

# FOODS AND MOODS



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**DO FOODS REALLY IMPACT OUR MOODS? FABIC BEHAVIOUR SPECIALIST AND COUNSELLOR TANYA CURTIS LOOKS INTO THE CORRELATION.**

Foods are used in so many ways. Some may use food for its true purpose – to support our physical body to live its full potential. However, many, if not most, use foods beyond this purpose. If we consider honestly we can see that foods are used in many situations. We use foods when we are emotional, happy, sad, depressed, angry, frustrated, excited, celebrating an occasion, socialising etc.

But what effect is eating in this way having on our body and our moods? When we use foods in the above mentioned way, we typically choose to eat foods that negatively affect our physical body and negatively effect our moods, behaviours and our psychological wellbeing.

We often eat foods that taste good in our mouth for a short period of time, providing a short-lived relief from our current unwanted feelings. But unfortunately, these foods add to a perpetual cycle of contributing to our body later experiencing further unwanted symptoms and feelings.

**Becoming a true scientist of our own body allows a person to observe how their own (or another person's) body reacts or responds to certain foods. For example, observe:**

- How were you feeling before you chose to eat? Sad, settled, happy, content, angry, depressed, worried etc.
- What behaviours were being used before choosing to eat – wanted or unwanted?



- What quality of food did you choose to eat?
- The physical responses of the body experienced immediately, within two hours.
- Was the body: tired, alert, feeling racy, craving more food, bloated, feeling light or heavy etc.
- How were we feeling after (in those first hours and up to three days later) you chose to eat? Sad, settled happy, content, angry, depressed, worried etc.
- What behaviours were being used after choosing to eat – wanted or unwanted?

This process of observing ourselves and others will allow us to identify the foods we choose when we are experiencing a particular feeling or behaviour – yet also see that certain foods will result in us feeling a particular way or using a certain behaviour.

Observing without judgment allows us to

identify the cycle of foods and moods. Some foods when eaten provide unwanted moods and behaviours, while other foods provide wanted moods and behaviours. Thus, through the foods we choose, we choose our moods.

Here are some quotes that, when lived, provide a very supportive cycle for our physical body as well as our moods, behaviours and psychological wellbeing:

“Feel what to eat, not eat what you feel” ~ Miranda Benhayon

“Eat light to be light” ~ Serge Benhayon

When lived, these two quotes support us all to live our true and full potential, and live with a quality of psychological wellbeing that supports the all.

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