## Index

	and nutritional supplements, 114
A	and physical exercise, 14, 71–72
Adrenaline, 39, 40, 42, 55, 56, 64, 67, 96	and processed foods, 113
Alcohol, 14, 17, 36, 39, 41, 50, 52, 54, 58, 69,	and social interactions, 3
98, 123, 145	and sugar, 39, 112
and emotions, 14, 40, 41	and the effects of trans-fats, 37
effects on body-brain-mind, 39–41	and the stress response, 118
Amino acids, 49, 55, 74, 111	interactionism, 11
Anger, 5, 9, 14, 15, 38, 48, 52, 84, 86, 89, 119,	Brain-derived neurotrophic factor. See BDNF
122	Bread. See Grains
and dietary considerations, 59–62, 68, 89,	and problems with gluten, 46
98, 115, 116, 117, 121	Breakfast
and exercise benefits, 79–83, 86, 118,	and depression, 63
119, 146, 149	and high glycemic index foods, 88
multiple causes of, 13, 52	and self-management, 69
Antibiotics	cereals, 90
can facilitate the emergence of Candida	guidelines, 96–97
Albicans overgrowth, 17	never skip it!, 96
damage friendly gut bacteria, 17	Brogan
in foods	Dr Kelly, iv, 102, 117
and Candida Albicans, 22	Butter. See Dairy
in pork, chicken and eggs	
kills friendly bacteria, 87	С
Anxiety, 9-11, 13, 14, 17-18, 38, 39, 42, 46,	Caffeine, 14, 41, 42, 58, 69, 98, 121, 123, 143,
47	144
and dietary considerations, 52-59	and anxiety and panic, 53, 58, 116
and exercise benefits, 70–76	and irritability, anger, anxiety, panic
multiple causes of, 13	attacks, depression and insomnia, 98
Atkins diet, 22	and the body-brain-mind, 36
Atkinson, Dr Mark, 1, 7, 11, 71, 90, 92, 141,	effects on body-brain-mind, 17
163	reduce coffee, tea, cocoa, cola drinks, 93
	the research findings, 41–42
В	Candida Albicans, 52
Balanced diet, 9, 121	and depression, 17, 53, 63, 89
and supplements, 46, 48, 50, 55, 91, 103,	and diet, 22, 36, 87–89
105, 115	special anti-Candida diet, 122
definition, 17	Carbohydrate, 33
difficulty of defining, 19–36, 112	and the Paleo diet theory, 34
BDNF	complex, or unprocessed, 33, 56, 92, 96
and intestinal probiotics, 51	refined carbs
and mental functioning, 5	and depression, 111
defined in footnote, 5	refined, or processed, 33, 56, 90, 92
Blumenthal, James, 76, 77, 78, 120, 142	Chi Kung. See Qigong
Body-brain-mind	China Study, The, 143
and alcohol, 112	found veg better than meat for physical
and bad foods, 17	and mental health, 22, 30, 94, 95
and caffeine, 113	Co-enzyme-Q-10
and diet, exercise and nutritional	and brain health, 31
supplementation, 15	and mitochondrial function of our cells,
and gluten, 113	108
and good and bad foods, 121	Coffee, 41, See Caffeine
and nutrition, 18, 111	and anxiety, 58, 98
and nation, 10, 111	

