

food and mood

The quarterly newsletter of the Food & Mood Project

Issue no.1
Autumn 2000

Emotional roller-coaster rides

Amanda Geary

If you've read **The Food & Mood Workbook** you will know that keeping blood sugar levels on an even keel is essential for managing mood and energy. This article looks in detail at the **Glycaemic Index of foods** as a useful guide for planning what to eat, so you can feel good for longer.

Blood sugar levels

Highs and lows in mood and energy can be linked to highs and lows in blood sugar levels. Low levels of blood glucose can produce fatigue, confusion, irritability and aggression while levels which are too high can result in a loss of consciousness. Blood sugar is affected by the food we eat and drink, in particular the sweet, sugary and starchy foods we have. We may eat these foods because we enjoy the taste or need

the fix of almost instant energy they provide. Unfortunately, these highs in mood and energy can be followed by lows that are not so pleasant. Rescuing ourselves, perhaps by eating another



starchy or sugary snack or by having a stimulant-containing drink, often seems the only option. In this way our days can become a never-ending emotional roller-coaster ride.

The Glycaemic Index

The Glycaemic Index (GI) is a relatively new way of measuring the effect that a food has on blood sugar levels and was popularised in a recent book called 'The GI Factor' by Dr A Leeds & J B Miller. If you consume pure glucose it can be absorbed undigested into the blood stream to produce the maximum effect on blood glucose levels in the shortest time. Therefore, in compiling the index, glucose is usually chosen to represent the maximum possible score a food can have – an index rating of 100.

Low is better

Scores in the Index range from 0 to 100 and the lower the index number of a food, the less is its effect on raising blood sugar levels. Foods with a lower GI score do not raise blood sugar levels as much as foods with a higher score and so avoid the 'rebound hypoglycaemia' or low blood sugar that often follows the 'high'. When using the GI to decide what to eat to avoid an emotional roller-coaster ride, it is therefore recommended to choose those foods with a low Glycaemic Index.

FROM THE EDITOR



Welcome to the first issue of Food & Mood. I hope you enjoy the new quarterly newsletter from the Food & Mood Project which aims to help you with your exploration of the relationship between what you eat and how you feel. If you've read **The Food & Mood Workbook** you will know that keeping blood sugar levels on an even keel is essential for managing mood and energy. This issue looks at using the Glycaemic Index of foods as a useful guide for planning what to eat in order to feel good for longer. Then on page 4 you can discover some 'Good Mood Food'. This is a special menu produced for Mind, the mental health charity, to provide a mouth-watering example of how to enjoy some of the foods nutritional therapists recommend for good mental health. This newsletter also contains 'Research Bites' and some interesting research on the use of magnesium supplements in the treatment of mania and PMS; 'Book Corner' has information on Candace Pert's 'Molecules of Emotion', 'Your Story' tells the tale of a case of chocolate cravings successfully brought under control and 'Food & Supplement Cupboard' contains a selection of alternative sweeteners for you to try.

Subscriptions for Food & Mood are being received regularly into the Project post box. The network for sharing news and views on diet, nutrition and emotional and mental health continues to grow. But your support is needed to continue spreading the word – so please pass on the enclosed subscription form if you can. And then how about taking the opportunity to contribute to Food & Mood – perhaps by sharing your experiences, airing your views or requesting information? Read *Write for a Token..!* for more ideas on how you can do this. Your efforts will be appreciated and there are book token gifts to be given in appreciation for all material used.

Until the next issue in December – Bon appetit!

Amanda Geary, Food & Mood Project Founder

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Explore the relationship between what you eat and how you feel

Combining foods

When a food with a high GI score is combined with a food with low GI score (in approximately equal amounts) the result is a meal that has a medium GI score: HIGH GI FOOD + LOW GI FOOD = MEDIUM GI MEAL. So, if you can't eat a completely low GI meal, as long as the mixture of foods you eat contains some foods with a low GI, the combined effect will be a meal that should not have a dramatic effect on raising blood sugar levels.

How does it work?

