

food and mood

The quarterly
newsletter of
the Food and
Mood Project

Issue no. 3
Spring 2001

Selenium and depression

By Amanda Geary

Depression in the UK may be due, in part, to a diet containing low levels of the trace mineral selenium.

Low selenium levels in the UK diet are being blamed on the use of selenium-poor European grain – used, for example, to make flour for bread – which is inferior to the grain previously obtained from Canada.

The significance of selenium for mental health was highlighted by Dr Margaret Rayman from the University of Surrey, speaking recently on BBC Radio Four's 'Food Programme' (see 'News', page 3). Dr Rayman's paper 'The importance of selenium to human health' published last summer



Brazil nuts contain high levels of selenium

in the Lancet lists scientific studies into this essential nutrient which have found that low selenium status can be associated with 'a significantly greater incidence of depression and other negative mood states such as anxiety, confusion, and hostility.'

The good news appears to be that eating foods naturally high in selenium or by taking a selenium supplement it is possible to improve mood significantly. At least one scientific study into selenium supplementation has found that a 100µg daily selenium supplement significantly decreased anxiety, depression and tiredness. The beneficial effects of supplementation were most apparent in those whose need for selenium was greatest, which illustrates how nutritional therapy works through redressing imbalances in the body to restore normal functioning.

Selenium affects the functioning of certain neurotransmitters (brain chemicals) and, because this mineral is so important to mental health, if selenium levels are low the brain will receive a priority supply. Selenium is

CONTINUED ON NEXT PAGE...

Rayman, M P (2000) 'The importance of selenium to human health' in *The Lancet*, Vol. 356, No. 9225, pp233-241.

FROM THE EDITOR

Welcome to issue number 3 of Food and Mood. As planned, in this issue we take a look at the importance of essential fats in the diet for maintaining or restoring mental health and emotional equilibrium. We are also responding in this issue to the many requests for information about selenium and depression. Many inquiries arose from BBC Radio 4's 'Food Programme' (see 'News', page 3) and, because we have been unable to respond individually to letters, the concerns raised are being addressed through this newsletter.



For those who have been receiving Food and Mood since it began last year you will soon need to decide whether or not to renew your subscription beyond the next issue. It therefore seems appropriate to ask you now what you feel about the newsletter thus far. At the same time we thought we'd do a quick survey of newsletter readers to discover the changes you may have made and the benefits you may (or may not) have experienced as a result. The incentive for feeding back this information to The Food and Mood Project will be a newsletter that closely meets your needs and interests PLUS the opportunity to win one of three signed copies of the forthcoming Food and Mood Handbook or a £10 book token in a prize draw.

I look forward to hearing from you.

Amanda Geary
Food and Mood Project Founder

In this issue

News	3
Article: A matter of fats	4
Good Mood Food: Mackerel paté	5
Book Corner: Stress Protection Plan	6
Research Bites: Brain protection	6
Letters	7
Reader Survey	7-8
Workshop Dates	8

Explore the relationship between what you eat and how you feel

also known to be an important antioxidant and is required to make the antioxidant enzyme glutathione peroxidase. Antioxidants are needed for a healthy immune system and to reduce 'oxidative stress' which can cause damage to cells in the brain and body (see also 'Research Bites'). As well as benefiting those with depression, selenium supplementation has been found to reduce intractable epileptic seizures in children, and low levels of selenium in the elderly have been found to be associated with senility and Alzheimer's disease.

We get our selenium from the soil, or rather from the plants that grow on selenium-rich earth. The amount of selenium available in food is therefore directly related to what is present in the land on which crops are cultivated and animals grazed. Certain types of soil, such as those in volcanic regions, are naturally low in selenium and environmental influences such as acid rain and the use of fertilizers may reduce the uptake by plants of this essential trace element.