and the need for government campaigns, and depression, 41 link to anxiety and depression, 42 link to tiredness and headaches, 42 as one cause of emotional problems, 17 Cortisol caffeine. See Caffeine and the stress response, 57, 64, 88, 115, combined with counselling and therapy, 116, 117, 150 foods to avoid. See Food, foods to avoid importance for body-brain-mind health, D 17 Dairy, 34, 65, 90, 91, 97, 105, 109, 123 link to emotional distress butter, 37, 95, 112 personal experience, 87-89 cheese, 52 more effective than drugs for mental milk, 34, 52, 87, 93, 97 health, 9 Depression, 5 no universally agreed approach, 19, 35, and alcohol, 40-41, 98, 113 89, 91, 109, 112 and Candida Albicans, 89 nutritional deficiency or insufficiency and carbohydrates, 120-21 and mental health, 9, 46, 101-2, 104, and coffee, 41-42, 98 107 and gluten, 113 and nutritional treatments, 47-52, and gut bacteria disruption, 14 68-70 and healthy gut bacteria, 117 and political factors, 12, 14 and inflammation, 106-9, 117 personalized to the individual, 87, 91, 112 and malnutrition, 102, 103-5 promoting public awareness, 14-15 and medication, 117 some dietary guidelines, 19-36, 32, 89-99 and nutrient deficiencies, 9, 123 supplements and healthy foods, 9, 13, 33, and nutritional mental health approaches, 37, 46-52, 61, 68-69, 90-91, 98, 105, 106, 108, 111, 114-15, 122-23 and physical exercise, 76-78, 120-21 what is nutrition?, 18 and processed food, 113, 117 Diet types, 20-31, 89-91 and yoga, 80 Anti-Candida diet, 22 causes and contributing factors, 3-4, 13, Atkins diet, 22, 52, 89 17-18 Candida diet. See Anti-Candida diet Chi Kung and Tai Chi, 83 FodMaps diet, 22 diet, nutrition, and lifestyle factors, 117, General dietary guidelines, 32–36 121 Hay diet, 23 drugs and placebos, 9 Mediterranean diet, 24 multiple causes, 117 Metabolic typing diet, 25 Diet and nutrition Nordic/Scandinavian diet, 26 alcohol. See Alcohol Okinawa diet, 28 and balanced diet. See Balanced diet Paleo diet, 28 and gut health, 9, 11, 15, 17, 53, 64, 97, Perlmutter's dietary advice, 65 115, 117 Personalized diet, 31 and mental health, iii, 4-5, 9-11, 9, 13, UK National Food Guide, 20-21 33, 49, 67, 68-69, 101, 103-6, 108, Vegetarian diet, 30 114, 121 Drinks and drinking, 21, 39-42, 54, 67, 70, 90, and nutritional treatments, 11 91, 93-94, 99 and other causes of emotional problems, alcohol, 14, 17, 21, 36, 39-41, 52, 54, 58, 59, 69, 70, 94, 98, 112, 121 and social and economic deprivation, 12 caffeine, 14, 17, 21, 41-42, 53, 58, 69, 93, and stress, 5, 9, 13, 14, 33-34, 38, 40, 42, 98, 113, 116, 121, 123 43, 48, 59, 87, 91–93, 98, 102, 107–9, milk, 34, 52, 87, 93, 97 115, 122-23 smoothies and the harm done by food technologists, fruit and/or veg, 94 14 sugary drinks, 21, 55, 67, 90, 93

water, 35, 36, 40, 50, 70, 90, 91, 93, 97, 105, 112, 123	omega 3/6 ratio, 27, 29, 91, 92, 124 omega 6
	and animal products, 33, 91, 124
Е	and emotional wellbeing, 30
Eggs	and inflammation, 124
antibiotics and Candida Albicans, 87	in arachidonic acid form, 22, 30, 33,
are high in saturated fats	143
-	widely available, 24
eat in moderation, 90, 93	Exercise systems
avoid non-organic varieties, 22	aerobic exercise, 58, 71, 77, 78, 85, 116,
non-organic eggs	151
arachidonic acid and inflammation,	Chinese exercise, 82–84
22, 33	flexibility and stretching, 71
organic eggs (omega 3) quell	Indian yoga, 71, 80–82, 83, 86, 121
inflammation, 87	. 05 424 442
organic is better than 'omega-3 fortified	swimming, 71, 79
22, 87	
should always be organic, 20, 92	walking, 71, 77, 79, 80, 86, 121
Emotional distress or disturbance	weight training, 71
and Candida Albicans, 17, 22, 23, 52, 53,	
63, 87–89, 93	and anger, 79–80
and gut problems, 15	and anxiety, 72–76
and inappropriate use of medication, 9	and depression, 76–78
and inflammation, 107, 109	and stress, 72
and junk food, 17, 22, 31, 33, 42, 53, 67,	and the brain-mind, 84–86
104, 106, 124, 151	western tradition, 71
and lifestyle factors, 118	
and poverty, 9	F
and sedentary lifestyle, 2, 13, 15, 34, 63,	Fast foods. See Food: foods to avoid
86	Fats and oils, 94–96
multiple causes of, 13	as valuable macronutrients, 94
personal experience, 87	butter, margarine and olive oil, 94
promoting public awareness, 14	cod liver oil. See Essential fatty acids
Enders, Dr Giulia, iv, 9, 14, 51, 101, 102, 144	essential fatty acids. See Essential fattty
Essential fatty acids (EFA's)	acids (EFA's)
cod liver oil as source, 25	for frying, 95
krill oil as a source, 25	for salads, 95
Essential fatty acids (EFA's), 24, 27, 29, 30, 3	
37, 40, 54, 67, 74, 89, 108, 112, 124, 144	
effects on the brain-mind, 5, 19, 27, 30,	oily fish, nuts and seeds, 95
34, 40, 47, 49, 67, 91, 92, 98, 106	plant-based fats are best, 95
omega 3	saturated fats, relatively bad, 90, 93
and alcohol, 40	trans-fats. See Trans-fats
and anger, 89	unsaturated fats, relatively good, 24, 29,
and anxiety, 54–55	34, 37, 92, 96
and depression, 67	Fibre, 24, 38, 43, 65, 111, 113, 123
and fish oil supplements, 24, 31, 37,	Fight or flight response, 75, 118
48, 90, 108	parasympathetic nervous system, 73, 118
and food sources, 24	sympathetic nervous system, 73, 98, 118
and Mediterranean diet, 24	Fish
and oily fish, 34, 37, 47, 92	and fish oil supplements, 61
and the Nordic diet, 27	for reducing depression, 67
and the Paleo diet, 34 and trans-fats, 37	and mental health, 68
	and the Atkins diet, 22
and vegetarian diets, 30	and the Mediterranean diet, 24–25, 68

