

YOUR NATUROPATHIC GUIDE TO NATURAL MOOD BOOSTERS



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This is a GUIDE only + may not be suitable for everyone. if you are unsure make an appointment with me or contact your healthcare professional



Hello + Welcome

to your Naturopathic Guide to Natural Mood Boosters.
I'm Amelia Bernauer but you can call me Millie.

I am a degree-qualified + association-registered
(ANTA) Clinical Naturopath.

I am passionate about all aspects of health + wellness
but have special interest in
mood, stress, anxiety, adrenal support, energy + sleep.

Which is why I have curated this guide on a few tips +
tricks to boost your brain happies!

I also hand blend loose-leaf
herbal, classic + iced teas at Mea Kanu.
Explore your sip at www.meakanu.com.au

If you are just starting your health journey
or you are on a journey to wellness already
you have found the right naturopath!

I offer comprehensive telehealth
appointments Australia-Wide from my
beautiful clinic space in Lovedale, NSW.

I would love to support + guide you on your
journey to optimal health + wellness.

You can read more about how I practice at
www.travellingtincturesnaturopathy.com.au
or contact me at meakanu@outlook.com



Millie x

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BRAIN FOODS

What we eat has PROFOUND effects on our mental health. Did you know our gut produces up to 95% of our serotonin!!!

Serotonin is a neurotransmitter that is produced to help control mood + happiness similar to dopamine - Thats a pretty big chunk! This is why it is SO important to eat neurotransmitter-boosting foods to keep our brain happy



BRAIN FOODS

AVOID PROCESSED FOODS



Processed foods usually have low nutritional value which affects our neurotransmitters + chemical balances in our gut + brain. Eat whole, fresh foods whenever you can!

INCLUDE OATS



Oats are used in herbal medicine as a nerve tonic, nerve support + blood sugar regulator. Add to your breakfast to help stabilise your mood throughout the day.

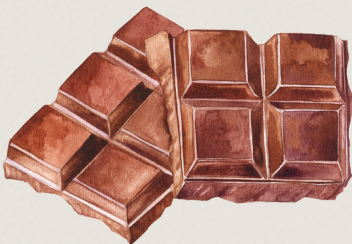
*Tip: Try making overnight oats - beneficial + delicious

INCLUDE NUTS + SEEDS



FULL of mood support minerals like B6, Magnesium + tryptophan! Especially pumpkin seeds + sesame seeds. Add a handful to your day or sprinkle on top of your foods

NIBBLE ON DARK CHOCOLATE



Chocolate lovers this one is for you! FULL of Magnesium to support your mind + give you an extra boost of dopamine. Your sneaky treat should be above 70% cacao to get the most benefit.





LIFESTYLE

How we treat our bodies + the routines we get into also affects how we produce certain hormones and how we feel in general. It is important to practice healthy lifestyle practices all year round to promote better mental health + boost moods



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LIFESTYLE



SLEEP

Sleep deprivation can lead to irritability, low mood, sadness + fatigue while inhibiting neurotransmitter synthesis. Oversleeping can contribute to the same. Ensuring you get 7-9 hours of sleep per night is ideal for mood support



KEEP MOVING

Physical activity has been shown to increase dopamine + serotonin (the happy hormones). Studies have shown engaging in 30 minutes of movement per day improves mood + decreases anxiety. Try gentle yoga, nature walking or pilates.



ENGAGE YOUR MIND + BREATH

Keeping your mind active by engaging in a hobby you have always loved like reading, painting, gardening or playing an instrument + practising mindful deep breathing can help motivate you, bring happiness, stimulate the vagal nerve + increase dopamine production.



DISCONNECT BUT KEEP CONNECTED

Reduce social media, screen time + electronic use but ensure you're staying connected with friends + loved ones. Real social interaction is SO important for mood boosting, self-confidence + general wellbeing.

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HERBAL MEDICINE

Herbal medicine is a wonderful tool that has been used for centuries for thousands of different uses.

Mood + Mind support is an area that herbs are incredibly good at supporting. However, herbs are medicine + may not be right for you. If you are taking medication be cautious before trying herbal medicine.

Ensure you make a free discovery appointment with me to make sure these herbs are right for you.



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HERBAL MEDICINE

SAFFRON *Crocus sativus*



A beautifully gentle herb widely used as a mood supporter. Specifically used as an antidepressant + brain anti-inflammatory while increasing dopamine production. Also used to support anxiety.

ST. JOHNS WORT *Hypericum perforatum*



The most well-known herbal mood supporter with several studies showing it may work as well as an SSRI. Also used as a nervine tonic and relaxant. Caution though! This herb interacts with MANY medications. Consult your healthcare professional before taking

ASHWAGANDHA *Withania somnifera*



A herb that is gaining popularity - this one has MANY different actions but is known for its stress reduction by supporting the adrenal glands + cortisol production (the stress hormone). Ashwagandha is also anti-anxiety + supports nerve function.

LAVENDER *Lavandula angustifolia*



The lovely Lavender - easy to find, easy to grow + well known. In herbal medicine it is best known for sleep but also has mood-boosting, anti-anxiety + calming properties with specific use for depression.

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VITAMINS



MINERALS

Our body requires essential nutrients to function + create hormones. While these are normally found in our food due to lower soil quality + decreased freshness of food sometimes its helpful to supplement to give our bodies the boost it needs. There are some key supplements required for neurotransmitter synthesis that directly affect our moods.



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SUPPLEMENTATION



B VITAMINS

Deficiency can impact the way our methylation cycle works (A Pathways with many actions in the body one of which is neurotransmitter + dopamine synthesis). Supplementing can help regulate the cycle + serotonin/dopamine production



MAGNESIUM

Low levels contribute to low mood + depression development. Supplementing helps support the body's stress response while also being an important cofactor for tryptophan to create optimal melatonin + serotonin levels. Magnesium L-Threonate + glycinate is best is used for mood.



VITAMIN D

Vitamin D regulates dopamine levels in the body + when levels are low (especially after winter months or low sun exposure) dopamine levels can decrease. Supplementation in deficiency can help regulate the happy hormone more consistently improving mood.



ESSENTIAL FATTY ACIDS

Omega 3 fatty acids (EPA/DHA) are essential in dopamine regulation too. Also used to improve memory, cognition + overall brain function! Supplementing with an omega-3 rich supplement can help promote better dopamine synthesis + regulation. Consider good quality algae oil or fish oil





This is a general guide only + may not be suitable for everyone
If you are experiencing signs of low mood + depression
it's ok to reach out for support

We can work together to support the many factors of mood
disruption + help your mind get back on track

Book in your **FREE** discovery call via my website or send through
an email to get started on your journey

www.travellingtincturesnaturopathy.com.au
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Help is never far away if you need it
Beyond Blue: 1300 224 636
Lifeline: 13 11 14



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Millie x