SELENIUM IN FOODS

TYPICAL FOOD PORTION	SELENIUM CONTENT (µg)
Brazil nuts, shelled x10	200
Cashew nuts, dry roasted, shelled (100g)	67
White fish, cooked (150g)	30-50
Wholemeal bread* (2 slices)	30
Liver, cooked (90g)	20
Pork, cooked (100g)	15
Mushrooms, cooked (70g)	8.5
Chicken, cooked and skinless (100g)	8.0
Baked beans, 1 small can (200g)	4.0
Courgettes, raw (100g)	3.0
Cabbage, raw (100g)	3.0
Carrots, cooked (110g)	2.2
Orange	2.0
Banana	2.0
Almonds (x20)	1.0

*Cereals are an important source of selenium but the amount they contain reflects the selenium content of the soil on which they were grown and is therefore highly variable.

Source: Lamberts Healthcare Ltd

Selenium Fact File

Requirements

- The UK Reference Nutrient Intake (the RNI is now used in preference to the RDA) for selenium is 75 µg for men and 60 µg for women.
- The dietary intake of selenium for most people in the UK is currently estimated to be about half the RDA, falling between 29 and 39 µg per day.

Selenium in food

- For those who do not have a nut allergy Brazil nuts are a good source of selenium, with one nut containing approximately 20 µg.
- Other good sources include: brewer's yeast, offal, meat, fish, shellfish, grains, cereals and eggs.
- To boost selenium levels in your diet it is recommended you choose unrefined grains (such as wholemeal bread, flour, pasta, rice) because the refining process can reduce the selenium content of food by 50-75%.



Selenium supplementation

- The form in which nutrients are present in supplements affects their 'bioavailability'. The best form in which to supplement selenium appears to be L-selenomethionine which is the form most commonly found in nature.
- The maximum recommended dosage for long term selenium supplementation set by the Council for Responsible Nutrition is 200 µg per day.
- Selenium toxicity is rare but too much selenium can cause hair loss, abnormal growth of fingernails and give a 'garlicky' odour to the breath.
- Selenium levels in the body can be assessed by measuring amounts present in the blood, and even from hair and nail clippings.
- Selenium is a mercury antagonist. This means that it can protect against the brain-toxic effects of mercury – a heavy metal which can be present in seafood and which may also 'leak' as a vapour from dental amalgam fillings causing symptoms in mercury sensitive people.
- Selenium is often included in good quality multimineral and vitamin supplements – the nutritional supplement generally safe to take without first seeking professional advice.
- Multimineral and vitamin supplements, as well as individual selenium supplements, are available from pharmacists, health food shops and the following recommended mail order companies: BioCare 0121 433 3727 and Higher Nature 01435 883702.

Fish-rich diet essential for human evolution

A leading UK scientist is convinced that the human brain could not have evolved to its present form without our ancestors eating a seafood-rich diet. He also believes there is a risk that if we don't start to eat more fish the human species may suffer evolutionary decline.

Professor Michael Crawford of the Institute of Brain Chemistry and Human Nutrition at the University of North London explains that Docosahexaenoic acid (DHA) an omega-3 essential fat found in fish is essential for the proper development and functioning of the human brain and has even been linked to intelligence. He is concerned that our consumption of fish has dropped by 50 per cent since the 1950's and that in the UK we tend to favour white-fleshed fish that are low in the beneficial oils.

Crawford's claim that we have descended from fish-loving ancestors may account for the fact that human babies are born chubby with fat that helps them to float, and also possessing a natural ability to swim. So perhaps the old wives tale that fish is good for the brain wasn't a red herring after all.

Based on an original article by Suzannah Olivier writing in The Times on 16th January 2001.

Food and mood conference

The British Nutrition Foundation, who works in partnership with academic and research institutes, the food industry and Government, are holding a one-day 'Mood and Food' conference on Monday 21st May 2001 at the National Heart and Lung Institute, Dovehouse Street, London. Speakers include Dr Margaret Rayman and Dr Peter Rogers who were featured on BBC Radio 4's Food Programme (see 'Food and Mood in the news' below).

Cost (including lunch) is £90 or £45 for public sector employees, charities and retired persons. There are a limited number of free tickets for students. To register please contact Maxine Ide at the BNF on 020 7404 6504.

