



MOOD FOOD

By Natural Medicine Practitioner
Chelsea Everingham ND

PREFACE

Breakfast, lunch or dinner, it really doesn't matter when you eat what type of food; eggs for dinner and steak for breakfast is fine. Do what you like. The only rule of thumb is to:

1. Eat Breakfast Like a King or Queen
2. Eat Lunch Like a Prince or Princess
3. Eat Dinner Like a Pauper
4. Eat Organic and Bio-Dynamic, Where Possible
5. Sit Away from Screens, Preferably with Company and Chew, chew, chew!

I created this ebook as a free gift for those signing up my mental health course. You can join the course now at www.yourhealthoptions.com.au

1 out of 4 of us, according to World Health Organisation, will have a mental illness in our lifetime and these recipes are designed to nurture the nervous system.

We know about the microbiome and the gut brain axis. We know about how epigenetics (nutrition and lifestyle) influences our genetics. Therefore we know there are foods we can choose to eat that will help our mental health.

I hope to make that choice easier for you.

In health,

Chelsea Everingham, Naturopath



POACHED EGGS

ORGANIC PASTURED EGGS ARE ONE OF THE BEST MOOD FOODS DUE TO THE OMEGA 3, CONTENT THAT PROTECTS YOUR BRAIN'S NERVE CELLS, THE VITAMIN D WHICH HELPS OUR BRAIN USE SEROTONIN AND CHOLINE WHICH HELPS DOPAMINE PRODUCTION. WE SHOULD BE EATING EGGS DAILY.

Prep: 15mins Cook: 10mins Serves: 4



2 Organic Pastured Eggs
6 asparagus spears (pre-biotic)
drizzle olive oil

1. Fill a steamer pot few inches water
Put the asparagus into the steamer basket and cook till tender 2-6 minutes
2. 3/4 fill a frypan with filtered water
Boil. Reduce to simmer and crack eggs gently into the water.
3. Cook until whites harden and yolks soft 2-3mins
4. Use a slotted spoon to transfer eggs to paper towel.
5. Serve eggs over asparagus, drizzled with olive oil and seasoned with salt and pepper.

HULK JUICE

OK, SO IT'S A GREEN JUICE BUT IT SOUNDS MORE FUN THIS WAY...THE KIDS WILL BELIEVE YOU

IF YOU TELL THEM ITS WHAT GIVES THE HULK HIS STRENGTH. THERE ARE SO MANY GREAT REASONS TO DRINK THIS ON A DAILY BASIS. ALTERNATE YOUR GREENS FOR BEST NUTRITION.

OUR LIVER USES CRUCIFEROUS VEGE FOR DETOXIFICATION AND OUR BOWEL USES FIBRE FOR ELIMINATION WHICH ALL NEEDS TO BE WORKING EFFECTIVELY OR WE RECYCLE OUR WASTES -

GROSS, RIGHT?

BLEND, DON'T EXTRACT AND GO FOR A RATIO OF VEGGIES TO FRUIT AT 2:1



1 handful of leafy greens: bok choy, silverbeet, baby spinach, rainbow chard, beet greens, etc.

1 handful herbs: parsley, coriander or mint

1 small handful of sprouts: broccoli, sunflower, alfalfa, etc

1inch ginger

1inch turmeric

pinch pepper

1x freshly squeezed orange

Optional - add some kefir water!

Blend at high speed until liquified and serve over ice.

THAI AVO BEEF SALAD

THE ONLY THING THAT COULD MAKE THE UPLIFTING THAI BEEF SALAD BETTER IS AVO. REFRESHING AND CREAMY. AVO IS A MOOD STABILISER WITH MONOUNSATURATED FAT, VITAMIN E, FOLATE, POTASSIUM, B6 AND MAGNESIUM. ADD IT TO EVERYTHING, BUT FOR NOW, THIS SALAD.



300g beef fillet

1 small red onion (very finely sliced)

1 medium size cucumber (remove seeds and cut 1cm thick)

2 handfuls lettuce leaves (shredded)

200g cherry tomatoes (for garnish)

2 avocados sliced

Thai salad dressing:

2 tbsp Valcom Thai Spicy Basil and Garlic Stir-fry Paste

1 tbsp. Fish Sauce

1/2 tbsp sugar

3 tbsp lime Juice

Instructions:

Grill beef fillet to medium rare and slice 1cm thick.

Combine all salad dressing ingredients in a bowl.

