



***Calyx Health
Foods To
Support Your Mood
e-book***



www.calyxhealth.nz

Nutrition is a cornerstone principle of Naturopathic care.

How we feed ourselves directly translates to our
physical, mental, and emotional health.

Food connects us and is a way of showing others love, care and support.
In Māori culture this is called manaakitanga.

Now perhaps more than ever
we could do with more connection with others,
so what better way than over food?!

The recipes here are written and tested by Qualified Chef, James Mitchell
and health information researched and written by
qualified and NMHNZ registered
Naturopath and Medical Herbalist, Amy Donovan.

Disclaimer

This e-book has been created to educate and inform you how to care for your own
mental health and mood through food.

The subject of mental health is extremely complex.

Therefore the recipes and information found here only provides a summary.
It does not replace specific individualised care or medication.

If you or someone you care about require further assistance to manage your
mental health please visit your GP or text/call 1737.

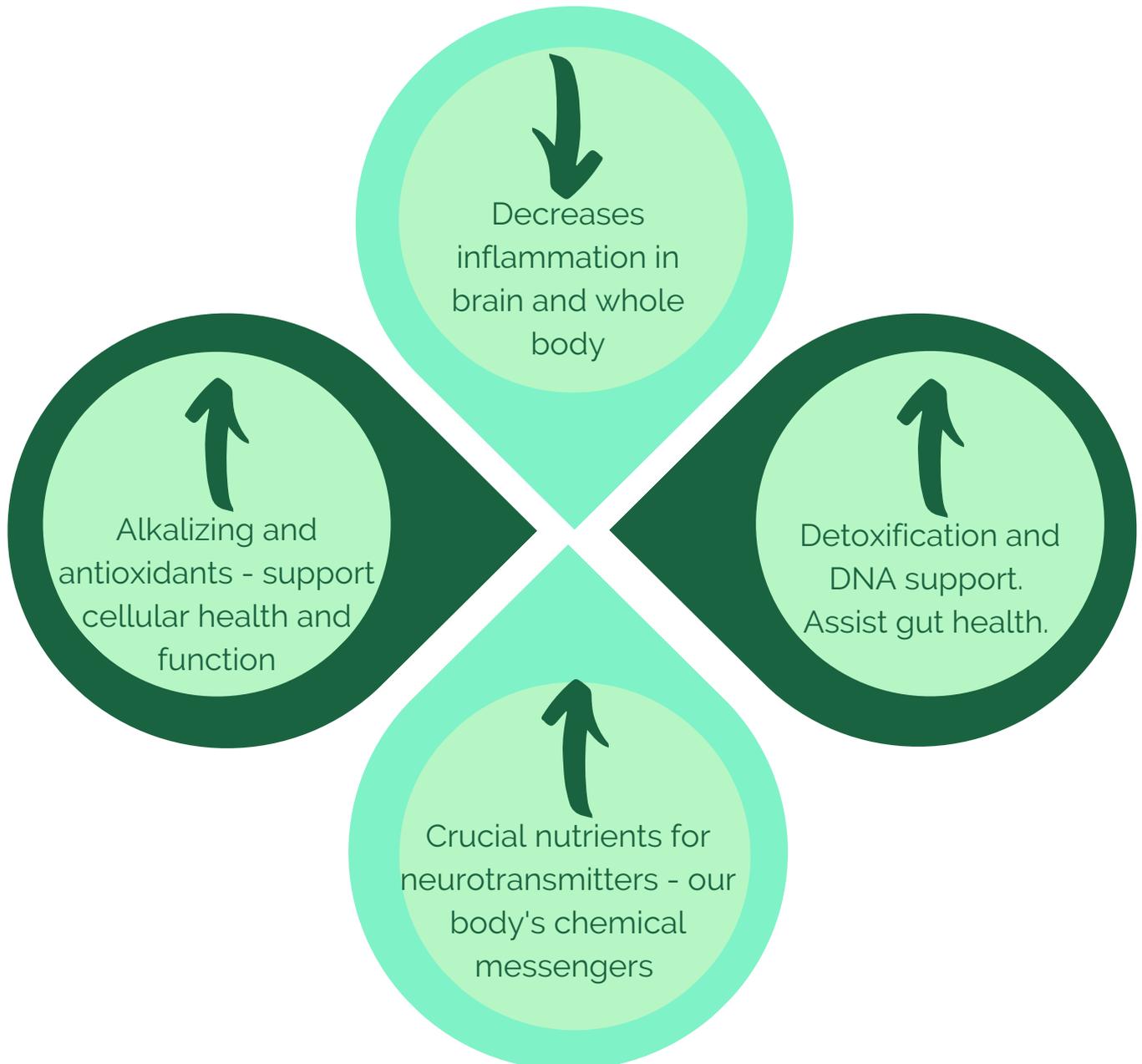
You can also check out Mental Health Foundation of New Zealand
for great resources [here](#).



4 steps to support your mood through food



4 ways whole foods can support your mood





Featured foods for your mood

Cherries are a source of anthocyanidins a type of antioxidant that gives them their dark red colour. Chronic stress and mental illness can result in oxidative damage and inflammation in the brain and body. Cherries can help to reduce that damage and inflammation in turn promoting mood and resilience to stress. Cherries also contain tryptophan a precursor to melatonin, our sleep hormone.