and the Nordic diet, 26–28	acts like an opiate in the brain, 45
and the Okinawa diet, 28	affects the gut and/or the brain, 44
as low carb food, 65	and avenin, in oats, 10
in a balanced diet, 91	and Dr Michael Greger's contested
oily fish	argument, 45
and fat intake, 34-35	and gluten free bread, 94
and omega-3, 31, 33–34, 37, 54, 92,	and gluten-free grains, 10, 22, 26, 29, 69,
98	148
and stress, 92, 98	and leaky gut syndrome, 9, 10, 44
recommended varieties, 47	and leaky gut, and inflammation, 44, 57
polluted with mercury, 90	and neurological damage, 10, 44, 145,
reject 'fish and chips', 21	152
FodMaps diet. See Diet types: FodMaps diet	and Non-Celiac Gluten Sensitivity (NCGS),
Food	10, 44, 143
and anger, 116	and the gluten syndrome, 44, 144
and anxiety, 115	and the Paleo view of grains, 29, 35–36
and brain chemicals, 106	and why it's a problem, 44, 65
and depression, 117	case study (Martina), 57, 116
and gluten. See Gluten	elimination, for mood and emotion
and nutrition, 115, See Diet types, See	improvement, 65
Diet and nutrition	intolerance and gluten sensitivity, 44, 113
and organic wholefoods, 32	is a body-mind toxin, 121
and personalized dietary guidelines, 31	linked to anxiety and depression, 44, 66,
and the The UK National Food Guide, 20	113, 114
	Three doctors debate gluten and sugar,
as prebiotics and probiotics, 116	99
as processed foods, 113	Glycaemic index, 30, 33, 144
foods to avoid, 36–46	
animal-based food, 22	and blood sugar levels, 89 low GI foods (beans and legumes), 30
fast food, 93, 112	
junk food, 14, 17, 22, 26, 31, 42–43,	low GI fruit, 33
46, 53, 67, 104	Grains, 20–21, 34, 35, 45, 46, 50, 52, 55, 65,
foods to eat. See Diet types	68, 69, 91, 105, 109, 111, 114, 123
general dietary guidelines, 32–36	and inflammation, 9, 35
is the best medicine, 102	in wholegrain form, 20–21, 32–36
raw salads very nutritious, 123	Greger
Food Standards Agency	Dr Michael
and the UK National Food Guide, 20	and low meat diet
Balance of Good Health, 144	good for emotional health, 30
National Diet and Nutrition Survey, 48	and low meat, high veg diet, 33
Fruit and vegetables	and the omega-3-to-6 ratio, 91, 124
and balanced diet, 91	food and mood, 1
and mental or psychological well-being,	high veg diet cuts depression, 124
69, 142	How Not to Die, 145
more veg, less fruit, 89	meat and arachidonic acid, 22, 33
most people don't eat enough of these,	omega-3 and brain health, 25
48	re vegetarian diet and exercise, 30
proportion of total food intake, 20	Gut bacteria
recommended varieties, 32	and anti-Candida treatments, 88
six or seven portions per day, 27, 69, 92	and anxiety
too much fruit sugar is bad for us, 89	a healing solution, 56–58
	and anxiety reduction, 58
G	and Candida Albicans, 88
Gluten, 43-46, 113	and curative diet changes, 31
a description and definition, 43	and human health and illness, 115

