

Sunshine

(Serotonin)

Sunshine brightens our mood, strengthens our immune system and regulates both sleep and appetite. Sunshine puts a spring in our step.

Stabilizer

(Norepinephrine)

Stabilizer simmers both anxiety and anger, keeping our emotions in balance. Stabilizer also helps us self-regulate and acts as our built-in stress management team.

Satisfaction

(Dopamine)

Satisfaction combats restless addictions, allowing us to become more content with the simple pleasures in life. Satisfaction also keeps us feeling focused and motivated.

brussel sprouts
cauliflower
celery
garlic
green leafy anything
mushrooms
onion
peas
peppers
sweet potato
tomato
turnip greens
zucchini

all berries
avocado
bananas
grapefruit
kiwi
oranges
pineapple
plums
pumpkin
sour cherries

all beans
brown rice
buckwheat
chickpea
millet
quinoa
tempeh
oils (olive, flax, walnut)
pumpkin seeds
sesame seeds
sunflower seeds
walnuts

dark chocolate
green tea

cheddar cheese
cottage cheese
swiss cheese

eggs
milk

asparagus
broccoli
garlic
ginger
onion
yams

all berries
apples
apricots
avocado
bananas
goji berries
grapefruit
guava
lemons
oranges
papaya
pears
pineapple
pumpkin
watermelon

all beans
tempeh

quinoa
steel cut oats

almonds
hazelnuts
oils (walnut)
peanuts
pumpkin seeds
sesame seeds
walnuts

dark chocolate
raw cacao powder

cheddar cheese
cottage cheese
cream cheese
mozzarella cheese
parmesan cheese
provolone cheese

eggs
milk

artichoke
beets
brussel sprouts
carrots
celery
cucumber
green leafy anything
peppers

all berries
apples
avocado
bananas
prunes
watermelon

all beans
tempeh

almonds
hazelnuts
pumpkin seeds
sesame seeds
walnuts

dark chocolate
green tea
honey
licorice
peppermint tea

cheddar cheese
cottage cheese

eggs
milk
yogurt



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Source local and organic, whenever possible.

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