

Title:

Food, Anxiety and Depression

Word Count:

761

Summary:

In our current society, there are many factors that can cause or contribute to anxiety and depression.

Keywords:

diETING, weight loss, self esteem

Article Body:

In our current society, there are many factors that can cause or contribute to anxiety and depression.

Food is another major factor that greatly affects how we feel. Most people don't really notice.

In the over 35 years that I've been a counselor, I have frequently encountered individuals who

For example, Marnie discovered that dairy, wheat and sugar kept her up at night. She would wake

Joel discovered that his sleeplessness and resulting depression was a direct result of caffeine.

Adrienne discovered that her feelings of anxiety and depression, that had been with her most of

Alex, who periodically struggled with depression, inadvertently discovered that drinking raw milk

Over and over again my clients, who have chosen to tune into how food was affecting them, have

A hundred years ago, when people naturally ate non-processed and organically grown food, they

I recently found out that the fat of raw organic dairy products, especially butter, contains many

Food is certainly a major factor in the rise of anxiety, depression and illness. Only you can

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