In a salad bowl, combine beef fillet, sliced onion and cucumber with salad dressing. Toss to mix well.

Arrange lettuce leaves in serving plates; top with the beef salad mixture.



CHOCOLATE CHIA PUDDING

THE ULTIMATE MOOD LIFTER. THEOBROMINE AND PHENYLETHYLALMINE WILL INCREASE YOUR DOPAMINE AND SEROTONIN I.E. INCREASE HAPPINESS. EAT DARK (LOW SUGAR) DAILY.



1 1/4 cup unsweetened almond or coconut milk

1/4 cup chia seeds

3 tablespoons raw cacao powder (baking cocoa will also work)

pinch of sea salt

1 tablespoon organic maple syrup or raw honey

Add all of the ingredients to a large glass jar with a lid and shake it like crazy to mix it all up. Refrigerate until very thick and pudding-like; 4 hours or overnight. Serve the pudding chilled with whatever topping you'd like: crystallized ginger, goji berries, nut butter, coconut, fresh citrus, bananas, nuts, pomegranate seeds.

KEFIR WATER

FERMENTED FOOD AND DRINK IS ESSENTIAL TO KEEP OUT MICROBIOTA HEALTHY. FIND YOUR NEAREST WESTERNPRICE.ORG CHAPTER FOR FREE GRAINS TO FERMENT. I PREFER KEFIR GRAINS TO KOMBUCHA AS THERE IS NO MOOD ALTERING CAFFEINE INVOLVED.



Water Kefir Instructions (Continuous Brew)

Important ratio – 1 Tbsp sugar : 1 cup water : 1 Tbsp water kefir grains.

You will need:

Water kefir grains (not milk ones)

Filtered water

Best quality sugar you can find i.e. rapadura, molasses (not coconut)

Wooden spoon (the grains don't like metal)

1x Large (approx. 3-4L) pickling/ glass canning jar with air tight seal (worth the investment from a kitchen shop)

Smaller (approx. 1L) glass brewing bottles with air tight seals.

To make sugar water: 1Tbsp sugar to 1 cup water. Dissolve the sugar in a little bit of boiled water, then top up with room temperature water. You do not want to put anything hotter than room temperature water with your grains as it will kill them. Use filtered water as the chlorine in tap water is harmful to the grains and may kill them.

Using the ratio put kefir grains in a large glass container that has a lid. Add sugar water. Put lid on and leave to ferment. This is called the first ferment.

When you first start brewing water kefir, I recommend tasting a small amount each day so you can see how it is fermenting. It will become less sweet each day and after about 3 days (or less in summer) will be like a mild apple cider vinegar. I also recommend tasting the sugar water when you have freshly made it so you have an idea when comparing sweetness.

When the water is desired taste (not too sweet, not too sour) remove up to 3/4 of the liquid and strain through a cloth into new glass containers/jars/bottles. Add fruit, such as sultanas, pulp from a passionfruit, a slice of fresh lemon and fresh ginger, blueberries, a small amount of fresh apple juice, some strawberries etc. Ensure there is headroom at the top to allow for carbonation - if there is too much liquid and not enough air space you can experience an explosion. If you think there is too much pressure building up you can burp the containers.

Put the lid on the bottles and sit on the bench to ferment. This is called the second ferment.



You can drink the second ferment or put it in the fridge until you are ready to drink it. The cold will slow down the fermentation.

Add fresh sugar water to the grains and repeat the process. As your grains multiply you can increase the amount of sugar water you use so that you are getting more water kefir to drink. I keep mine at a fairly steady level of 1 cup grains and 3L sugar water. Excess grains can be removed and refrigerated in a small amount of sugar water, given to friends or used to make gummie lollies!

Some pointers:

- less processed sugar works well, such as rapadura. If you are using white sugar you will need to add some molasses also as the grains require minerals.
- as this is an anaerobic process you need to use a lid. Mason jars are ideal.
- grains should increase each batch. You only need about 4 Tbsp grains per litre of water for it to actually work. The more grains you use the faster fermentation will occur, but you need to ensure there is enough sugar water for them to not starve.
- If your body is not used to lots of probiotics it may take a little while for your gut to adjust to water kefir, and in this case I recommend not eating the grains until you feel your body can handle it.
- in warmer weather fermentation will happen quicker, so adjust accordingly.
- water kefir grains are delicate and sensitive in some ways, but also hardy and good survivors in other ways. They are pretty hard to completely kill, but do thrive on being cared for well.

