Introduction to Mood Food

Craver mood boost? This one recipe will help lift yourself out of that slump. Try it right now. Hello, I'm Dr. Uma, your mood food expert and welcome to my channel.

I am a nutritional psychiatrist, a chef, and I also teach at Harvard and have studied nutrition. As a nutrition psychiatrist what I do is fuse my knowledge of the brain, health and food to help my patients and students.

And hopefully now you. I am also a national and international bestselling author and have published two books all related to mood and food.

Brain-Gut Connection and Channel Overview

In this channel, expect to learn more about how the food you eat affects your mood, and I will also be sharing tips on food recipes and anything related best to brain health.

Food can really affect your mind in a way that can make you feel better. As your mood food expert, I reiterate again that good food helps you with a better mood.

This is because your brain and gut are connected. The healthier food you eat, the better your mind and the health of your minds. If you want to know more about the connection between your brains and your gut and how this affects or worsens your mental health, download my free ebook in the description box below.

Now to the easy recipe I promised earlier, here it is.

Golden Latte Recipe

It's my favorite golden latte. This is also my go-to anti-stress soothing drink. What you'll need is a cup of almond milk or my favourite hemp milk, a teaspoon of turmeric powder with a pinch of black pepper, pinch or half a tea spoon of raw honey, as well as a quarter teaspoon grated nutmeg.

Black pepper enhances the anti-anxiety properties of turmeric, so it's really helpful to add that pinch in. To create your golden latte, you just need to heat all of these ingredients except for the nutmeg.

Use a medium saucepan over low to medium heat for about five minutes. Pour it into your favorite mug, sprinkle the Nutmeg and enjoy. You see, very easy simple recipes and it'll make you feel better, I promise.

A powerful antioxidant in turmeric fights anxiety in the brain. What makes turmeric a powerful anti-oxidant? Well, it's the ingredient curcumin. That's an active ingredient in Turmeric.

A meta-analysis in 2017 evaluated six clinical trials that tested curcumin for depression.

Turmeric, Curcumin, and Mood Benefits

The analysis concluded that curicumin adjusts brain chemistry and protects brain cells against toxic damage that leads to depression There you go. This recipe can be your go-to every time you're feeling a little down.

And after drinking this golden latte, make sure to go for a short walk. In case you're feeling very down or depressed, please note that there's help available.

I've added a few resources in the description box below and remember you can always dial 988 on your phone for mental health crisis help.

Support Resources and Closing

To see more recipes like this, you check out my book, This is Your Brain on Food. The link is in description below. If you'd like to know more about the science of your mood and food, check the links in my description where you download my free mini ebook.

And don't forget, eat good food for a better mood and see you in the next video.