Web watch

Foodandmood.co.uk is the newly registered web site of the Food and Mood Project Please visit and bookmark this address so that you can enjoy watching it grow organically as our expertise, funds and time permit. Meanwhile some other recommended sites you may wish to visit are:

www.gfcfdiet.com – a useful site if considering a gluten-free and/or casein-free diet

www.goodnessdirect.co.uk – online suppliers of alternate and special diet foods

www.simplyorganic.co.uk – organic and alternative supplies delivered daily to your door

www.allergyfreedirect.co.uk – another place to shop on-line for what you need but can't find at your local supermarket

www.foodstandards.gov.uk – the Food Standards Agency web site contains much detailed information on various foods including selenium

www.omega-3info.com/ – worth visiting to discover even more about omega-3 fatty acids



Food and Mood project in the news

On January 14th (repeated on 15th) BBC Radio 4's prestigious 'Food Programme' broadcast a 30 minute investigation into the links between diet, nutrition and mental and emotional health. Following the programme the BBC helplines were overwhelmed with over 2000 calls from listeners wanting to find out more and the Food and Mood Project has since received hundreds of requests for information.

The programme featured parents of autistic children giving convincing

anecdotal evidence of the almost miraculous improvements in behaviour and mental functioning that can be gained through making changes to the diet. Scientists were also interviewed: Paul Shattock of the Autism Research Centre, University of Sunderland and Dr Karl Reichelt from the University of Oslo, Norway talked about their work into the negative influence of opioid peptides derived from gluten and casein; Dr Peter Rogers of Bristol University discussed some of the effects of caffeine on mental

functioning and Dr Margaret Rayman of the University of Surrey highlighted the importance of selenium for the avoidance and treatment of depression. In the studio with presenter Derek Cooper, Amanda Geary, author of The Food and Mood Handbook, described some of her work with the Food and Mood Project. Judging by the audience response to this groundbreaking programme it appears that the links between food and mood are at last being recognised.

A matter of fats

by Amanda Geary

Many people, particularly those concerned with weight loss or heart disease are fearful of fats. Low fat diets – which cut down drastically on all types of fat regularly eaten – run a risk of creating the condition for mental distress. Fats matter a lot to emotional and mental health, with low levels in the diet being associated with symptoms that range from anxiety and depression to hyperactivity and schizophrenia.

When you realise that the brain is more than 60% fat it appears to make sense to include some fat in the diet and the right type of fat is essential for the proper structure and functioning of the brain. Many women, for example, have found that by including more of a particular type of essential fat in their diet they have been able to reduce, or remove altogether, the difficult emotional symptoms of premenstrual syndrome. Studies are also showing the importance of fats in brain development, for behaviour and for good mental health. So, not all fat is to be avoided, and some fats are even to be encouraged.

The modern western diet tends to favour certain fats over others with the result that some fats, that are essential to emotional and mental health, can be overlooked completely.

When looking at all the different types of food that a person eats, moderation and balance between the different types of fats and oils is recommended. The modern western diet, however, tends to favour certain fats over others with the result that some fats, that are essential to emotional and mental health, can be overlooked completely.

Saturated and unsaturated fats

There are two main types of fat: saturated and unsaturated. The fats and oils found naturally in foods tend to contain a mixture of saturated and unsaturated fats, with certain foods higher in one type than another. Saturated fats are found in animal products such as meat, milk and dairy foods, whereas fish, nuts, seeds and vegetable oils have higher amounts of unsaturated fats. Unsaturated fats are considered to be more healthy than the saturated fats. It is generally agreed that it is best to reduce the amount of saturated fats eaten in favour of having more unsaturated fats.

A third type of fats are the 'trans' or 'hydrogenated' fats. These are modified fats used in margarines, spreads and other processed foods to improve texture and flavour. They are not considered to be supportive of good health in the long term and are best avoided as much as possible.

