

The Mental Health Diet

Brought to you from Different from the Other Kids

Parents want their children to eat right in order to have a healthy body, but what they may not realize is that food can also affect the health of their child's mind. This is especially important in children and youth with mental health challenges and disorders as they are more likely to eat poorly and they are more likely to be sensitive to the food they ingest. Their present and future health and well-being will greatly benefit from improved nutrition. Good general nutrition is known to be important for growth and development, and can improve the following:

- Learning
- Sleep
- Mood
- Energy Level
- Activity

For the mentally ill, new research is indicating that one's eating habits can have a direct impact on their mental health, warding off depression and helping to treat disorders. Alan Logan, a naturopathic doctor, talks about nutrition and mental health. He says the nutrition we get out of our foods - antioxidants, vitamins, healthy oils - help fuel our function, mood, and nerve cell that help our brains communicate. The most ideal diet according to Logan is rich with fresh produce, healthy oils, fish and lean protein, is the most ideal. Omega-3 fatty acids also have been proven to enhance the effects of medications. New research shows that eating unhealthy can actually trigger depression, or make symptoms worse. A 2012 study, one of many, states that many fast foods such as hamburgers, fries, and pizza can directly be linked to depression.

Sugar can cause profound mood disorders. As pediatrician Lendon H. Smith stated, "Parents must give their children a sugarless diet without processed foods. Although it may not be easy to cut it out completely, it is recommended to avoid it when possible." It is suggested that anyone suffering from a mental illness develop healthy eating habits in order to be fully treatable. Allergist Benjamin Feingold believes in the negative effect of food chemicals on children's behaviour and the role of good nutrition in treatment. The Feingold association says, "Numerous studies show that certain synthetic food additives can have serious learning, behaviour, and/or health effects for sensitive people."

In summary, a healthy diet can make a healthy mind, able to assist in treating the mentally ill. Take a look at the general breakdown of the Do's and Don'ts of a Mental Health Diet that worked for us!

Sources

Global News

Young Minds: Growing research backing nutrition's role in mental health

*By: Carmen Chai and Allison Vuchnich
May 10, 2013*

Experience Life

Whole-Body Psychiatry Nutrition for Mental Health

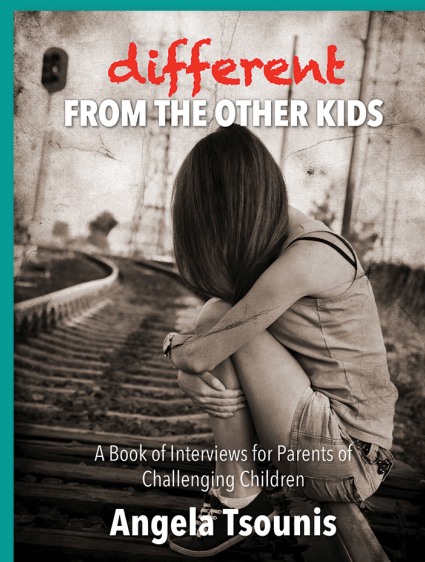
*By: Kristin Ohlson
March 2014*

Doctor Yourself

Bipolar Kids Need Nutrition, Not Junk Food and More Drugs

*Orthomolecular Medicine News Service
October 16 2008*

From the author of *Different from the Other Kids*



DO'S

FRUITS AND VEGETABLES

- include all colours, the deeper the colour the better
- consider juicing!

HEALTHY FATS

- meats
- eggs
- flax seeds
- walnuts
- fish high in OMEGA 3

SLEEP

- lots of sleep, minimum 8 hours

PROTEIN

- 20%-25% of your diet should come from
- eggs
- dairy
- beans
- legumes

LOTS OF WATER

- minimum of 1.5 litres a day

MEDITATION/SPIRITUAL PRACTICE

- calm the mind everyday

EXERCISE

- brisk 30 minute walk minimum everyday

DON'TS

- Sugar
- Food Colouring
- Caffeine
- Soft Drinks
- Additives
- Junk Food
- Preservatives
- Alcohol



I am not a doctor. I am just a parent like yourselves. All I know is following the principles outlined here have helped my daughter deal with her disorder. This publication is NOT intended to be medical advice. If you have questions about your health please consult a medical doctor