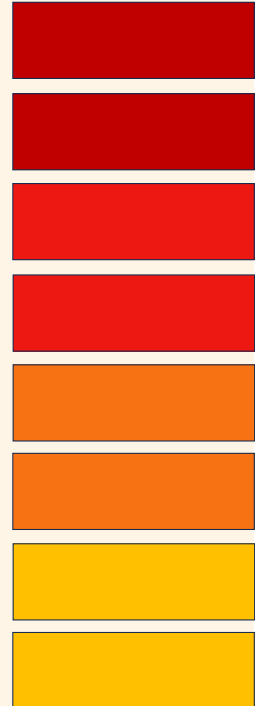


Wellness Journey: Living Your Best Life

Food-Mood Connection

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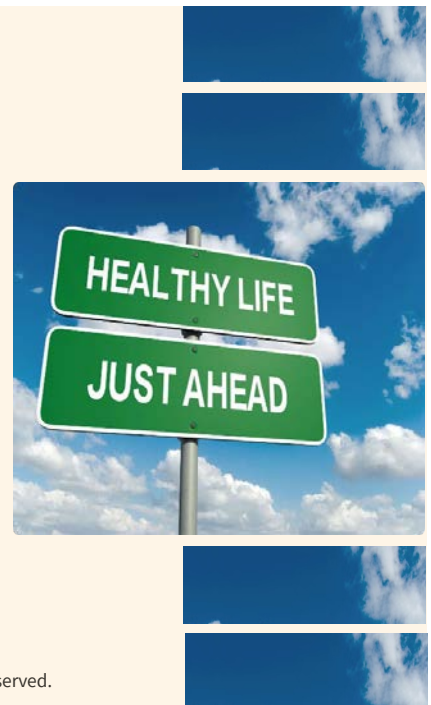


Wellness Journey: Living Your Best Life

We continue our exploration of traditional diets as we focus on making a lifelong commitment to invest in ourselves! Today we are focusing on food that could make a positive impact on our mood.



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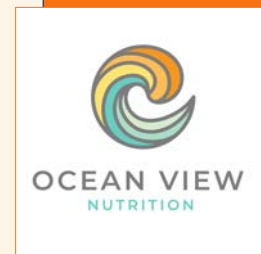


Kitchen on Fire & Ocean View Nutrition

We bring people together through cooking, nutrition and a sense of community.

Public cooking classes
Corporate events
Individual consulting
Virtual & In-Person

- **BUY** seasonal, local, organic and GMO free when possible
- **COOK** using healthy cooking techniques
- **EAT** a variety of whole foods including herbs and spices
- **SHARE** and enjoy meals with friends and family
- **AWARENESS** of allergies and sensitivities



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Objectives for Today – Investing in Ourselves!

1. Essential nutrients for brain health
2. Support the gut-brain connection
3. Calm the mind with omega-3 fatty acids
4. Hydrate to support brain energy and clarity
5. Set SMART Goals – to support mental balance



Chef Olive is continuing the exploration of Mediterranean with a traditional Cioppino

BONUS: Attendees will be entered into a raffle for a prize!

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Let's join Chef Olive at the fishmonger!



Essential nutrients for brain and mood health

- Nutrition affects brain chemistry. Everyone experiences the fact that food and nutrition alter mood and behavior.
- The neurochemical mechanisms of how diet alters brain function are beginning to be known.
- The brain depends on a continuous supply of nutrients from the blood, synthesis by organs, and some that must be consumed through food or supplements (these are considered 'essential')
- Essential items include a variety of vitamins, amino acids and fatty acids.

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*Anyone experience
getting 'H-ANGRY'
before meals?*

Essential nutrients for brain health

	Omega-3s	Antioxidants	B Vitamins
Function	Support brain function and development in all stages of life	Can protect the brain from oxidative stress	Impact on energy levels, brain health, and cell metabolism
Sources	Omega-3 Fatty Acids -- Fish, chia seeds, and walnuts	Vitamin C & E and Flavonoids -- Berries, nuts, and green leafy veggies	B6, B12, and folic acid -- Avocados, legumes, and whole grains



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Support the Gut-Brain Connection

We are starting to better understand the links between digestion, mood, health and even the way you think

- The central nervous system is a processing center that manages everything from your thoughts and feelings to your movements.
- The enteric nervous system (ENS)
 - Consists of two thin layers of more than 100 million nerve cells lining your gastrointestinal tract from esophagus to rectum
 - Controls aspects of digestion, swallowing, release of enzymes, control of blood flow that assists with absorption and elimination
 - Communicates back and forth with our big brain

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Support the Gut-Brain Connection

1 Symptoms of Imbalance

Constipation, weight gain/loss, gas, diarrhea, bloating, tiredness, bad breath, skin irritation or other indications of poor health.