and sugar consumption, 38 and mental health, 57 and trans-fats, 37 and mood control, 68 and probiotic supplements, 51, 65, 108, linked to depression and anxiety, 11, 30, 115 and regulation of emotions, 142 linked to omega-3/6 imbalance, 29 and supportive diet, 68 may be linked to grain consumption, 35 mood and emotions, 87, 105-9 friendly and unfriendly varieties, 88 of the brain, linked to poor mental health, how to build up good bacteria, 52 linked to depression, 4 33, 64 the five core probiotic species, 51 sugars and depression, 23 Junk foods. See Food: foods to avoid Hay diet, the, 23-24, 33, 56, 92, 141 Hippocrates knew diet and exercise important for health!. 4 Kaplan, Dr Bonnie, 101, 102, 103, 104, 105, Hoffer, Dr Abram 106, 107, 108, 146, 149 influenced this book, iv and nutritional treatment of emotional on nutrient deficiencies and mental problems, 103, 108 health, 9 and Pellegra psychosis, 102 Pellagra and schizophrenia, 145 and the science of nutritional deficiency, Hoffman, Benson, PhD exercise and depression, 77 nutritional deficiencies and mental health. exercise and major depression, 78, 120 105 journal article, 142 on inflammation and depression, 107 second journal article, 145 on inflammation and emotional Holford, Patrick disturbance, 105 and alcohol, 39, 40 on nutritional mental health, 146 and dietary guidelines, 32 on the Minnesota Starvation Experiment, and nutritional supplements, 49 103, 104 and recommended fish, 22 on vitamins, minerals and mood, 146 and recommended seeds, 25 vitamin B3 and schizophrenia, 102 and recommended vegetables, 32 Khalsa, Dr Dharma Singh, iv, 146 impact of caffein on brain chemistry, Korn, Dr Leslie negative, 42 and lifestyle approaches to treating influenced this book, iv mental health problems, 9 nutritional supplements to balance and our level of nutritional need, 123 neurotransmitters, 67 Nutritional Essentials for Mental Health, on omega-3's and brain health, mood and emotion, 25 on nutritional supplements and healthy on proportions and amounts of veg and foods. 9 wholegrains, 34 on the link between metabolism and violence and blood sugar problems, 60 mental health, 26 the case for personalized diet, 31 the link between diet/nutrition and Inflammation emotional wellbeing, 101 and arachidonic acid in meat and eggs, 22, L and dairy products, 97 Leaky gut syndrome and gluten, 10 and damage to blood/brain barrier, 66 and gut bacteria, 64 and inflammation, 44, 57, 65 and 'leaky gut' syndrome, 44, 65 and NSAIDs, including painkillers, 57 and physical and mental health, 18 and the link to gluten, 44, 113 and sluggish digestion, 56 damages mental health, 10