Monounsaturated and polyunsaturated fats

The interest in fats needn't stop here because it's also important to pay attention to the relative proportions of the different types of unsaturated fats we are eating. Unsaturated fats can be further divided into monounsaturated and polyunsaturated fats. Olive oil which forms the mainstay of the much-praised 'Mediterranean' diet is one example of a food high in monounsaturated fat (also known as oleic acid or 'omega 9' fatty acid). Olive oil is considered to be the best oil for cooking (as well as other uses) because it is the most stable of the unsaturated oils.



Polyunsaturated fats can be divided even further to include two groups of fatty acids known as 'omega-3' (or alpha linolenic acid) and 'omega-6' (or linoleic acid). Omega-3 and omega-6 fatty acids are important essential fatty acids, or 'EFAs', because they cannot be made by the body. They need to be included in a healthy balanced diet. EFAs are vital for good emotional and mental health, being essential for maintaining the structure and proper functioning of brain cell membranes, nerve fibres and neurotransmitters.

Sources of beneficial omega-3 fats

Oil rich fish	Vegan sources
anchovies	hemp seeds
caviar	linseed (flax) oil
eel	pumpkin seeds
herring	rapeseed oil
mackerel	rice bran
pilchards	soya
salmon	walnuts
sardines	wheatgerm
trout	
tuna	

Essential fats

Omega-6 fatty acids are found in the vegetable oils such as sunflower and rapeseed oils often used in margarines.

Linoleic acid omega-6 oils are converted by the body into a substance called GLA

(gamma linolenic acid). Hemp oil contains a small amount of ready-made GLA, as does Evening Primrose oil.

Of particular importance for emotional and mental health are the omega-3 essential fats. EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) are two beneficial omega-3 fats found in fish oils. These are plentiful in oil rich fish such as anchovies, caviar, eel, herring, mackerel, pilchards, salmon, sardines, trout and tuna.

Many people are put off eating fish by the thought of having to deal with fish heads and bones. Although fresh fish is probably best, buying pre-packed fish fillets or tinned fish is both easy and economical. Tinned tuna, however, is not a good source of omega-3 essential fatty acids as the canning process reduces the tuna's fat content. So, for tuna, fresh fillets make a better choice.

Many people are concerned about the environmental pollution in fish,

It is recommended that a variety of these good mood fats, and particularly sources of omega-3 fats, are eaten at least three times a week, or taken daily as a nutritional supplement

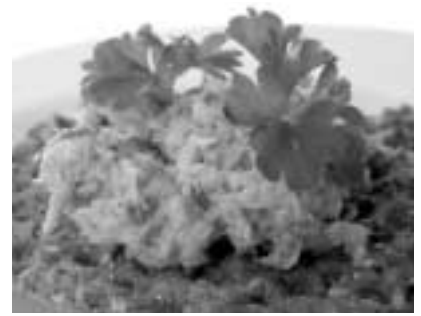
particularly in factory farmed fish. When it's available at an affordable price wild fish are recommended. However, the risks of pollution have to be set against the definite improvements to health that can be experienced within weeks of regularly including fish in the diet.

For those who are allergic to fish or who are vegetarian or vegan and don't eat fish, the alpha linolenic acid omega-3 essential fatty acids can also be obtained from hemp seeds, linseed (flax) oil, pumpkin seeds, rapeseed oil, rice bran, soya, walnuts and wheatgerm.

The alpha-linolenic (omega-3) fatty acid in these sources can usually be converted by the body into the 'active' fatty acid EPA.

Essential fats need to be eaten regularly so that the body and brain receive a steady supply of these important nutrients. It is recommended that a variety of these good mood fats, and particularly sources of omega-3 fats, are eaten at least three times a week, or taken daily as a nutritional supplement.

Good mood food



Mackerel paté

This makes a quick-and-easy snack, lunch or starter that goes well with a salad and crackers. If you are avoiding wheat, choose rye crispbread such as Ryvita, rice cakes or oatcakes. Mackerel is particularly high in beneficial omega-3 essential fats and the fish and beans both provide protein, including the good mood amino acid tryptophan (see issue no. 2).

