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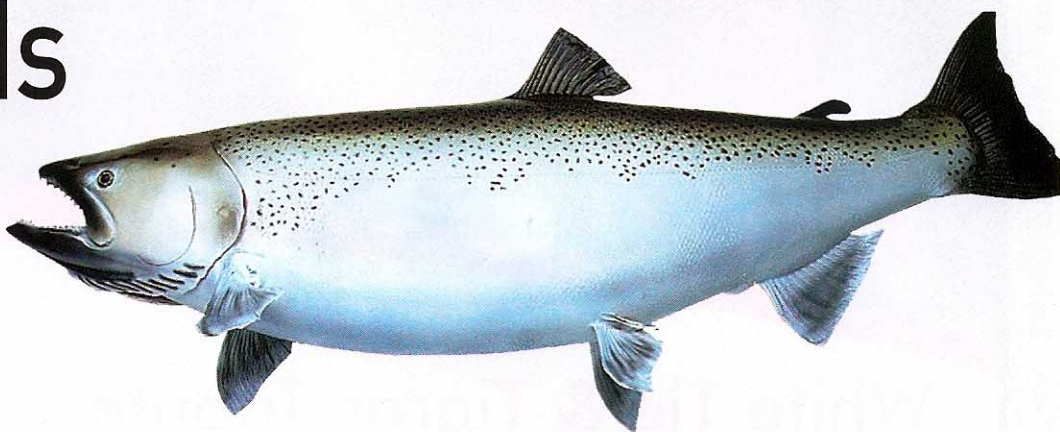
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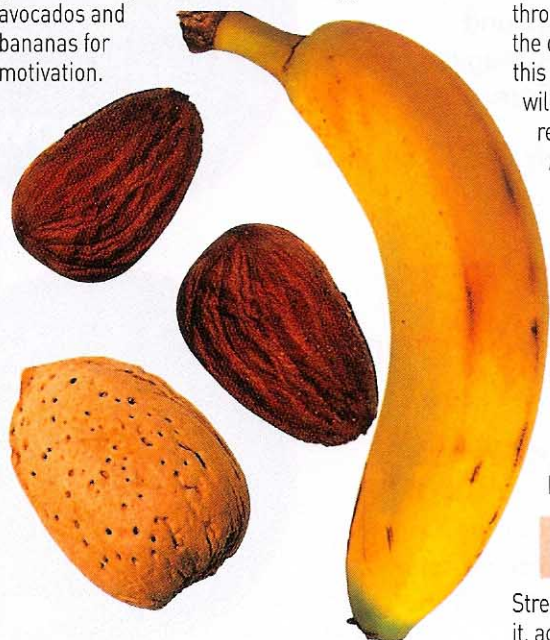
Mood foods



If low moods are a regular feature in your life, it's time to do something about it. Feeling 'blue' is not always the fault of your job, money or relationships. What you eat can make a massive difference to your mood and motivation. Follow these simple steps and put the spring and smile back in your life:

HAPPY SIGNALS

Certain foods help to make happy signals in the brain, others make signals that boost motivation. Eat more fish, turkey, chicken, cottage cheese, beans and lentils, bananas and wheat germ for good mood signals. Eat more fish, eggs, nuts, avocados and bananas for motivation.



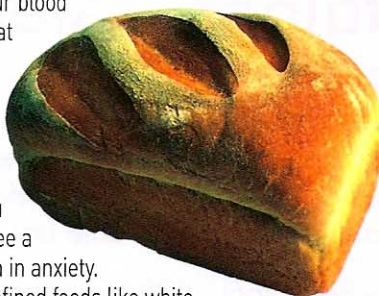
CELLS HAVE EARS

Signals in your brain work by jumping from one cell to another. To help your cells hear the happy signals, they need to be made of the right stuff. Eat more oily fish – salmon, mackerel, sardines, herring and anchovies. If you are vegetarian, eat nuts and seeds. These will help the 'ears' of your cells to hear.

SUGAR SUGAR SUGAR

Balance your blood sugar so that moods and energy are stable throughout the day. Do this and you will also see a reduction in anxiety.

Avoid refined foods like white rice and pasta and stimulants such as coffee. You guessed right – swap for whole grains, brown rice, pasta and bread. Eat protein during meals and snack often.



LEAVE BOOZE BEHIND

Reduce your intake of alcohol; any doctor will tell you that it has an anti-depressant effect. Begin with a few alcohol-free evenings a week. Don't cheat and save it up for the weekend.

LEARN TO CHILL

Stress getting you down? Instead of moaning about it, actually change something in your life, either the cause of the stress or the way that you deal with it. Being proactive can give you a real boost. Try some yoga or relaxation tapes or for a good book with some powerful life-changing tips, try 'The 7 habits of Effective People' by Steven R Covey.

LIGHT EXERCISE

You need light for your brain to work effectively. Go outside whenever you can. Take some exercise at

the same time for maximum benefit as this is also known to reduce depression. Even more important in winter – get what you can as often as you can.

MOOD BOOSTER

Take a supplement called 5HTP. This helps the brain to make more serotonin, which is connected to happy signals. It can be as effective as an antidepressant and has a fraction of the side effects.

MEET AND MIX

Meet up with friends; a great way to lift your mood. Combine the outing with some good mood food. The Mad Hatter on Western Road has a choice of pick-me-up smoothies, and The Guarana Bar in the North Lanes can help give you a boost. For a real winner, Presse along Queens Road offer a mix-your-own-salad.

Include foods from above, add a stress-busting juice, relax and wait for the food and your friends to work their magic!

Emma Wells Dip I.O.N.
Smart Nutrition can be contacted on 01273 775480 or via

www.smartnutrition.co.uk
Important! Smart Nutrition does not recommend taking 5HTP alongside antidepressant medication, or stopping any current medication, without your doctor's consent.