A lower GI score is usually explained by the slow rate at which that food is digested. In other words, slowly-digested foods tend to have a lower GI and the index can be seen as a measure of the speed at which the sugars in food are released into the blood stream.

There are several factors which can slow down the rate of digestion. These include the amount of fibre, the amount of fat, the amount of protein and the type of starch.

Fibre, fat and protein

The presence of whole fibre lowers the GI of a food. For example, a whole grapefruit has a GI of only 25 but grapefruit juice which contains little fibre scores a much higher 48. Similarly wholegrain rye bread is a low 41 but ordinary rye bread is a high scoring 65.

Potatoes are generally high, having a score above 60, but add some fat and the GI comes down. So a plain potato will have a higher GI than potatoes served with a fat such as butter or olive oil. It is also likely that eating potatoes with their skins on (containing fibre) will lower the GI of the potato.

Foods such as peas, beans and lentils, largely because of their protein content, all have a low GI and score under 60.

Starch

Starch in food comes in different shapes and sizes. The type of starch in food affects its GI score because of how easily it is unravelled and digested by the body. It seems to be the case that the more amylose starch a food contains, the lower the GI score. Foods with a relatively higher amylopectin starch content have higher GI values. For example, wheat and corn which are high in amylopectin, which makes them a relatively fast-releasing food, score higher on the glycaemic index. Barley, rye and quinoa, on the other hand, contain higher amounts of amylose starch, which makes them slower-releasing foods, and so they score lower on the index. Generally speaking, rice has a high GI score due to its high amylopectin content. However, basmati rice, has more amylose and is therefore slower-releasing and so would be the rice of choice in creating a low GI meal.

Sugars

As a general rule, sugars tend to score high on the GI. However, the GI of honey depends on the blend of sugars it contains and how much pure glucose (which scores the maximum 100) is present in the mix. The exception to this rule is fructose which is commonly known as 'fruit sugar'. This has a GI score of only 23. Fructose is available in health food shops as a substitute for table sugar and is often sold as a product for people with diabetes. Apple juice rather than grape juice is recommended as an alternative sweetener. This is because apple juice has a higher fructose content than grape juice. The mix of sugars in grape juice contains more of the higher-scoring glucose, making grape juice a higher GI scoring sweetener.

An excellent source of information on the Glycaemic Index can be found on the internet at www.mendosa.com.

The glycaemic index of some common food

	< LOW	HIGH >
SUGARS		
Glucose		100
Sucrose	64	
Corn syrup	62	
Honey	58	
Fructose	23	
BREAKFAST CEREALS		
Cornflakes		84
Rice Krispies		82
Coco Pops		77
Weetabix		69
Shredded Wheat		67
Meusli	56	
Oat bran	55	
Special K	54	
Porridge oats	42	
Rice bran	19	
BREADS & CRACKERS		
French baguette		95
Gluten free bread		90
Rice cakes		82
Wheat crackers		78
Bagel		72
White bread		70
Wholemeal bread		69
Rye crispbread		69
Crumpet		69
Croissant		67
Rye bread		65
Sourdough rye bread	57	
Pitta bread	57	
Oat cake biscuits	54	
Wholegrain rye bread	41	
STARCHY 'STAPLES'		
Rice pasta		92
Instant white rice		87
Baked potato		85
Instant potato		83
French fries		75
Millet		71
Brown rice		66
Cous cous		65
New potatoes		62
Basmati rice	58	
Buckwheat	54	
Sweet potato	54	
Yam	51	
Instant noodles	46	
Macaroni	45	
White spaghetti	41	
Wholemeal spaghetti	37	
Barley	25	

Values have been taken from 'The GI Factor' by Dr A Leeds & J B Miller. Foods are still being tested for their glycaemic index value and the list below only gives the currently available GI values for some more common foods.

