

Today's Chiropractic Weekly Handout

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Boost Your Mood, Naturally!

You might be wondering, are there natural alternatives I can try to boost my mood? **Sure there are!**

Many people with mood disorders take prescription medications to try to stay on an even keel or to feel "normal." But these medications have risky side effects.

Here are some of the natural things you can do to boost your mood and overall health and well being:

- **Exercise** - try taking a brisk walk in the morning or on your lunch break. Exercise increases the release of endorphins, those "feel good" all-natural brain chemicals. Taking a walk outside also exposes you to natural sunlight that stimulates the production of the brain chemical serotonin, which is another chemical that has a positive effect on mood.
- **Sleep** - lack of sleep can affect your mood by making you feel anxious, stressed out, and tired. Why do you think people tell you to "sleep on it" when you're pondering a difficult decision? Probably because they know the importance of a good night's sleep and its restorative value for the brain as well as the body!
- **Eat** - when was the last time you had something to eat? If it was more than three hours ago, you may be feeling the effects of low blood sugar, which can really have an effect on your mood. Try eating 5-6 smaller meals spaced throughout the day, rather than 3 larger ones.
- **Increase Omegas** - those with decreased levels of these essential fatty acids are at greater risk for depression. So try eating some fish, such as salmon, albacore tuna, sardines and herring, or take a fish oil supplement that has the recommended ratios of Omega 3, 6 and 9.

- **Laugh** - laughter really is the best medicine, so watch a funny movie, have lunch with a friend who makes you laugh or just dance around your house and be silly. Talk about a mood-altering experience!
- **Socialize** - people who are depressed tend to isolate, making their depression worse, not better. Talk on the phone or better yet, get out with a friend or two who are positive and who make you feel good about yourself.
- **Vent** - write in your journal, draw or paint your feelings or get on the phone with a trusted friend and share feelings. Don't bottle up negative emotions.
- **Get Adjusted** - research studies have demonstrated that chiropractic adjustments can improve the symptoms of depression - symptoms that may result from trauma to the head and neck.

Easy Vegetarian Chili

1 can pinto beans, drained	2 tbsp olive oil
1 can kidney beans, drained	1/4 cup vegetable broth
1 can diced tomatoes	2 tbsp chili powder
1/2 onion, diced	1/2 tsp salt
3 cloves garlic, minced	1/2 tsp pepper
1 bell pepper, diced (any color)	dash cayenne &/or red pepper flakes

1. In a medium to large soup pot, sautee the onion, bell pepper and garlic in the olive oil.

2. Add tomatoes, vegetable broth and chili powder and stir.

3. Reduce heat to medium low and add beans. Stir occasionally and cook for at least 20 minutes. Of course, the longer you cook chili the better, but if you're pressed for time, 20 minutes is fine. For a spicier chili, add extra cayenne and red pepper flakes. Makes 6 servings.

Today's Chiropractic Clinic

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Office Hours:

Mon/Wed/Fri: 8:30am-12pm & 2:30pm-6:30pm

Tues: 8:30am-12pm & 2:30pm-5pm