



Superfoods to Boost Your Mood

Alexandra Massey, Anita Bean

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More and more people are recognising the relationship between diet and emotional health. Scientific studies have identified nutrients in certain foods believed to have a dramatic effect in fighting low level depression and mental sluggishness caused by unhealthy, highly processed foods.

Alexandra Massey and Anita Bean have devised an invaluable guide to changing the way you feel by changing what you put on your plate. As well as exploring the links between lifestyle, diet and disposition, they provide 10 depression-busting superfoods, plus three separate 7-day eating plans to beat the blues and boost your immune system. Their alternatives to high fat, salty and sugary processed meals will help you combat fatigue, anxiety, stress and depression and change your life and your relationship with food.

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