	< LOW	HIGH >
SNACKS/DRINKS		
Corn crisps		72
Mars Bar		68
Meusli bar	61	
Popcorn	55	
Potato crisps	54	
Grapefruit juice	48	
Orange Juice	46	
Apple juice	40	
FRUIT		
Water melon		72
Breadfruit		68
Pineapple		66
Cantaloupe melon		65
Raisin		64
Apricot	57	
Sultana	56	
Mango	55	
Banana	55	
Paw Paw	54	
Kiwifruit	52	
Grape	46	
Orange	44	
Peach	42	
Plum	39	
Pear	38	
Apple	38	
Apricot (dried)	31	
Grapefruit	25	
Cherry	22	
VEGETABLES		
Parsnips		97
Swede		72
Beetroot	64	
Sweetcorn	55	
Carrots	49	
Peas (frozen)	48	
Tomato soup	38	
LEGUMES		
Baked beans	48	
Black-eyed beans	41	
Pinto beans	39	
Haricot beans	38	
Chickpeas	33	
Yellow split peas	32	
Butter beans	31	
Kidney beans	29	
Red lentils	25	
Soya beans	18	

Food & supplement cupboard

Alternative sweeteners

Fructose

Naturally occurring 'fruit sugar' which can be used in the same way as sucrose (table sugar). It is much sweeter than sucrose so about one-third less is needed. Commercially produced fructose is usually derived from corn so it may not suit those with a sensitivity to corn. It is suitable for diabetics as it does not require insulin for its assimilation and it has a very low glycaemic index (see table in main article). However, large amounts of fructose can raise the amount of triglycerides (fats) in the blood and it has the same effect as other sugars on gut dysbiosis such as candida overgrowth.

Availability: health food stores and some supermarkets.

Fructo-oligosaccharides (FOS)

A sweet-tasting type of indigestible fibre found in fruits and vegetables which is used as a supplement to support the growth of some beneficial bacteria in the gut. It does not raise blood sugar levels and can be added to drinks, cereals or yoghurt.

Availability: health food stores and mail order companies such as Higher Nature 01435 882880 and BioCare Ltd 0121 433 3727

Stevia

A naturally sweet-tasting herb. Suitable for diabetics. May have antibacterial qualities and can be used in cooking and baking as well as for drinks and to sweeten foods.

Availability as a sweetener is restricted at present due to 'political reasons'. Possibly available through the internet. (We are interested to hear if anyone has been able to obtain stevia and try it out - Ed).

Supplement your sugar cravings

Chromium works with insulin in the regulation of blood sugar and a chromium supplement can help with sugar cravings. The best form in which to take chromium is chromium polynicotinate. This provides two major ingredients of Glucose Tolerance Factor (GTF) - organically bound chromium and niacin (nicotinic acid). Suggested dosage and recommended maximum is 200µg per day. Most good quality multimineral and vitamin formulas will contain chromium - find out by checking the label. Note: chromium should not be given to diabetics taking insulin unless medically supervised.

Availability: health food stores and mail order companies such as Higher Nature 01435 882880 and BioCare Ltd 0121 433 3727

Good mood food

You may have read some of the press coverage following the launch of the Mind meal earlier this year. Below are the full details of the menu which provides some mouth-watering examples of how to use some of the foods that nutritional therapists recommend for good mental health.

The Mind Meal

Wheat-Free Pasta with Pesto and Oil Rich Fish
Avocado Salad & Seeds
Fruit & Oatcake Desert

Serves 2 hungry people or up to 4 not-so-hungry people and costs approx £2.50-£5.00 per head (including some organic ingredients).

This menu avoids some of the foods which have been linked with symptoms in food sensitive people. It also supplies many of the essential fats, minerals and vitamins good for mental health and well-being. Most of the ingredients are available from the local supermarket. Preparation time for the whole meal will be up to 30 mins, depending on how confident you are in the kitchen.

