

GOOD MOOD

Food

A woman's glow is intoxicating. To stay in your glow, protect yourself from anything that threatens to disrupt your happy place. Protect yourself from the debilitating effects of fake food. Seek out food that has been grown by human hands and isn't produced in a factory. Eating real food

is a magical experience. Foods from Nature have something special. They have energy, life force. They also have every nutrient needed to sustain and enhance you.

MOOD MAKEOVER

Your gut can be considered a second brain. This is because you have as many neuro-transmitters in your intestines as in your brain. You may be wondering what are neuro-transmitters and how are they connected to your mood? Great question! Neuro-transmitters are brain chemicals that are responsible for mood, appetite, sleep cycles and every function of your body. For example, Serotonin, the 'happiness molecule' balances levels of stress hormones and regulates mood and sleep. Dopamine is necessary for pain relief and mental alertness.

Norepinephrine stimulates our calming para-sympathetic nervous system, which governs relaxation, and Epinephrine, known as the 'fight or flight' adrenalin hormone, helps us with focus and productivity.

What might you experience if you didn't have the right levels of neuro-transmitters? Well, many women experience not having enough neuro-transmitters everyday to the tune of about 100 million prescriptions of anti-depressants every year in the US alone! People suffering from mood disorders such as depression, anxiety and addictions, not to mention insomnia, obesity and migraines have a deficiency in neuro-transmitters. Good moods require good foods! It's that simple. Why settle for less than what you deserve? Right now, you have the freedom to enjoy wholly nourishing, amazingly vital, down-to-earth real foods that will activate your beauty and lift your spirit like never before.

HAPPY FOODS

BEE SMART, SWEETHEART

Honey supplies natural sugars to fuel your brain. It is the most enzymatic food found on earth. This is big news because enzymes keep us youthful! Bee pollen is collected from flowers and is one of the richest foods ever discovered. It is a complete source of protein, valuable enzymes, minerals and hormones. Bee pollen is an important food for depression. It supplies your brain with the raw materials it needs for balanced brain chemistry. And, it is so cute, too. Just sprinkle some into your smoothies or put it in a trail mix or on yogurt for an instant hit of happiness.

FLAWLESS FATS

Good fats are fabulous, and they won't make you fat. Fats contain the Omegas 3 and 6 fatty acids, which are important for brain function. Omega fatty acids also help fight inflammation, which ages cells. Fats

also insulate your nerves providing a stress-defense shield keeping you feeling smooth and relaxed. The very best sources include walnuts, olives, hemp, flax seeds, coconuts and their oils, plus avocados. You need fats to keep everything lubricated and humming along flawlessly.

SENSUOUS SILICA

Premature aging is prevented with diets high in silica due to its ability to help cells retain moisture and elasticity. Hemp seeds, lettuce, oats and the skins of cucumbers, peppers, tomatoes and eggplant all are high in silica. Notice how the skins of fruit and veggies shine, this is due to silica. So guess what they do to your skin? That's right, Chica, they make you shine!

SEXY SULFUR

Sulfur is abundant in collagen, the protein found in our skin, hair and nails, plus all of our connective tissues. A deficiency could cause brittle nails and hair, acne, rashes and scar formation. Sulfur has a warmth or glow in foods, so it enhances your glow. Arugula, bee pollen, broccoli,

cauliflower, chile peppers, garlic, hemp seeds, kale, onions, radishes, spirulina and watercress are all sulfur-rich foods guaranteed to make you rich in beauty.

MAGNIFICENT MAGNESIUM

Regarding mood management, magnesium is the first go-to mineral to ease anxiety, anger or depression. Magnesium is Nature's de-stressor, it relaxes our muscles and nervous system. Leafy greens are full of magnesium. Lima beans, burdock root and winter squashes are starchy vegetables abundant in magnesium. Whole grains are magnesium rich. Raw nuts and seeds are high in magnesium, too.

Fill your weekly grocery cart with all of these smart foods and you won't just look great, you'll feel great, too! 🍯

Shakaya Leone inspires women to take care of their exquisite body-temples and flower-faces. 'I help women RECLAIM their Health and Beauty. Food is a sacred gateway to activate that. Tell me how you eat and I'll tell you where you are sabotaging or cultivating your power as a woman.' Learn more at www.EarthEmpress.com