Serves 4

approx 400g/7oz/1 cup tin cooked butter (lima) beans in water

2 x small tins (approx 125g/4oz/2/3 cup) mackerel fillets in olive oil

2 tblespns olive oil

1 tblspn fresh lemon juice

1 tblespn fresh mixed herbs, chopped (optional)

(freshly ground) black pepper and sea salt, to taste

It saves a little time and effort if you have a food processor. If not, the fish and beans can be mixed together in a bowl quite easily using a fork and then a spoon.

Open tins, drain and tip into food processor/bowl.

Add olive oil, lemon juice, mixed herbs and blend together until a thick paste-like consistency.

Add salt and pepper to taste.

Serve with wheat free crackers and salad.

Will keep, covered, in fridge for 3-5 days.

Good mood fat facts

Supplements

Nutritional supplements containing essential fats are available from pharmacists, health food shops and the following recommended mail order companies: BioCare 0121 433 3727 and Higher Nature 01435 883702.

Testing

Levels of essential fats can be measured by a blood test arranged through a doctor or nutritional therapist. Contact the British Association of Nutritional Therapists on 0870 606 1284 to find a local practitioner.

Book corner

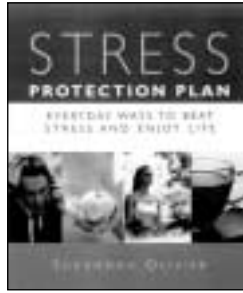
Stress Protection Plan – everyday ways to beat stress and enjoy life

by Suzannah Olivier

published by Collins & Brown (2000)

price £14.99

Written by a practising nutritionist whose previous books include the excellent 'What should I feed my baby?' this stylishly presented book would make a great gift for a stressed friend (or, better still, to encourage yourself to adopt a more peaceful frame of mind). In a truly holistic approach to dealing with this modern-day illness, the Stress Protection Plan contains a mix of mind calming exercises, stress management techniques and lifestyle suggestions, with an emphasis on the importance of good nutrition. The sound nutritional advice includes immune boosting drinks, healthy snack alternatives and complete meal suggestions. The book draws together the different approaches to dealing with stress by offering weekend-, week- and month-long stress-busting regimes that should cater for a variety of lifestyles.



NEW PUBLICATION

Making Sense of Herbal Remedies

published by Mind (2001)

price £1 plus p&p

This, the latest of the useful little booklets produced by the mental health charity, focuses on herbs and how they can be used to alleviate mental distress. Eight herbs for emotional and mental health are listed with information on possible side-effects. The general caution is raised for the use of herbs alongside prescribed medication, but those described in the booklet are all usually well-tolerated and can make effective alternatives to conventional medicines. Available from Mind Mail Order Service, 15-19 Broadway, London E15 4BQ. Tel: 020 8221 9666. Email: publications@mind.org.uk



PRE-PUBLICATION ORDERS NOW BEING TAKEN

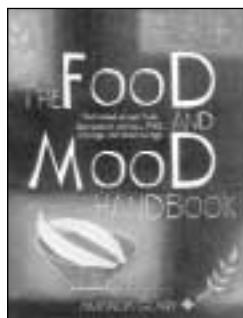
The Food and Mood Handbook

by Amanda Geary

published by Thorsons (21 May 2001)

price £9.99

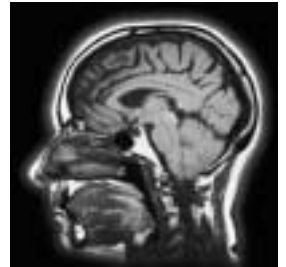
An illustrated volume of approx 200 pages containing a wealth of information on the food-mood connection. The Food and Mood Handbook contains: clear guidelines for changing what you eat to improve the way you feel, explanations for some of the effects of food on mood, top ten quick-and-easy good mood food recipes, full details of the Mind meal for mental health. Signed copies available in advance of bookshops direct from The Food and Mood Project with free p&p.



