

## Nutrition

Eating well is not only good for you physically, but a well-balanced, healthy diet leads to a healthier lifestyle. Good nutrition is vital to proper brain and body functioning. The brain is the production center for chemicals called neurotransmitters, which are responsible for regulating mood, appetite, sleep cycles, sex drive, and many other various functions. In order for these regulations to work properly, raw materials derived from food are used to create these neurotransmitters. Food is broken down into amino acids, which are used in the production of neurochemicals such as serotonin.

Because proper nutrition plays a vital role in the production of neurotransmitters that regulate mood, eating a well-balanced diet can help secure emotional well-being and the maintenance of mental health. In a British study, eighty percent of individuals with mood disorders affirmed that food choices affected how they felt.

### Good Nutrition can Help Guard Against

- Hyperglycemia (high blood sugar)
- Hypertension (high blood pressure)
- Heart Problems
- Stroke
- Cancer
- Joint Problems
- Sleeping Difficulties
- Mental Health Problems

If you eat poorly, your body does not obtain needed nutrients and cannot function at an optimal level. When the body does not receive the proper nutrients, an individual can become tired, fatigued, or frazzled. Over an extended period of time, poor nutrition can lead to a variety of medical and mental health problems.

### Problems Associated with Poor Nutrition

- Anxiety
- Depression
- Diabetes
- Skin Conditions
- Cardiovascular Conditions
- Digestive Conditions