



HEALTH: From Moody to Foodie: How to Cure your Mood Swings and Feel Great by Eating Well (Emotional Stability, Healing, Detox, Maximizing Health, Health and Wellness)

Elizabeth Clarke

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Who wants to be moody if you can be a foodie?

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Your mood is influenced by many factors. One of them that is neglected too often is the food you're eating. But the truth is: you are what you eat. This doesn't just apply to your physical health, but to your mood and mental wellbeing as well. If you are experiencing mood swings or find yourself being in a bad emotional state more than you like, changing your eating habits can improve the situation significantly. It is also the most fun way of supporting your mental wellbeing. Choosing foods that influence your mental state can support your therapy, or sometimes even replace it.

Many people suffer from mood swings. They are surprised when they experience how much they can improve their quality and joy of life by simply changing some eating habits. This can be cutting out food that triggers mood swings or adding feel-good food that makes you feel awesome. Don't wait anymore, take charge of your mood naturally today!

In this book, you will learn:

- how food and mood are connected
- which foods can help your mood
- which foods to avoid
- where to find recipes
- action steps you can take right now
- Much, much more!

Download your copy today!

Embark on a delicious journey and become a happy foodie now!

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