Research bites

Antioxidants for brain protection

The brain is more than 60% fat and is also an oxygen rich environment. The combination of fats and oxygen predisposes the brain to oxidation which causes damage to the brain's cells. Antioxidant nutrients such as vitamins



A, C, E and the mineral selenium are therefore essential to brain health. This paper proposes that 'optimising antioxidant defense mechanisms is an important strategy for preventing or slowing the progression of cognitive decline and neurodegeneration' and describes studies which have shown a relationship between low levels of vitamin E and impaired memory in the elderly. It is suggested that the memory-boosting effect of Vitamin E is due to its ability to help prevent the oxidation of LDL fats. This, in turn, protects against the brain infarcts (localised tissue death) that have been found linked with dementia.

'Vitamin E and Memory: Is It Vascular Protection?'
Miller, JW, *Nutr Rev*, April 2000;58(4);109-111.

Fish oil for brain development

This research programme added DHA and arachidonic acid fats to infant formula feed to see what the effect would be on mental development. Results were measured on the Mental Developmental Index of the Bayley Scales of Infant Development and researchers found that those infants taking the supplemented formula feed had a mean average increase of 7 points on the scale. These findings would seem to suggest that DHA (found in oil-rich fish) is a major dietary determinant of improved mental performance.

'A Randomised Controlled Trial of Early Dietary Supply of Long-Chain Polyunsaturated Fatty Acids and Mental Development in Term Infants' Birch EE, Garfield S, Hoffman DR, et al, *Dev Med Child Neurol*, 2000;12:174-181.

This issue instead of a case study we have printed the following letters. Letters and case studies are always very welcome so please do write in.

SAD and selenium

After hearing the Food Programme on Radio 4 this afternoon I feel I must write to you and ask for any information on the subject of selenium and mood. I myself have recently been taking it (in the form of 'selenium ACE') as a supplement along with St John's wort. I suffer from severe symptoms of SAD in winter. In all honesty I have felt better than I have in many years. Many thanks,

MRS ANNE POWELL, SOLIHULL, WEST MIDLANDS

ED: See issue no. 2 for some other dietary advice helpful for seasonal affective disorder (SAD).

Out of control

I heard your programme on Radio 4. I was very interested as I have a daughter with autistic tendencies of 32 years. I found out by trial and error over many years that she improved greatly without wheat and dairy products. I have coeliac disease and she had the test but was found not to have it – however I know from keeping her off of wheat she improved. My doctor prescribed gluten free bread for her. Her behaviour improved so much that she has now been able to move from our home to a small group home of seven clients and with four staff all the time.

The problem is that their local doctor has looked at her notes and can't see why she should be wheat free. So they have decided to try her on it again and also the dairy. I am upset for her as I know how upset she will be to be 'out of control'. It may prove it to them but I wonder how often at different stages of her life she may be put off and on these products! Could you please send a copy of any information/research you have on this subject. Thank you,

MRS JENNIFER MCALLISTER, DUNDEE, SCOTLAND

ED: Access to wheat, gluten and dairy free foods can be a major issue for those who know they need these products but are unable to obtain them on prescription. Alternatives are gradually becoming more available and some supermarkets are now stocking gluten free products but the cost is still prohibitive for many people. Food for 'special diets' appears to be an expanding market so eventually prices will come down and this won't be a problem. In the meantime, individuals can only register their need with doctors and request shopkeepers to stock reasonably priced essential food items.

Information on suppliers of foods for special diets is available from: The Inside Story, Berrydales Publishers, Berrydale House, 5 Lawn Road, London SW3 2XS. Tel: 020 7722 7685. email: berrydales@csi.com. www.inside-story.com. Also see 'Web watch' in this issue, page 3.

