

# What You Eat Affects How You Feel

By Craig Miller

The food you put in your body has everything to do with how you emotionally and mentally react. With poor nourishment, your mind will think poorly, your senses will feel poorly, and your body will move poorly. This emphasizes the connection between your physical body functioning and your emotional state of mind. For example, people who are emotionally stressed are more likely to have improper nutrition and unhealthy lifestyles that result in poor brain functioning. How you eat is vitally important to the way you feel and relate to others.

The author and speaker Dr. Gary Smalley, in his book, *Love and Food*, found there was a direct link between eating poorly and loving poorly, and a strong connection between healthy eating and healthy loving. Since many of the foods you eat may be processed, preserved, salted, sugared, and flavored, resulting in foods that are nutritionally dead, it was found that people who turned to processed foods for comfort often turn away from people they loved. These people are temporarily feeling better in emotion and energy from the unhealthy foods they consume, instead of feeling good from the people or circumstances they are with. In essence, poor food choices lead to emotional indifference and withdrawal in relationships. According to Dr. Smalley, the following are some of the worst and best foods for emotional health.

Worst foods for emotional health are from:

- White or refined sugar (soda pop, candy, sugar coated cereal, ice cream, etc.)
- White or refined flour (pasta, white rice, white bread, cake, etc.)
- Hydrogenated oils and animal fat (fried foods, chicken skins, vegetable oil, etc.)
- Chemically laden foods (preservatives, packaged meats, etc.)

Best foods for emotional health and brain functioning are from:

- B vitamins, daily multiple vitamin, liquid minerals
- Raw honey and sweeteners from raw fruit (fructose)
- Whole-grain flour and whole grains (wholegrain breads, crackers, brown rice)
- Cold pressed oils and healthy fats (olive oil, flax seed oil, fish oils)
- Natural foods (raw fruits, vegetables, nuts)

In the book, *Sugar Blues*, William Duffy states that sugar is the worst on your emotions and body because it drains and leeches the body of precious vitamins and minerals. According to Carolyn Dean, M.D., N.D., author of *Complementary Natural Prescriptions*, the average American eats about twenty teaspoons of refined sugar every day, which is twice the amount recommended by the U.S. Department of Agriculture (ten teaspoons). Just one soda pop has ten to twenty teaspoons of sugar! Since nutritional balance is crucial for your emotional and physical health, the ideal scenario would be to eat a balanced diet and find a nutritionally oriented physician, dietician, or health professional that could help you suggest a nutritional diet with vitamin and mineral supplements. *This article is an excerpt from Craig's book, When Your Mate Has Emotionally Checked Out.*

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