Featured on page 7

Blueberries are also rich in anthocyanins and studies show great results at supporting mood and resilience to stress in post traumatic stress disorder (PTSD) by providing the precursors to serotonin and melatonin. High in vitamins and minerals including magnesium and vitamin C which is essential for your adrenals and nervous system.

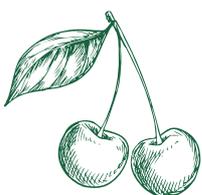
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Oats are a whole grain packed with dietary fibre to aid gut health as well as antioxidants and beneficial plant compounds almost only found in oats.

Featured on page 7

Hemp Seed and Extra Virgin Olive Oils are both high in healthful essential fatty acids which improve brain health and have anti-inflammatory effects.

Featured on page - 7 + 8 + 9 + 10 + 11





Cacao is an excellent source of antioxidants as well as magnesium, a crucial cofactor in a healthy mood! Traditionally used as a herbal tonic for the nervous system to stimulate mood. Cacao has a protective effect on the brain, working to decrease neuroinflammation and positively influences serotonin, dopamine and tryptophan to promote a healthy reward system in the brain, boosting mood and support energy while also providing a calming effect.

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Walnuts look like a brain because they are great for the brain, according the Doctrine of Signatures. They are the best non-marine source of Omega 3 fatty acids which work to reduce inflammation. Walnuts can provide nutrients to support serotonin and dopamine production to support mood and sleep.

Featured on page - 7 + 8+ 10



Potatoes contain many vitamins and minerals, including Vit B6 and tryptophan which is a natural sedative that calms the nervous system and aids in sleep.

Featured on page - 9 + 10



Eggs are a great source of the neurotransmitter choline, which is a key component for healthy body and brain function, particularly memory and motor control as well as mood.

Featured on page - 8 + 9 + 10



Spinach is loaded with vitamins and minerals, and is alkalizing - important in those who are stressed as stress creates an acidic state in the body. Spinach is high in folate which can support mental clarity and sharpness, along with promoting positive mood.

Featured on page - 8 + 10



Sunflower seeds are a great source of Vit E, Vit B6 and magnesium. They are a great alternative to nuts for people with allergies providing similar nutritional properties.

Featured on page - 7 + 10



Breakfast Smoothie

Ingredients

- ¼ cup frozen blueberries
- ¼ cup frozen pitted cherries
- ¼ cup whole grain oats
- 1 banana
- ¼ cup natural yoghurt
- ½ cup water
- 1 tbsp walnuts
- 1 tbsp sunflower seeds
- 1 tbsp hemp seed oil

Method

1. Roughly cut up the banana.
2. Place all ingredients into a bar blender.
3. Blend until smooth.
4. Enjoy.



Notes

- This recipe makes approximately 400ml and gets you and your brain off to a perfect start in the morning, with protein, fibre, good fats, vitamins and minerals to keep you going until lunch.
- We have used frozen berries and cherries, but use fresh when they are in season, along with any other fruits e.g. apples, kiwifruit, oranges, mandarins.....
- Try adding vegetables into smoothies as well to up your intake. Things like spinach, carrots, celery and avocados work really well.
- Coconut yoghurt is an easy swap for those who are lactose intolerant.





Mint and Walnut Pesto

Ingredients

- ½ cup walnuts
- ¼ cup grated parmesan
- 1 cup mint leaves
- 1 cup baby spinach
- ¼ cup parsley leaves
- 1 lemon
- ¼ cup hemp seed oil
- salt and pepper

Notes

- You can use a good quality olive oil instead of hemp seed oil.
- This is a great pesto to make when basil - the traditional herb used - is out of season, as mint and parsley are generally available all year round.
- This is a perfect dip, spread, or try thinning it down with a splash of red wine vinegar and some more oil to use it as a dressing.

Method

1. Toast the walnuts in a pan on a medium heat, continuously tossing.
2. Once the walnuts are smelling nice and toasted, set them aside to cool.
3. Grate the parmesan and set aside.
4. Pick the leaves off the herbs, discarding any tough looking stems, and add to a blender.
5. Zest and juice the lemon and add to the blender.
6. Add the cooled walnuts (no warmer than room temperature) to the blender.
7. Blend while slowly adding the hemp seed oil
8. Transfer to a bowl and fold in the parmesan.
9. Taste and season with salt and pepper.





Nicoise Salad

Ingredients

- 300g new potatoes
- 4 eggs
- 250g green beans
- 1 red onion
- 2 cloves garlic
- 1/3 cup olive oil
- 1/4 cup red wine vinegar
- 100g cherry tomatoes
- 1/4 cup pitted olives
- 1/2 cup herb leaves
- salt and pepper

Notes

- Traditionally nicoise would be served with tuna, but it goes well with any type of fish.
- Add some toasted walnuts or almonds for an extra mood boosting hit.
- If you like a bit of chilli heat add a pinch of chilli flakes or sliced fresh chilli in with the red onion and garlic.

