

March 2024

Title: Can Food Help Your Depression and Anxiety?

Subtitle: Open to get this month's meal plan and recipes!

Food is never just fuel. Yes, food gives your body energy, but food is so much more than fuel. Food is pleasure, comfort, safety, medicine, and of course, information.

In 2018, in The World Journal of Psychiatry, "The Antidepressant Food Study" was introduced.

In this study, there were twelve key nutrients found in the research to be most beneficial at preventing and treating depression. From there, the Antidepressant Food Score (AFS) was introduced, in which foods were ranked according to their nutrient density and the presence of these twelve nutrients.

Would it surprise you to learn that GREEN VEGGIES have the highest percentages on the AFS? In fact, watercress came in number one with a score of 127%, spinach is at 97%, mustard/turnip/beet greens are at 76-93%, and so on. For animal foods, oysters are king at 56%, followed by liver and organ meats at 18-36%. For the full list, click [here](#).

Why do I share this? Because I truly believe when your brain is functioning optimally, everything else falls into place. A regulated brain leads to a regulated body. Foods that target brain health help to decrease inflammation in the entire body. Many of our brains are starved for whole food nutrients. While supplements have a place, they can't be the only source of nutrients.

My challenge to you this month: choose a few of the top antidepressant foods, and start incorporating them into your daily regimen. Get creative! I'd love to hear how you feel when you start adding these in!

Here's how I get my antidepressant foods in every day: I start my morning with a smoothie that contains spinach (97%), frozen cauliflower rice (41-42%), berries (31%), ground flaxseed (for my hormones) and a grass-fed beef protein powder (for bioavailable, nutrient-dense protein). Sometimes I add a collagen powder in there as well!

Want to partner with your body in nourishment? Check out my [Nourishment Journal](#) that I designed with my individual client needs in mind. This is a great way to start checking in with yourself to determine if you're getting enough nutrients.

Monthly Meal Plan

Every month, all newsletter subscribers get access to an *exclusive meal plan, grocery list, and recipes* for the entire month! That's right, this is the only place you can get it. Be sure to tell a friend to subscribe for access!

This month's meal plan is for those of you wanting to keep things simple and lower the grocery bill. Hopefully these recipes will give you ideas you haven't tried before!

[Click Here](#) for the Meal Plan

[Click Here](#) for the Recipe List

Need Family Meal Ideas? Buy my recipe book on Amazon!

I partnered with my friend, pediatrician Dr. Alina Olteanu, to bring you a brain food recipe book that the whole family will love! It is available now on Amazon! Grab a copy [here](#).

On the podcast last month:

(List and link podcast titles for February)

Sponsor Deals for February:

Trumeta mushroom coffee is a premium, organic coffee made with mushrooms like Lion's Mane, Reishi, and Cordyceps to support productivity, stress resilience, and sustained energy. You can get a FREE electric mixer and 40% off the coffee, plus free shipping, when you go [here](#).

Juj Bitters are digestive bitters formulated to help support digestion, soothe gastric discomfort, and they're celiac-friendly, unlike other bitters. I am loving adding a few drops into my flavored seltzer for a mocktail! Check them out [here](#), and use the code spark to get 10% off.

Supplements I Recommend:

Got stress? Check out my recommended supplements and protocols. They're available in my [Full Script store](#), and creating an account is free! All of my clients get 10% off their first order.

Looking to quick start your wellness journey? [These are the products I started with](#). Combine them with the Three Day Reset and you will see a huge boost in your health and well-being! I've partnered with this company for nine and a half years now, and there's a reason I still take the products. They work!