Main ingredients

Wheat-Free Pasta with Pesto and Oil Rich Fish

250g packet wheat free pasta such as 'Orgran' corn & vegetable pasta shells*

100g (approx) jar pesto sauce (This is made from basil, olive oil, garlic, pine kernels and Parmesan cheese. Vegan pesto* will be dairy free)

180g (approx) tin salmon or other oil rich fish (e.g. mackerel, herring, sardines, pilchards, tuna) in brine, oil or spring water

Green Salad & Seeds

250g mixed lettuce bag or 80g watercress
One avocado

A handful (approx 25g) sunflower seeds
A handful (approx 25g) pumpkin seeds*

Fruit & Oatcakes Desert

2 apples 2 bananas
8 dried apricots (preferably additive free)
6-12 oatcakes 40g (broken) walnuts

Store cupboard (non-essential) extras

Tamari (wheat free soy sauce)*, olive oil or salad dressing, lemon juice, ginger, cinnamon

*These ingredients can be found in some supermarkets but are almost certainly available at your local health food store.



Mind what you eat to lift your mood

MENU CAN ALTER YOUR MOOD
The meal that puts a smile on your face

METHODS

Wheat-Free Pasta with Pesto and Oil Rich Fish

- 1 Cook the pasta in boiling water as per the instructions on the packet.
- 2 When the pasta is ready, drain and transfer to a warmed serving dish. Add approx one tablespoon pesto sauce per person and gently mix in with the pasta.
- 3 Open the tin of fish, drain liquid, remove any large bones and flake with a fork. Add to serving dish containing pasta and pesto and mix gently together.

Avocado Salad & Seeds

- 1 Open the packet of mixed salad and place in a serving dish.
- 2 Remove skin and stone from avocado. Cut avocado into small pieces and add to mixed salad.
- 3 Sprinkle on the seeds. (Seeds taste even better if toasted under the grill and delicious if, whilst hot, they are sprinkled with some tamari or soy sauce.)
- 4 Serve plain, with olive oil or the salad dressing of your choice.

Fruit & Oatcakes Desert

- 1 Peel banana and rinse apple and dried apricots.
- 2 Cut fruit into small pieces (remove apple core) and place all together in a small saucepan.
- 3 Add a minimum of 3 tablespoons of water and simmer gently for approx 10 minutes or until fruit is soft, adding more water to prevent the mixture becoming too dry and sticking to the pan. (This tastes great as it is but, if available you could add a dash of lemon juice and/or a teaspoon of chopped ginger and/or a pinch of cinnamon powder, according to your taste)
- 4 Meanwhile arrange oatcakes in the bottom of individual bowls (you may have to break them into pieces to make them fit).
- 5 When fruit mixture is soft, pour into individual bowls to cover the oatcakes. If the fruit mixture contains enough liquid the juices will soak into, and soften, the oatcakes.
- 6 Serve with a sprinkling of broken walnuts.

Eating for mental health

Low sugar

Sugar sensitivity is often associated with symptoms of confusion, poor concentration, anxiety, irritability, aggression, fatigue and depression. These symptoms can be reduced when foods containing added sugars are avoided.

Low Glycaemic Index

Eating foods and meals with a low GI, which release their energy slowly, also helps to avoid the roller coaster ride of energy and moods associated with large fluctuations in blood glucose levels.

Low caffeine

Cutting down on stimulants such as caffeine – found in coffee, tea, chocolate and cola – reduces the highs and the subsequent lows associated with the use of these foods and drinks, making for a smoother emotional ride through the day.

Low additives

Additives and particularly artificial colourings can be found associated with behaviour-disturbing symptoms including those of attention deficit disorder and hyperactivity.

Hypoallergenic

Many commonly consumed foods can be linked to moods and reducing the amount eaten can result in dramatic

improvements to health. Common offenders are wheat (found in most breads, pastas and pizzas) and milk (plus butter, cheese, and yoghurt). If you want to completely eliminate these suspect foods from your diet you are strongly advised to consult an experienced health care professional before doing so.

Nutrients for mental health

Low levels of nutrients have been associated with various symptoms of mental illness including anxiety, depression and even schizophrenia. Important nutrients to look for in foods are the essential fatty acids, particularly the omega-3 oils found in oil rich fish and also in some nuts and seeds. Also particularly important for mental health are the B-vitamins and the minerals zinc and magnesium. Eating foods naturally high in tryptophan, an amino acid found in protein, can also improve mood as the tryptophan is converted by the body to serotonin, an important brain chemical that regulates impulse control and elevates mood, self esteem and feelings of optimism.

