal health for your family doesn't require long grocery lists, loads of expensive supplements or complex recipes. In fact, I've got a simple process that makes navigating nutrition easy and enjoyable for the whole family. Swing by my cyber office at www.jillmaronde.com today and schedule a free intro call!