

# Food Is Mood

## Feed My Sheep

### RECIPES FOR LIFE



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Jumpstart Your Health



“What?” you say, “How can *food* be *mood*?”

That’s rude!” Well, ask yourself this question: “Do I crave different foods depending on my mood?” Most of us would answer, “Oh, yeah.” So how does that work? Let me remind you that we are sunlight-activated, chemical/hormonal, electrical beings!

The chemistry of food interacts with our body’s chemistry, its thoughts and feelings. Emotions activate different hormones. When you eat a banana, you don’t *become* the banana—the banana becomes you. This is the job of the liver. Keep in mind that food is much more than nutrients, fiber and protein—all the things we normally hear about. It provides life-and-light-giving energy. I like the feeling of being light on my

feet. I choose to eat a heavy meal when I’m ready to roll over and have a siesta! My grandson used to call it a food coma.

Listen to your body. See what it’s asking for. It’s the end of the day. You walk into the kitchen and you want something. Yet, you know

you’re not actually hungry. Is it something ooey-gooey, salty, sweet, liquid, or carbs? Now, see what emotion or mood you are having. You may surprise yourself with the answer, how it becomes clearer over time.

Now, exchange the food for an activity to replace how you meet the needs of your food/mood. Try it. It works! Food cravings can mean, “I need a hug.” Talk to a friend. Read a good book. They say, “Don’t want to eat? Brush your teeth!” Take a candlelight bath. Make a puzzle. Jump on the rebounder. Take some deep breaths. Set a time when the kitchen’s all clean and closed for the night! Replace food with a healthy action. Engage your mind. Shift those hormones that are driving you. Changing your mood, skipping the food, make this a habit, and you are home free! ■



### Plum Spice Pudding

In a Vitamix, veggie bullet, or blender, put 1/4 cup golden flax seeds. One handful dried plums. Cover with hot water. Let steep for 5 minutes. Blend on high until smooth. Add a teaspoon of cinnamon and one of vanilla. Add dashes of nutmeg, cardamon, and powdered ginger. Mix one more time.

Variations: Use other dehydrated fruits from your winter storage. Add in orange or lemon juice or zest. Almond extract vs. the vanilla, which goes really well with dried cherries. Dried apricots with orange juice and cardamom. Add a can of full-fat coconut milk to make your pudding creamier.

Top it off with your favorite Coconut Cream: 1 can of full-fat coconut milk. Skim off the fat. Add a dash of vanilla and a squirt of your favorite liquid sweetener. Mix until smooth. Put a dollop on your pudding. Garnish with fresh fruit or sliced almonds.