If you have a 'Good Mood' recipe you'd like to share please see *Write for a Token..!* on page 6

Eating for mental health checklist:

- Low sugar**
- Low Glycaemic Index**
- Low caffeine**
- Low additives**
- Hypoallergenic**
- Contains nutrients for mental health**



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This newsletter is intended as a source of information only and not as an alternative to medical advice. The publishers cannot accept any responsibility for any damage or harm caused by any treatment, advice or information contained in this publication. You are advised to consult a medical practitioner before undertaking any treatment.

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The Food & Mood Project

Nutrient content of main ingredients

	Omega-3	B-vitamins	Magnesium	Zinc	Tryptophan
wheat free pasta		✓	✓	✓	
pesto sauce		✓	✓	✓	
oil rich fish	✓	✓			✓
mixed green salad		✓	✓		
avocado		✓			✓
sunflower seeds		✓		✓	
pumpkin seeds	✓	✓		✓	✓
bananas		✓			✓
dried apricots		✓	✓		
oatcakes		✓	✓	✓	
walnuts	✓	✓	✓	✓	

Write for a token..!

Would you like to write for Food & Mood? Do you have any news, views, or questions you would like answered, difficulties you'd like some help with? Food & Mood aims to provide a forum for subscribers to exchange ideas and information and would like to hear from you. All suggestions for contributions are very welcome. Those accepted for publication will receive a book token gift in appreciation. Here are just three examples of what you could write:

1 Recipes

Send in a recipe for a 'Good Mood' meal, snack, soup or 'smoothie' (liquidised meal) that you would recommend to a friend. The recipes most likely to be chosen will be those that are:

- Low in sugar
- Free from caffeine and chocolate (carob is okay)
- Free from artificial additives (artificial colourings, flavourings, preservatives)
- Free from wheat or cow's milk (including cream/cheese/butter/yoghurt)

The recipe will need to include a list of ingredients and instructions for preparation/cooking and perhaps a comment from you about the recipe.

2 Hints and Tips

Write a short piece of advice that you would offer a friend for coping with the practical, social or emotional difficulties associated with eating more healthily. If you are short on ideas you could have a look at page 24 in your copy of the Food & Mood Workbook which shows some of the difficulties people often experience. Or you may be inspired by some of the solutions given in the 'tree' on page 25. Your hint or tip will sound most convincing if you can write from your personal experience.

3 My Story

This is an opportunity for you to share your food and mood journey so far. People will be interested in hearing the story of how you have been able to overcome any mental or emotional difficulties by changing what you eat (and drink) and/or by taking nutritional supplements. Include as many details as you are able.

Need help?

You could ring the Food & Mood Project on 01273 478108. If necessary please leave a message on the answerphone and your call will be returned as soon as possible.

What is the deadline?

ISSUE	DEADLINE
Winter 2000	31st October 2000
Spring 2001	31st January 2001
Summer 2001	30th April 2001
Autumn 2001	31st July 2001

Ready to send in your contributions?

This is important: please mark each sheet of paper with the name(s) or initials you'd like to see printed alongside your contribution, and then post to The Food & Mood Project, PO Box 2737, LEWES, East Sussex BN7 2HJ. Remember to include your full name and address (which will not be published) so that if your contribution is chosen we can send you your book token!

Happy writing!

Book corner

Focus on: **Molecules of emotion – why you feel the way you feel**

By Candace Pert PhD
Published by Simon & Schuster UK Ltd, 1997
Price £8.99



Candace Pert PhD

This is a fascinating account by an outstanding neuroscientist of her role in the discovery of the opiate receptor. Opiate receptors are specialised parts of the nervous system that can 'receive' and respond to opioid chemicals in the blood. The discovery provided an understanding of the mechanism behind the effects of opioid chemicals such as heroin and morphine, as well as of the body's own 'endogenous' opiates. When these 'molecules of emotion' find their special receptors the 'reward' is a pleasurable 'high' well known to athletes and heroin addicts. Psychoneuroimmunology proposes that mind and body are in fact an interconnected system linked by these 'informational substances'.

