

# FOOD FOR GOOD MOOD

How food affects your mood?.

Healthy food and healthy weight.

Diet without weight loss supplements



## Pinnacle

Weight loss, Health, and Nutrition

# Who we are? What we do?



2017

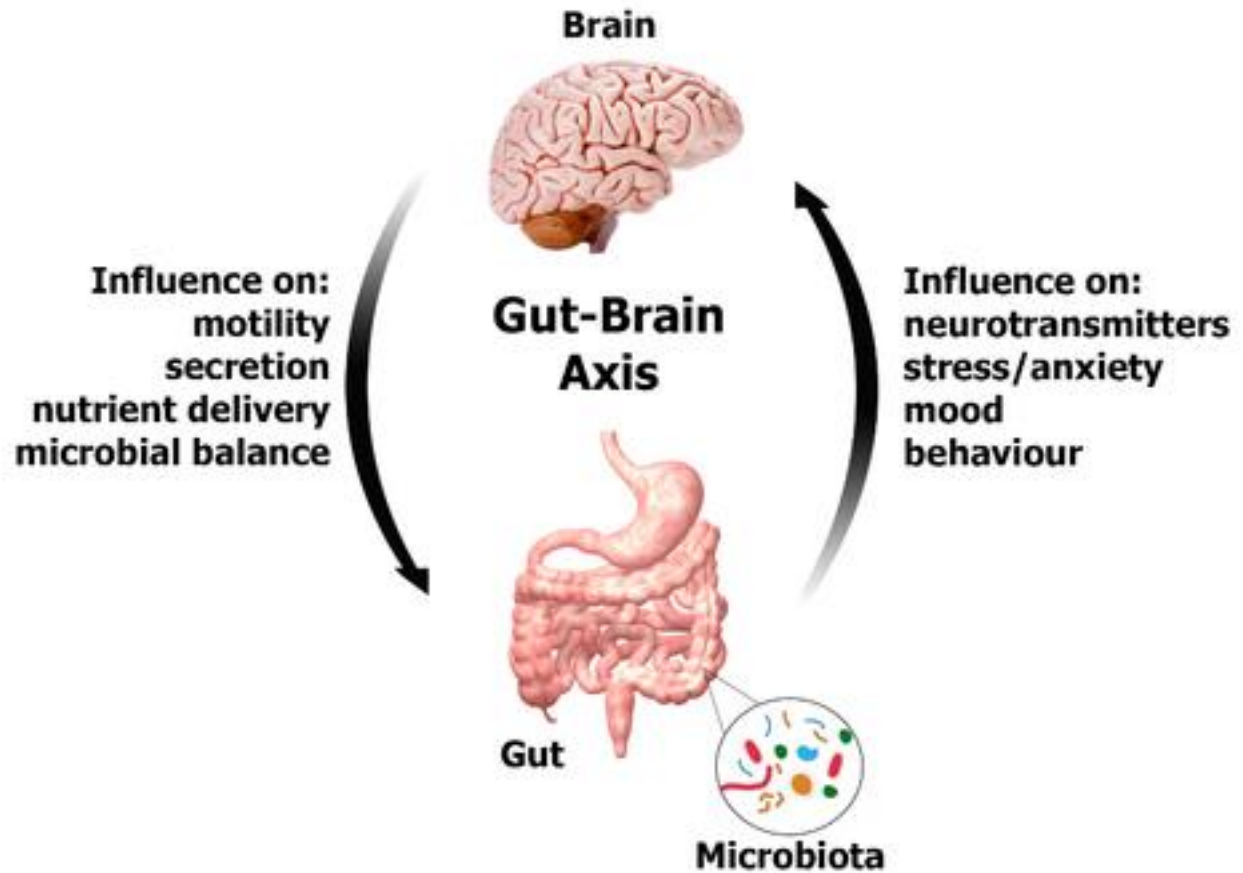


2018

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Weight, and Health Transformer.