and gut health, 57 five steps to heal this condition, 149 nine signs of this condition, 148 and helpful diet, 68 LeDoux, Jospeh, 74 and neoliberal economic policy, 12 and nutrition, 141 and nutritional deficiency, 105 and nutritional supplements, 49 Mayo Clinic guidelines and yoga, 81 for gluten-free grains, 10, 25, 26, 29, 36 is damaged by nutritional deficiency, 101 on exercise for anger management, 79 is improved by physical exercise, 71 on exercise for anger, anxiety, stress and linked to diet and exercise depression, 147 a model. 4 on exercise relieving anxiety and a second model, 11 depression, 78 linked to gut health, 15 on physical exercise for stress and anxiety, linked to lifestyle factors, 9 78 linked to physical health, 17 McLeod, John, 147 multiple causes and cures, 12 meat the influence of diet and exercise, 145 minimize grain-fed meat consumption, 33 Mercola, Dr Joseph, 37, 46, 47, 109, 147 Meat Milk. See Dairy, milk and sluggish digestion problems, 23 Minerals and vitamins. See Vitamin and and undesirable antibiotic content, 22, 87 mineral supplements arachidonic acid, inflammation and Minnesota Starvation Experiments. See depression, 22 Nutritional deficiency and insufficiency as a proportion of food consumption, 20, Mutlivitamins and minerals. See Vitamin and 33, 35, 92, 95 mineral supplements avoid processed meats, 36 avoid salty delicatessen meats, 43 eating less meat improves mental health, National Health Service (NHS - UK) guidelines grain fed meats, omega-6 imbalance, and and nutritional supplements, 46-47 depression, 124 and the Mediterranean diet, 91 regarding anger, 79 low-meat, high-vegetable dietary guidelines, 33 regarding anxiety, 73 regarding depression, 62, 78, 120 meat consumption and the omega-3/6 Nordic diet, 26-28, 145 balance, 27, 92 meat consumption linked to chronic and fish. 25 Nutrition and nutritional. See Diet and physical and mental health problems, 22, 95 nutrition Nutritional deficiency and insufficiency meat tolerance may be linked to genetic and the Minnesota Starvation heritage, 31 minimize grain-fed meat consumption, Experiments, 103-4 Nutritional deficiency or insufficiency, 101-3 25, 56, 109 Nordic diet minimizes meat consumption, and emotional problems, 115, 123 and inflammation, 106 and mental health or illness, 101, 103, processed meats linked to depression, 67 105, 108 proportion too high in Paleo diets, even if grass fed, 29 and supplements, 105, 108 small amount in Mediterranean diet, 24, nutritional treatment of, 102, 103, 116 the scientific evidence, 101 Vitamin B3 and Pellagra, 102 Meditation, 50, 63, 67, 69, 79, 80, 86, 103, Mediterranean diet. See Diet types 0 Mental health Okinawa diet, 28 and arachidonic acid, 33

and government intervention, 14

Oligosaccharides

and other food sugars, 52

Omega 3 fatty acid. See Essential fatty acids	sugar rush, and anxiety, 55
(EFA's)	trans-fats, and aggression, 61
Omega 6 fatty acid. See Essential fatty acids	what to eat and what to avoid, 35, 36–46
(EFA's)	69, 90, 91, 93, 95, 111, 113, 123
	Protein
	a definition, 19
	and combining with carbohydrate, Hay
Р	diet, 23, 33, 56, 92
Paleo diet	and complex carbohydrates, 111
and the question of grains, 28–30	and personalized diet, 31
Perlmutter, Dr David	and the anti-Candida diet, 123
and his dietary guidelines, 65	
and his two main books on the brain, 148	and the Mediterranean diet, 24
and nutritional medicine, 102	and the Metabolic typing diet, 25
	and the other macronutrients, 94
and probiotic and prebiotic supplements,	and the Paleo diet, 28, 34, 111
51, 58, 114, 115	and the Ph diet (or acid/alkaline diet), 93
and sensitivity to gluten, 44	and the stress and anxiety diet, 122
on gluten and the gut wall, 58, 66	for breakfast (occasionally), 97
on gut health and mental health, 64	grains and gluten and inflammation, 43,
on probiotics, prebiotics and the stress	65
response, 115	grains and inflammation, the argument,
on the gut-anxiety link, 56, 58	113
on the link between inflammation and	grains, meat, gluten and inflammation,
depression, 64, 117	10, 22, 33, 35, 87
the gut as source of most illness, 51, 115,	
117	recommended proportion of diet, 92, 123
	very high in Atkins diet, 22
Perricone, Dr Nicholas, 40, 148	
Physical exercise. See Exercise, physical	Q
Politics, social policy and mental health, 14	Qigong (or Chi Kung)
Poverty and mental illness, 12	and anger, 84, 86
Probiotics	and anxiety, 82
and Dr David Perlmutter's	and depression, 82
recommendations, 51	flexibility and stretching exercises, 71
and nutritional mental health, 108	
and stress reduction, 57, 115	for physical health and emotional
and the eating of prebiotic foods, 51	wellbeing, 86
for a healthy gut and brain, 115	our training, 2
like Acidophilus bifidus, 65	
Processed	R
definition, description, advice to avoid,	Ratey, John and Hagerman, Eric
42–43	on anxiety and exercise, 73-76
	on depression and exercise, 76–77
Processed foods	on exercise and brain improvement, 84
and aggression, irritability and	Reactive hypoglycaemia
impatience, 32, 116	and anger and depression, 61
and our advice to avoid them, 21	
and the anti-Candida diet, 22	defined in footnote, 61
and the Atkins diet, 22	Virkkunen on link to violence, 151
and the effects on the body-brain-mind,	Ross, Dr Julia
17	on caffeine as a serotonin killer, 41
and the need for public education, 14	on gluten and mood problems, 44–45,
as legally available toxins, 121	114
avoidance of, reduces risk of depression,	on serotonin and anger, 59, 116
67, 113, 117	on sugar and mood discorders, 38
	on supplements and nutritional therapy,
including trans-fats, 36–37	47
or junk food, 42–43	