Method

1. Cook the potatoes in salted water, checking on them regularly. When they are done drain and place on a flat tray, which will speed up the cooling time.
2. Boil the eggs to your liking and cool in iced water.
3. Top and tail the beans and cook in boiling salted water till just cooked, then cool in iced water. Drain and set aside.
4. Finely slice the red onion and garlic.
5. Heat the olive oil in a small pot and add the onion and garlic with a good pinch of salt and pepper, stir and cook for 2 min, then take off the heat and leave to cool for 5 min.
6. While the onions and garlic cool peel the eggs and cut in half.
7. Add the red wine vinegar to the onion mix and stir.
8. Halve the tomatoes and olives.
9. Cut the potatoes into quarters.
10. Place the beans, potatoes, tomatoes, herbs and olives into a large bowl.
11. Add the onion mix and give it a good toss.
12. Serve with the halved eggs on top.



Potato and Baby Spinach Salad

Ingredients

- 1 kg new potatoes
- 4 eggs
- 1 large onion
- 1 stick celery
- 3 cloves garlic
- 3 tbsp olive oil
- 1 tbsp turmeric
- 1 tbsp curry powder
- 1 cup peas
- 1 cup yoghurt
- 60 g baby spinach
- 1 tbsp sunflower seeds
- 1 tbsp walnuts
- salt and pepper

Notes

- Using yoghurt is a great way to get the creamy potato salad style adding nutritional value and without using calorie dense mayonnaise.
- The sunflower seeds and walnuts give a good crunch and contrast in texture.
- Kumara works well instead of potato.

Method

1. Put the potatoes in a pot and cover with cold water and a generous sprinkle of salt, and put on a high heat. Keep an eye on them and when they come to the boil reduce the heat and simmer until tender. Then drain and cool.
2. Boil the eggs to your liking and cool in ice water and set aside.
3. Finely slice the onions, celery, and garlic.
4. Heat the oil in a medium sized pot and add the onions, celery and garlic with a good pinch of salt and pepper.
5. Reduce to a low heat, put the lid on and sweat for 5 min, stirring every now and then.
6. Peel the eggs and cut into quarters and set aside.
7. Add the turmeric and curry powder, then turn back to a low heat.
8. Cook out for 5 min continuously stirring and then transfer to a bowl. Add the frozen peas (this will help it cool down faster).
9. Cut the cooled potatoes to the same size as the egg quarters and place in a large bowl.
10. Add the yoghurt to the spiced onion mix and combine.
11. Add the spinach, sunflower seeds, walnuts and the yoghurt dressing to the potatoes and mix well.
12. Then add the eggs and gently fold them through.
13. Taste, adjust seasoning and serve.





Cacao and Dark Chocolate Brownie

Ingredients

- 1 cup dark chocolate chopped
- 2 cups sugar
- 2 cups gluten-free flour
- ½ cup cacao powder
- ½ tsp salt
- 5 eggs
- 1 cup olive oil
- ½ tsp vanilla extract

Notes

- Although this is a gluten-free and dairy-free brownie with a few healthier alternatives to a traditional brownie, it is still a treat with a large amount of sugar! Cutting into many small pieces will help you ration out this sweet treat further.
- Use a good quality dark chocolate with 70% cocoa solids or higher.
- Try serving with with some cherries, berries and/or nuts to add more nutrients to your treat.

Method

1. Pre-heat your oven to 160c (bake).
2. Grease and line a 24cm baking tray (or something similar) with baking paper.
3. Add all ingredients into a bowl and mix until they are only just combined.
4. Pour it into the lined tray.
5. Bake for 40min on the middle rack in the oven.
6. Check after 40 min, it will be done if it doesn't wobble in the middle when you give it a gentle shake.
7. If it does wobble, pop it back in for another 5-10min.
8. Cool completely before cutting.



Want more clarity with
food and your mood?

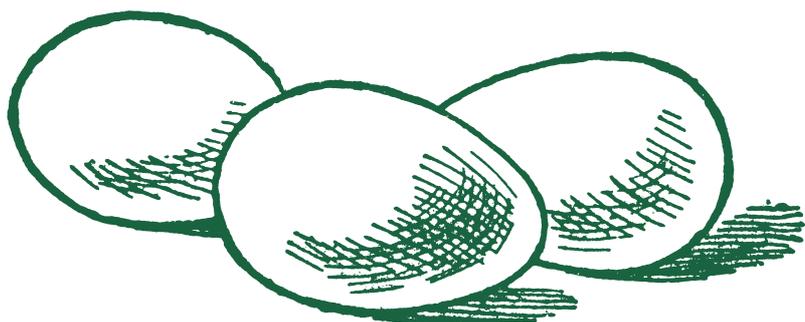


A one on one Naturopathic consultation is the first
place to start making great gains.

It provides us the opportunity to look over your health
history in detail, create some great goals for your
health and work together with ongoing support to help
you achieve the results you are after.

I offer a free 20 minute discovery call to briefly discuss
your health goals and make sure we are the right fit.

[You can book a Let's Talk appointment here](#)



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