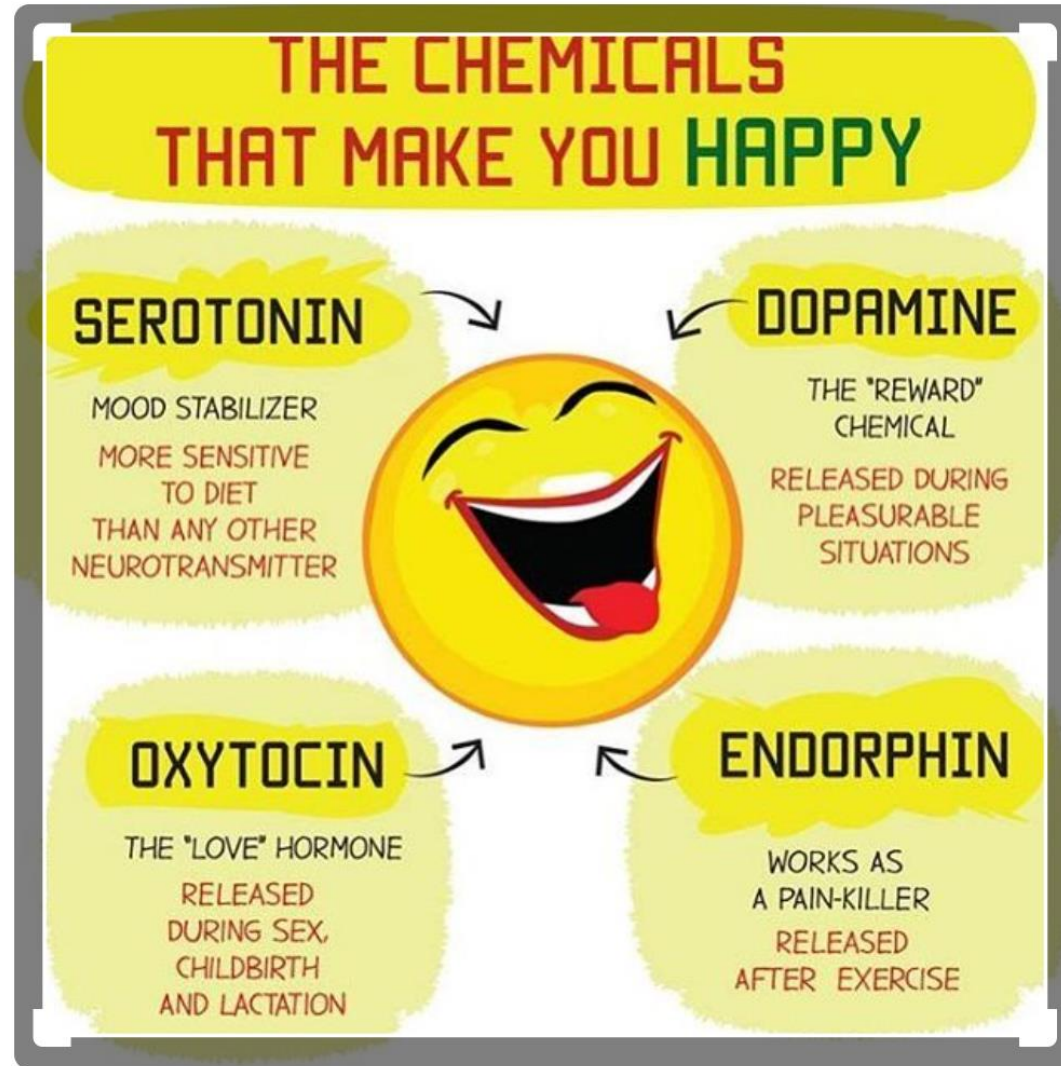


# How food affects your mood



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# Mood stabilization Chemicals