Eating sugar and chocolate stimulates the body to release endorphins which can account for the addictive potential of these foods. The opioid excess theory of autism proposes that certain foods, if incompletely digested, can form peptides that are opioid in nature and which affect behaviour.

More on brain chemicals in the next issue.

New publication:

The Mind Guide to Food & Mood
Published by Mind, September 2000
Price £1.

Available from Mind Mail Order Service,
15-19 Broadway, London E15 4BQ. 020
8221 9666. e-mail:
publications@mind.org.uk
A 21 page easy-to-read guide
introducing readers to the subject
through a series of questions and
answers.



STILL AVAILABLE – NOW IN ITS 2ND REPRINT



The Food & Mood Workbook

By Amanda Geary (with contributions from Food & Mood Project participants). Published by The Food & Mood Project. Price £4.95 plus £1 p&p from The Food & Mood Project.

The informative 32-page booklet from the first 18-months of the original Mind Millennium Award funded project.

CASE STUDY



Barbara, a 25 year old single parent balancing the demands of young children and a university course, had been diagnosed with ME some two years previously. As is often the case with ME, Barbara was suffering from a variety of symptoms including fatigue, insomnia and poor quality sleep, memory difficulties and poor concentration. She frequently felt nauseous and suffered from food cravings, particularly for sweets or chocolate.

At her first appointment, Barbara admitted to habitually consuming up to six bars of chocolate nearly every day. She was keen for this to change but wasn't sure how she would manage without her daily sugar and chocolate "fixes". It was explained that cravings for chocolate can be helped by regularly eating slow energy-releasing foods and in particular by not skipping breakfast. Cutting down on stimulant drinks such as tea and coffee at the same time can also make it much easier to resist temptation. Barbara agreed to these changes and planned to carry around with her some healthier snacks such as dried fruit, nuts, seeds and oatcakes to nibble on whenever she felt the urge.

Two weeks later Barbara was feeling very pleased with herself. She reported that her consumption of chocolate had fallen from the usual 30 bars that she would normally eat over this time to just six bars over the 14 days. Barbara explained that she had "negotiated with

herself" and these six bars had been rewards "for not having so much chocolate" and that "it helped to give in occasionally". One of the most difficult times for Barbara had been when sitting with friends in the canteen at university

Barbara was habitually consuming up to six bars of chocolate nearly every day

and coping with the temptations of the vending machine. Temptation had been overcome through her determination together with a bag of tasty alternative nibbles which were always on hand to give her the "oral gratification" she needed. Barbara explained that carrying around substitute snacks was her "safety blanket" which prevented anxieties which could arise from her "fear of being hungry".

The changes Barbara had made were being helped by her not skipping breakfast and also by her cutting out the two cups of tea she was used to having each day. Although two cups is not, generally speaking, a high amount, Barbara's sensitivity to the tea was sufficiently great for her to soon notice a benefit from this change. Barbara found that she didn't miss her cuppas or her chocolate and at the same time she was "noticing the sweetness and the tastes of food". Barbara said she was now "reading

her energy levels" much more accurately, something she felt was essential for managing her lifestyle and her illness.

During the next two weeks Barbara was able to gain even more control over her chocolate eating, eating only three

bars over the 14 days.

She then decided that she had reached an acceptable level of chocolate consumption. When she did decide to treat herself she said she could now afford to buy the expensive, high-quality chocolate which

did not make her feel nauseous. Eating regularly and finding and enjoying healthier alternative snacks had been crucial to her success.

Barbara says, "I can't believe the changes that have occurred in my health since I've made just a few simple adjustments to my diet. I feel like I am in more control of what I eat instead of giving in to unhealthy cravings. It's like I've reprogrammed my brain".

'Barbara' agreed for her story to be told and her name (and other identifying personal information) was changed in respect for her privacy. If you'd like to tell the story of how you've been able to make changes to your diet or have used nutritional supplements to improve your emotional and mental health, please see Write for a Token...! on page 6.

