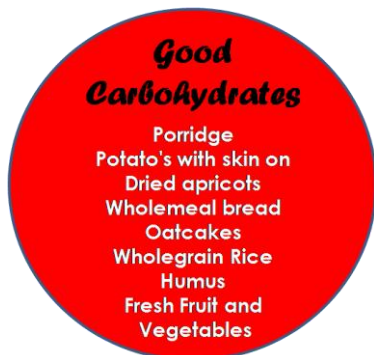




Mood food

Eating the right food isn't just about being healthy, it's about being happy too.

"What you eat can have a huge effect on your mood," says top nutrition expert Laura Church. "I encourage adults and children to keep a food mood diary. It takes 20 minutes for your food to take effect and you can experience some dramatic reactions to what you eat."

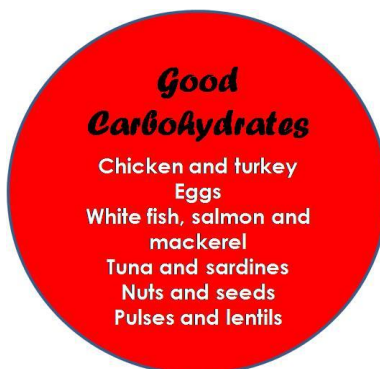


Food can alter the delicate balance of hormones within your system leading to problems with PMT in women, raised oestrogen in men and mood swings and poor concentration in children."

For more information on having your own personalised Healthy Eating Plan, please click on the link below: -



Good nutrition is particularly important as children approach their teens. With more independence over what they eat, encouraging healthy eating will build good habits for the future and life at home will be a lot calmer!



Healthy Eating at Home

● Eat dinner as a family without distractions such as TV. By concentrating on what you are eating you are less likely to overeat and you'll experience some quality family time together.

● Drink plenty of water. Fizzy drinks, whether diet or regular, strip the body of calcium and have no nutritional value. Water is essential to help our bodies function properly.

● Vegetables are a wonderful source of fibrous carbohydrates and release their sugars slowly. But take care not to overcook them.

● Milk contains oestrogen, progesterone and growth hormones, so cut down or avoid dairy if you want to balance hormone levels.

● Rice milk or soya milks and soya yoghurts are great alternatives.

● Avoid junk foods. These are hard to digest so your body doesn't register that it has been fed making you feel bloated and hungry again.

● Try to have your main meal for the day at lunchtime. Omelettes, stir fry's or home-made kebabs are a good way to use up vegetables and chicken or fish.

● Cook big batches of healthy stews or curries and freeze for another day's meal.

● Never add salt to your cooking. There is enough hidden salt in food without adding more.

I host my regular TV series, Laura's Health and Nutrition for Sky TV's [Active Channel](#) (Sky 281).

Offering nutritional advice and personalised eating plans online or in person at my private gym and consultancy rooms in Rainham.

For more information about how I can help your family, business or organisation eat well and get fit, contact me on 01634 366000 or visit the website: - www.laurachurch.com

