



## YOUR IN-ACTION EXERCISE

### The Healing Secrets of Food Revealed

EPISODE #11

TITLE:

### TRANSFORM EMOTIONAL EATING INTO FEEL-GOOD FEELINGS With These Blues-Busting Foods

#### TODAY'S IN-ACTION IDEA

#### PRACTICAL STEP

Here is today's In-Action Practical Step.

#### PRACTICAL STEP

Here are some of the quick-fix, blues-busting recipes I mentioned in today's episode. Most bring the benefits of soothing serotonin and mood-enhancing 'good' gut bacteria—without the "crash" and weight gain that bingeing on processed, high-calorie, ultra-processed food (products) can cause.

Look over the quick-fix, blues-busting, fresh-whole-food recipes (below) that I discussed in this episode about Emotional Eating of The Healing Secrets of Food Revealed. Do any look "welcoming" and tasty to you? So much so that you would enjoy one or more the next time you have the urge to splurge on sugary, processed, high-carb food products?

If "yes"...

**Choose 3 recipes you like. Then keep the ingredients in your kitchen, or in a bag you take to work, so they're readily available--when and if--an Emotional Eating episode manifests.**

RECIPES: QUICK-FIX, MOOD-ENHANCING, BLUES-BUSTING FOOD

**Avocado toast.** Toast a piece of multigrain bread of choice; sourdough, if possible. Top it with guacamole.

**Oatmeal or other whole grains.** Enjoy a bowl of cracked oatmeal or other whole grains with a handful of blueberries and a nonmilk milk of choice (almond milk, soy milk, etc.).

**Popcorn.** Air-pop some popcorn. Spritz lightly with water or extra virgin olive. Sprinkle with a dash of salt and pepper. Toss.

**Nuts/seeds.** Try a quarter cup of raw, unroasted nuts or seeds of choice. A sampling: walnuts, cashews, almonds, pumpkin seeds or sunflower seeds.

**Nut butter.** In a small saucer, add a tablespoon of raw, unroasted nut butter of choice: peanut, sesame (tahini), cashew, almond, or any other nut butter. Drizzle a teaspoon of honey over the nut butter. Blend. Enjoy it as a dip with some fresh veggies or baked yellow corn chips.

**Veggies.** Munch some carrots, celery, or cherry tomatoes. Optional: Use the nut butter blend, above, as a dip or spread for your veggies.

**Dips and spreads.** Use the nut-butter blend above as a dip or spread. Or try some hummus or guacamole as a dip.

**Roasted chickpeas.** This flavor-filled, healthy snack is quick 'n easy to make. Soak dry chickpeas overnight. Rinse. Then place them on a towel to absorb excess moisture. Toss them with a sprinkling of extra virgin olive oil, salt, and pepper and any other spices of choice. Bake the chickpeas in an oven preheated to 425 degrees F for 20-25 minutes, or until they're crunchy and lightly browned. Enjoy!

**Fruit.** Have an apple, papaya, some dates, raisins, orange, frozen grapes, banana, kiwi, cherries, pineapple pieces, tangerine, or any other fruit you like.

**Chocolate.** Savor a piece or two of dark chocolate with 70% or higher cocoa content. Or make hot chocolate with 100% cocoa powder and milk of choice.

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