2 Probiotics/Prebiotics:

Support a healthy gut microbiome, which is essential for mental well-being. Examples include fermented foods like yogurt, kefir, and sauerkraut.

3 Benefits of Balance

Linked to reduced anxiety, improved mood, and enhanced cognitive function.

4 A true connection:

Researchers are finding evidence that irritation in the gastrointestinal system may send signals to the central nervous system (CNS) that trigger mood changes.

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Calm the mind with Omega-3 fatty acids

What are Omega-3s:

They are polyunsaturated fats (or "healthy fats")

Where does the body use them:

They are part of the support structure of every cell in your body

Why do we need them:

They help keep your heart, lungs, blood vessels, and immune system work properly

How do we get them:

You must get them from foods or supplements because your body doesn't make them

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And the next question ...

How much?

Calm the mind with Omega-3 fatty acids

Omega-3

- Flax, hemp, pumpkin seeds, cold water fish, pastured beef, chicken, dairy, algae, walnuts
 - Reduce inflammation
 - Speed metabolism
 - Lowers cholesterol & trig.
 - Keeps blood thinner & healthier
 - Improve brain devel. & function

Omega-6

- Safflower, sunflower, corn, soy, most nuts
 - In processed & fast foods, grain-fed beef, dairy, chicken, farmed fish
 - Contributes to inflammatory process—necessary but in moderation, must be balanced with Omega 3s

Recommendation: 3:1 ratio (omega 6 to 3)

Typical American Ratio: 20:1 ratio = INFLAMMATION!

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Hydrate to support brain energy and clarity

1 Uses of our water

- How does our body lose water?
- Why does our body need water?

2 Daily hydration needs

- How many ounces a day?
- What fluids count towards daily requirements?

3 Brain impact

- Can dehydration cause decline in energy, cognition, attentiveness and/or short-term memory?
- At what % could it cause an impact?
- Is the impact short or long term ?

4 Primarily made of water

- What % of our body is water?
- What % of our BRAIN is water?
- Can we drink too much?

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Answers: Hydrate to support brain energy and clarity

Uses of our water

- How does our body lose water?
Sweating, low humidity, regulating body temperature, processing foods, waste products and more
- Why does our body need water? *Every organ needs water as well as filtering toxins out via our water*

Brain impact

- Can dehydration cause decline in energy, cognition, attentiveness and/or short-term memory? *YES*
- At what % could it cause an impact? *2%*
- Is the impact short or long term? *It could be both if dehydrated often*

Daily hydration needs

- How many ounces a day? *Generally, ½ ounce per pound for your body weight*
- What fluids count towards daily requirements? *All fluids count in both food and beverages, however being overly caffeinated can cause additional urination which loses the water we take in.*

Primarily made of water

- What % of our body is water? *~60%*
- What % of our BRAIN is water? *~73%*
- Can we drink too much water? *Yes, Significantly over drinking water can wash out electrolytes and lead to health complications if severe*

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Q&A

SMART Goals – Food-Mood Connection



Invest in yourself from the inside out!

- 2 goals to help you **Live Your Best Life!**
- 2 goals to focus attention on keeping our mood lifted every day!

What do you want to share?

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Specific
Measurable
take Action
be Realistic
Time-oriented

About us

- Kitchen on Fire Cooking School
 - For the Home Chef in Berkeley & Oakland since 2005
 - Owned by Chef Olivier Said (founder) & Lisa Miller
 - Hands-on Cooking Classes, Events: In-Person and Virtual
 - Nutrition Education, Corporate Wellness, Individual Consulting
 - lisa@kitchenonfire.com
- Ocean View Nutrition – Consulting & Public Speaking
 - Owner & Nutrition Consultant, certified
 - Consultations, Classes & Presentations
 - lisa@oceanviewnutrition.com

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Link to today's presentation,
demo info and more
[https://www.kitchenonfire.com/
living-your-best-life](https://www.kitchenonfire.com/living-your-best-life)

