

# FOODS FOR THE “FEEL GOODS”

## Heartfelt Health A Guided Restoration Session

DIGESTIVE AND NERVOUS SYSTEM

The human body has **three main brain chemicals** that are responsible for our **“feel goods”**

**Beta-endorphins** pain killer & self esteem

**Dopamine** euphoria & motivation

**Serotonin** peace & relaxation

### BUILD A DIET FULL OF THE “FEEL GOOD” HELPERS

**SUGAR**  
has the ability to release **all of these** brain chemicals for a **short burst** of the “feel goods” but ultimately leaves us **craving** more and **depletes** us of nutrients.

## FOODS THAT PROMOTE BETA-ENDORPHIN PRODUCTION

This one is the easiest because it just requires a sweet taste on the tongue.

Try removing white sugar or artificial sweeteners from your diet and replacing them with low glucose alternatives like:

coconut sugar or stevia  
dark berries, apples, pears  
beets, carrots, yams, sweet potatoes, parsnips

## FOODS THAT PROMOTE DOPAMINE PRODUCTION

Dopamine production is helped by foods high in tyrosine:

avocados  
bananas  
lima beans  
almonds

## FOODS THAT PROMOTE SEROTONIN PRODUCTION

Serotonin production is helped by foods high in tryptophan. These foods also are great before bedtime to help that sleepy feeling:

turkey, chicken, fish, shrimp  
mustard greens and spinach  
pumpkin seeds  
repetitive movements like chewing gum