# Food for serotonin



# Food for Dopamin

## TOP 10 DOPAMINE SUPERFOODS THAT MAKE YOU HAPPY



Apple



Banana



Strawberries



Watermelon



Dark Chocolate



Almonds



Eggs



Beetroot



Pumpkin Seeds



Salmon

# How to boost oxytocin

@BIOHACKINGATHLETES

Play with a pet



Get a massage



## 5 WAYS TO BOOST OXYTOCIN LEVEL

Face to face communication



Share a bed with a partner



Giving someone an 8 second hug



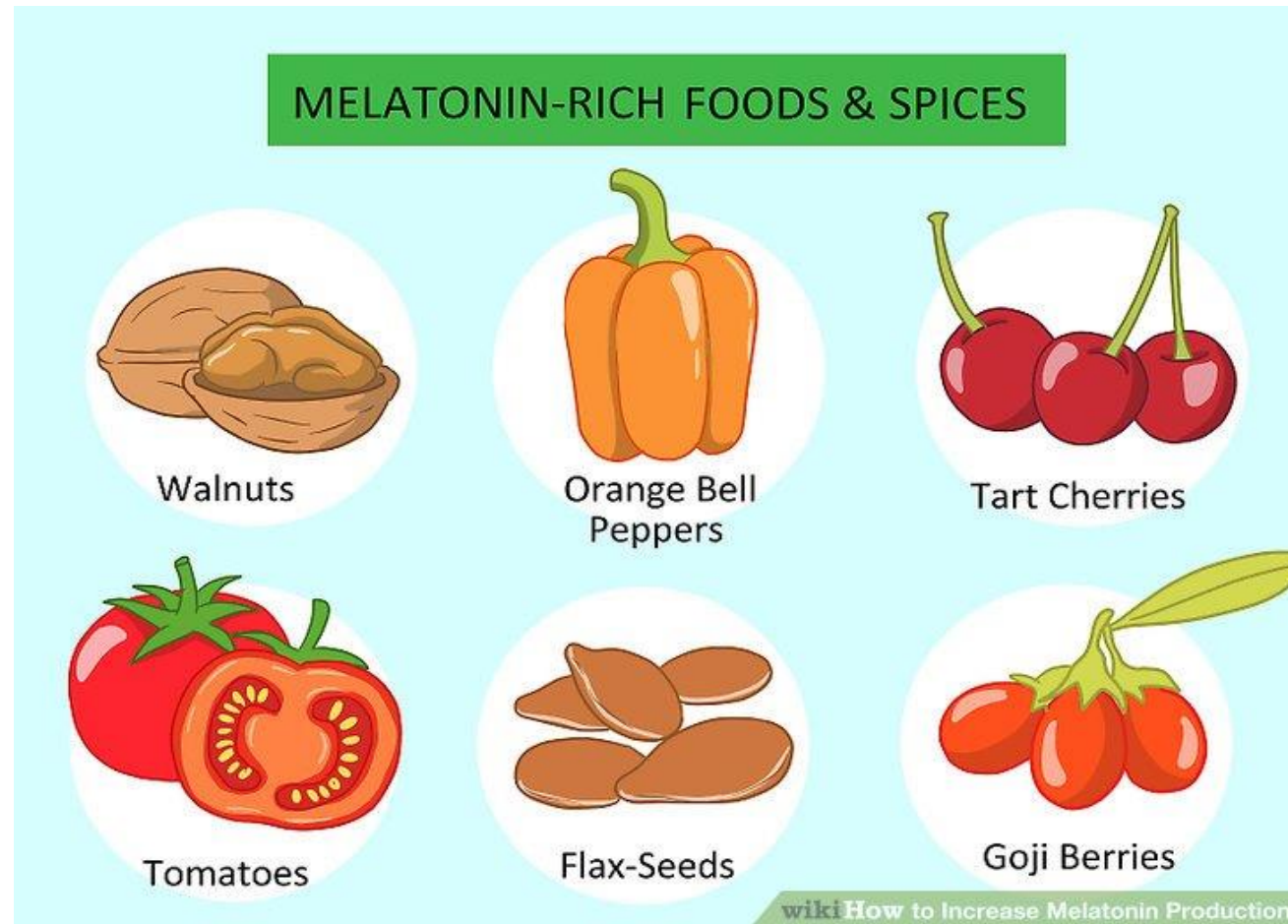


# Food to boost Endorphins





# Food to boost melatonin



Food that  
decline your  
mood

## 6 Foods That Cause Anxiety



Caffeine



Candy



Hot dogs



Fried foods



Spicy foods



Alcohol

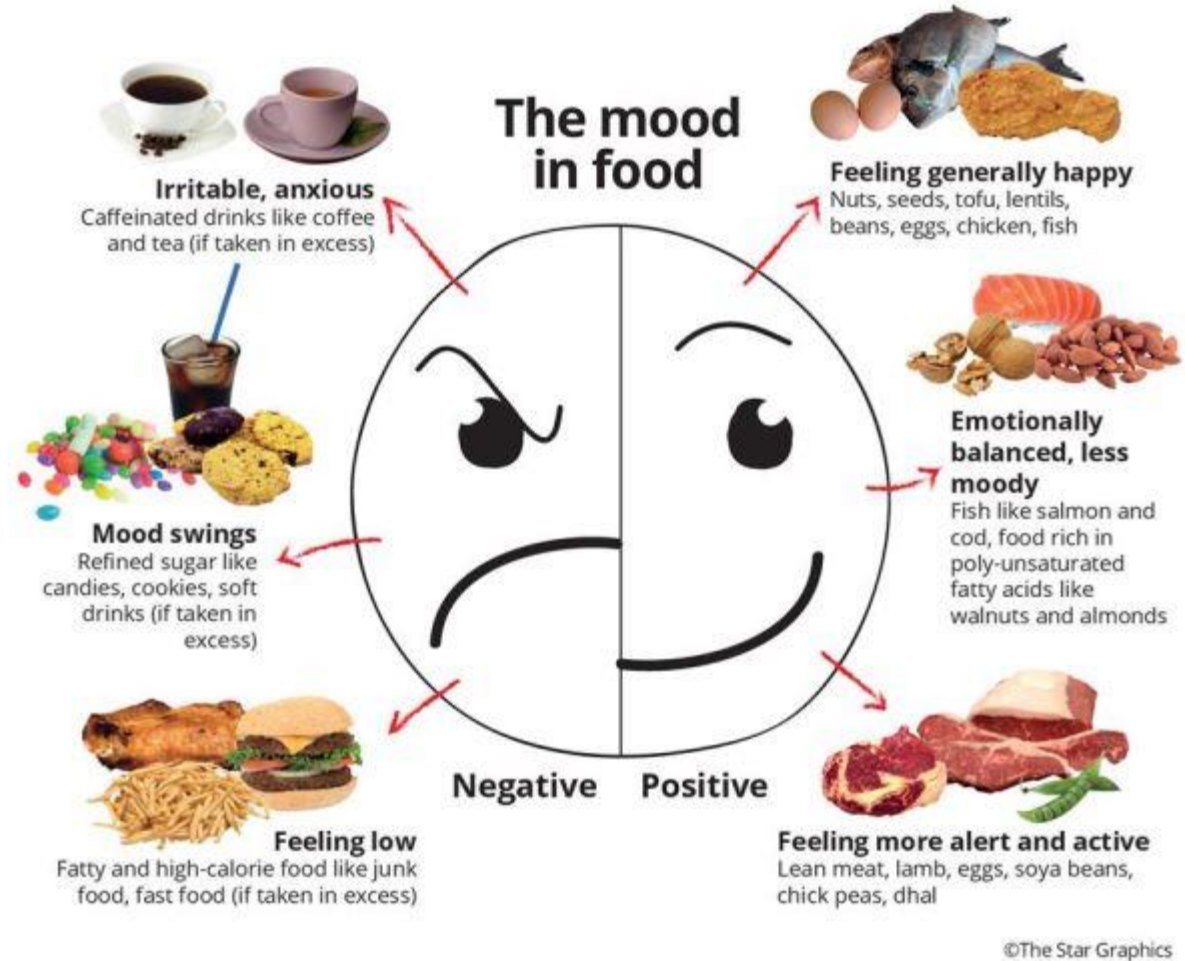


# Food that causes stress and irritability





# How food affects your mood





# Food that positively impact your mood

## BOOST YOUR MOOD NATURALLY

<b>ORANGES</b> vitamin C reduces the stress hormone cortisol 	<b>BANANAS</b> B6 and tryptophan make serotonin 	<b>CHOCOLATE</b> flavanols reduce the stress hormone cortisol 
<b>AVOCADO</b> folate turns into dopamine reducing depression 	<b>SALMON</b> omega-3 fatty acids reduce depression symptoms up to 50% 	<b>LEAFY GREENS</b> magnesium for serotonin folate for dopamine 
<b>NUTS</b> walnuts can boost your mood by 28%. 	<b>GREEN TEA</b> L-theanine promotes calm 	<b>BLUEBERRY</b> anthocyanin a powerful antioxidant produces dopamine 
		<b>YOGURT</b> live lactobacillus in yogurt reduces inflammation 

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# To Transform Yourself / Family Inspire a And Lead

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