
Food & Mood covers all the bases for eating right for a healthy body and mind and includes practical, nutritionally sound advice for putting Somer's Feel Good Diet into practice. Somer starts out by simply and eloquently elucidating the science behind the food-mood link. She explains how food affects mood; the basis of food cravings; how diet is connected to stress, PMS, and fatigue; and what foods banish the blues, boost brain power, and improve sleep naturally. Need to stop overeating and abusing food? The book reads quite well and has interesting explanations, that tend to be science based. Nowadays, much of this information is not new, as media passes it frequently. Read more. Find many great new & used options and get the best deals for Food and Mood : The Complete Guide to Eating Well and Feeling Your Best by Elizabeth Somer (1999, Trade Paperback, Revised edition) at the best online prices at eBay! Free shipping for many products! Nutrition expert Elizabeth Somer answers all these questions and more in this completely updated and revised second edition to her nutritional guide Food and Mood. The result of research encompassing thousands of the most up-to-date scientific studies, Somer explains how what we eat has a direct influence on how we feel, think, sleep, look, and act. Mood food. We live in a stressful world, and daily life can sometimes make us feel tired, stressed, or depressed. Some people go to the doctor’s for help, others try alternative therapies, but the place to find a cure could be somewhere completely different: in the kitchen. Certain types of food contain substances which affect how you think and feel. For example, food which is high in carbohydrates can make us feel more relaxed. It also makes us feel happy. Research has shown that schoolchildren who eat a high-protein breakfast often do better at school than children whose breakfast is lower in protein. Last year she became the second woman to complete the 78-mile Ultra Marathon in Namibia, running the three consecutive marathons in 23 hours and 50 minutes.