Information on autism research is available through the Autism Research Unit, School of Health Sciences, University of Sunderland, Sunderland SR2 7EE. Tel: 0191 510 8922. email: aru@sunderland.ac.uk. www.osiris.sunderland.ac.uk/autism

READER SURVEY

Whether you are new to Food and Mood or have been subscribing since issue no. 1 your feedback in this Reader Survey is very important to us. Everyone who completes this survey will be entered into the prize draw to win one of three signed copies of the new Food and Mood Handbook by Amanda Geary which will be available from The Food and Mood Project before anyone else can get a copy! An alternative prize of a £10 book token will also be offered to each winner.

Part I

Please circle the number that describes how you feel about the following aspects of the newsletter:

	LIKE A LOT			COULD DO WITHOUT	
articles	5	4	3	2	1
case studies/letters	5	4	3	2	1
research information	5	4	3	2	1
information on books	5	4	3	2	1
information on foods/ supplements	5	4	3	2	1
recipes	5	4	3	2	1

Which words describe your response to the main articles you have read? Please tick all those that apply.

- Interesting
- Not relevant to my needs or interests
- Informative
- Not enough detail
- Hard to read
- Easy to read
- Other _____

Any other comments or suggestions you'd like to add:

Now please turn over to complete part two and also to enter the prize draw

READER SURVEY

Part II

We would like to remind you that all the information you provide is strictly confidential and for Food and Mood Project use only. You are welcome to leave any questions blank that you'd prefer not to answer but if you can respond, your answers will be very helpful to us. Thank you.

To improve your emotional or mental health have you tried

a) making any changes to your diet?

yes no

If YES, please give details:

b) taking any nutritional supplements?

yes no

If YES, please give details:

Following the changes described above have you experienced any improvement in symptoms?

yes no not sure

Please give as many details as you can:

If you run out of space you are welcome to continue on another piece of paper.

PRIZE DRAW ... PRIZE DRAW ... PRIZE DRAW...

Thank you for completing the above. Now, for a chance to win one of three signed copies of the new Food and Mood Handbook by Amanda Geary, or a £10 book token, complete the following:

Name _____

Address _____

Postcode _____ Telephone _____

Now cut this survey form from the newsletter and send to: Reader Survey Prize Draw, The Food and Mood Project, PO Box 2737, Lewes, East Sussex BN7 2GN.

To qualify for entry in the prize draw forms must be completed and received by 30th April 2001.



The Food and Mood Project was started in 1998 with a Millennium Award from Mind, the mental health charity. The aim of the Project is to empower individuals to explore the relationship between diet, nutrition and emotional and mental health, and to share this information with others.

Food and Mood is published by The Food and Mood Project. © The Food and Mood Project, 2001. ISSN 1473-8872

The Food and Mood Project
PO Box 2737
LEWES
East Sussex BN7 2GN
UK
+44 (0) 1273 478108

Editor: Amanda Geary
Design: Julian Howell
Printed on recycled paper

This newsletter is intended as a source of information only and not as an alternative to medical advice. We 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.

Food and Mood is published quarterly:

Autumn issue	September
Winter issue	December
Spring issue	March
Summer issue	June

Subscriptions:
Annual subscription (4 issues): £9.95
Back issues: £2.50 each
Cheques payable to:
The Food and Mood Project

Food and Mood 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 and Mood Project.

Topics covered will include:

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

2.30-3.45pm, Wednesday 14th March 2001

at the Big Alternative Conference organised by The Mental Health Foundation, taking place at the London Voluntary Sector Resource Centre, 356 Holloway Road, London N7 6PA. Cost: included in conference ticket. Conference details/to book a place contact the MHF: 020 7535 7461.

10.00am-4.00pm, Saturday 19th May 2001

Connaught Adult Education Centre, Connaught Road, Hove. Cost: £15. To book a place please ring: 01273 736491

10.30am-4.30pm, Saturday 2nd June 2001

University of Sussex, Falmer, Brighton.
For enrolment details please ring: 01273 678228

If you can't travel to these venues and would like to host or organise a Food and Mood Workshop in your area, please contact Amanda Geary at The Food and Mood Project.

Food and Mood newsletter

In the next (summer) issue out June 2001:

Focus on: caffeine

Deadline for contributions 30th April 2001