S	and depression, 53, 67, 117
Salt	and emotional disturbances, 104
reduce and restrict, 43, 69, 90, 93, 113,	and mental illness, 64
149	and physical and mental ill-health, 69
	and processed or junk food, 42
Sapolsky, Robert	and psychiatric symptoms, 102
on exercise for stress, 84-86, 121, 122,	and stress, 93
149	and the Anti-Candida diet, 22
Saturated fats. See Fats and oils: saturated	and the Atkins diet, 22
fats	and the FodMaps diet, 22
Schoenthaler, Prof Stephen	and the Nordic diet, 27
on healthier diet and reduction in	and the Okinawa diet, 28
violence and anti-social behaviour, 61,	anger and anti-social behavioiur, 61
116, 150	anger and violence, 61
Serotonin	as a body and mind toxin, 121
and negative effect of caffeine, 41	as an enemy of the body-brain-mind, 112
and the link to anger and aggression, 59,	as cause of candida and depression, 89
116	discussed by three doctors, 99
and the link to GABA, 55	in drinks linked to anxiety, 93
and the link to wholegrains, 28	in fruit smoothies are a problem, 94
and the negative effect of sugar, 58	in green smoothies are a problem, 94
conflicting views of link to depression, 41,	in low-sugar vegetables, 123
67	is a food to avoid, 38–39
linked to exercise, 74	is a refined carbohydrate, 38
manufactured in the guts, mainly, 15, 97	miminize sugary foods, 20
negatively impacted by gluten, 45	Supplements
Snacks	a complete multivitamin complex, 90
as blood-sugar management, 123	a range of perspectives, 46–52
healthy types, 97	and nutritional deficiency, 61
mid morning and mid afternoon, 97	and omega-3 fatty acids, 25, 37
Starvation	and professional nutritional advice, 105
and the Minnesota experiments, 103–6	and vegetarian diet, 30
in form of junk food diet!, 104	B-complex, 90
nutritional deficiencies, and mental	evaluation, 114
health, 103	for anger, anxiety, depression, etc., 10
Stress and anxiety diet	for nutrition, Dr Leslie Korn, 9–11
by Jim Byrne, 87–99	multivitamins and minerals, B-complex,
Stress management	omega-3, and Acidophilus, 90
advice, 33, 91, 93	of friendly bacteria, for gut health, 13, 108
and inflammation, 108	the reasons for their usage, 18, 98
and lifestyle, 9	vitamins B, C and E for stress, 31, 33, 91,
and 'lifestyle medicine', 50–51	123
and physical exercise, 78	
and Sopolsky on exercise, 121	T
and vitamin and mineral supplements,	Trans-fats
123	an overview, 36–38
mind and mood, 5	found in junk foods, 95
water and body hydration, 36	how to avoid when cooking, 96
Sugar	linked to anger and aggression, 53, 61, 89,
and adequate blood sugar levels, 96	91
and alcohol, 39	with sugar, linked to anger and
and anger and aggression, 116	depression, 104
and anxiety, 53, 55, 58, 116	Tse, Michael
and blood-sugar management, 123	and training in Chi Kung, 2, 82, 83, 151

11

Unsaturated fats. See Fats and oils, unsaturated fats

V

Vegetables and fruit. See Fruit and vegetables
Vitamin and mineral supplements. See
Supplements
definition of minerals, 19
definition of vitamins, 19
Vitamins B, C and E
for stress, 31, 33, 91, 123

## W

Water consumption. See Drinks and drinking
Weight training, 71
Wholegrains
as proportion of diet, 23, 105
in Parick Holford's optimum nutrition diet, 32, 34
recommended gluten-free varieties, 10, 22, 29, 69, 105
varieties to avoid
wheat, rye, oats and barley, 10

## Υ

Yoga

an overview, 14
as a form of stress relief, 78
as stretching and flexibility exercise, 71
for anger management, 79, 80
for anger, anxiety and depression
treatment, 80
for integrating emotional experiences, 81

Z

Zinc

and the need for supplements, 91 depleted by caffeine, 41, 113 from food sources, 33 plus a range of other minerals and vitamins needed, 103

