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The Food-Mood Connection c01.qxp 12/19/06 8:03 AM Page 9 COPYRIGHTED MATERIAL. c01.qxp 12/19/06 8:03 AM Page 10. 11 A ... 14 THE FOOD-MOOD SOLUTION A Better Fix for Blood Sugar Swings Instead of a soft drink or a sugary snack, eat some unsalted mixed nuts or a slice of deli turkey and cheese.

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thorities, sugar, food colorings, and other all-too-common food additives do indeed adversely affect mood. In June 2004, Archives of Disease in Childhood reported a study, involving 277 preschool children conducted by the UK's Southampton General Hospital. The findings? Artificial food colorings and other additives increased hyperactive behavior.

Book Reviews - Orthomolecular.org

The Food-Mood Solution: All-Natural Ways to Banish Anxiety, Depression, Anger, Stress, Overeating, and Alcohol and Drug Problems--and Feel Good Again - Kindle edition by Jack Challem, Melvyn R. Werbach.

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