Magnesium, mania and PMS

Recent research into the effects of magnesium supplementation indicate its potential use in the treatment of mania and also confirm its benefit for symptoms of PMS.

'Magnesium oxide augmentation of verapamil maintenance therapy in mania', Giannini AJ, Nakonecznie AM et al, Psychiatry Res, 2000; 93:83-87.)

Twenty volunteers with a diagnosis of mania and receiving verapamil medication took an additional 375mg magnesium oxide supplement per day. This combination was found to be significantly more effective than the control* group in reducing manic symptoms, suggesting that magnesium may increase the antimanic efficacy of verapamil. Verapamil is a calcium channel blocker and the synergistic effect of magnesium can be explained by magnesium's ability to help regulate intracellular calcium levels, acting as 'nature's calcium channel blocker'.

*A 'control' group is used to compare the effects of the treatment being investigated. The control group in this experiment also continued with their verapamil but took a glucose 'dummy pill' or 'placebo' instead of the magnesium supplement.

'A synergistic effect of a daily supplement for 1 month of 200mg magnesium plus 50mg vitamin B6 for the relief of anxiety-related premenstrual symptoms: a randomised, double-blind, crossover study', DeSouza MC, Walker AF, et al, J Women's Health and Gender-Based Med, 2000; 9(2):131-139*

Women were given either a nutritional therapy treatment or a placebo for one menstrual cycle. There was found to be a significant benefit from taking a combination of 200mg day of magnesium oxide and 50mg vitamin B6. The effects of nutritional supplementation included reducing anxiety-related premenstrual symptoms such as nervous tension, mood swings, irritability and anxiety. The researchers suggest that supplementing magnesium citrate may have produced even better results.

*A randomised, double-blind, crossover study is considered the 'gold standard' for scientific research. Volunteers are assigned randomly to either a treatment group or a control group (see above). If the experiment is 'double-blind' it means that neither the experimenter or the volunteer knows which group they are in. 'Crossover' means that the volunteers swap over groups at stages in the experiment to see if their response to the real treatment or the placebo treatment changes. This is to account for variations that may arise from individual responses to treatment.

Foods naturally high in magnesium include dark chocolate, leafy green vegetables, nuts (such as brazil nuts, almonds, hazelnuts and peanuts) and whole grains (particularly millet and oats).

Foods naturally high in vitamin B6 (pyridoxine) include avocados, bananas, fish (e.g. salmon, tuna), nuts (e.g. cashew nuts), seeds (e.g. sunflower seeds), wholegrains (e.g. brown rice), lentils.

In the next (Winter) issue issue out December 2000:

Brain chemicals and food

Deadline for contributions 31st October 2000

Workshop dates

Workshops to explore the relationship between the food you eat and the way you feel with Amanda Geary BSc (Hons), PGCE, Dip. Nut., member of the British Association of Nutritional Therapists, Founder of the Food & Mood Project.

Topics covered will include:

- **Stimulants** (coffee, tea, chocolate)
- **Addictions & allergies** (how cravings can signal hidden sensitivities)
- **Staying in balance** (managing fluctuating blood sugar levels)
- **Supplements** (do we need them?)

AUTUMN 2000

(price differences due to subsidies)

Saturday 30th September

10.30-4.30pm

Brighton Natural Health Centre

27 Regent Street, Brighton

Cost: £20

To book a place please ring: 01273 600010

Saturday 7th October

10.00am-4.00pm

Connaught Adult Education Centre

Connaught Road, Hove

Cost: £15

To book a place please ring: 01273 736491

Saturday 14th October

10.00am-4.00pm

WEA (Worthing Branch)

CVS, 6 Tamount Lane, Shoreham

Cost: £8

For enrolment details please contact the WEA on 0800 328 1060

WISE WORDS

Principles of good nutrition

Give praise

Eat that which is fresh

Eat that which is in season

Eat in measure

Taste what you eat

Enjoy what you eat

Be thankful



based on the principles of the indian system of Ayurveda (the knowledge of life)