

HAPPINESS FOR HEALTH
GOOD FOOD; GOOD ATTITUDE; GOOD DAY

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2019

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NATURALLY BE HAPPY

Neurotransmitters (dopamine, serotonin, and endorphins to name a few) are essential for our happiness.

Good Food and a Good Attitude are two essential components to support the development of sufficient neurotransmitters to help make it a Good Day!

WHAT TODAY IS ABOUT...

- Lifestyle Attributes to Create Happiness
- Preparing your Body for Good Foods
- What Should (and should not) go in your Shopping Cart
- Preparing Meals for Mood Support
- Get a Boost from Herbs & Spices

and... How to be SMART
this Holiday Season

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WHAT IS KITCHEN ON FIRE™ ABOUT?

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Cooking • Nutrition • Community Outreach

Nutrition has an impact across all areas in KOF. We have a well-rounded team to contribute to our nutrition program.

- **Lisa M Miller BS, NC:** Nutrition Consultant; KOF Nutrition Program Director; Owner, Ocean View Nutrition; Active member of the National Association of Nutrition Professionals
- **Olivier Said:** KOF Owner, Chef and Nutrition Consultant
- **Carol Davison:** Medical Herbalist
- **Our extended team:** Scientists, Nutrition Consultants and Chefs for specific dietary needs; provide Research and Teaching assistance.

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LIFESTYLE ATTRIBUTES TO CREATE HAPPINESS

When feeling happy, or optimistic: cortisol ↓ and serotonin ↑

- Daily habits to create positive thoughts
 - Affirmation; Meditation; Stretch; Cook with others
- Do something for yourself
 - Enjoy little pleasures; Enjoy the outdoors; Be curious; Exercise; Eat well
- Do something for others
 - Give and openly receive compliments; Forgive; Share; Volunteer
- Be optimistic / hopeful (dopamine producer)

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PREPARING YOUR BODY FOR GOOD FOODS

When the GI Tract is compromised, the body doesn't fully benefit from foods we eat and neurotransmitter levels can be imbalanced

- 90% of serotonin is produced by microbes in the GI tract
- Serotonin is our 'Happiness Neurotransmitter'
- Digestion is not only important for balancing our neurotransmitters though also essential for absorbing nutrients to feed our body

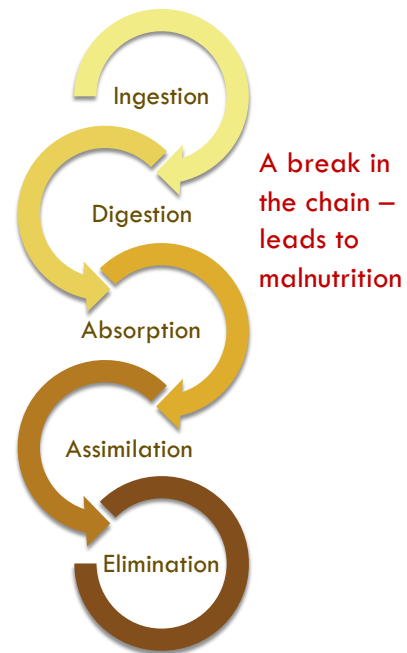
The GI tract health is underappreciated, though it is the brain's most important adviser!

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PREPARING YOUR BODY FOR GOOD FOODS

Common Causes of Poor Digestion

- ❑ Stress!!
- ❑ Not chewing enough
- ❑ Not relaxing while eating
- ❑ Acid imbalance (taking ant-acids)
- ❑ Low fiber diet
- ❑ Low fluids throughout the day
- ❑ Food Sensitivities / Allergies

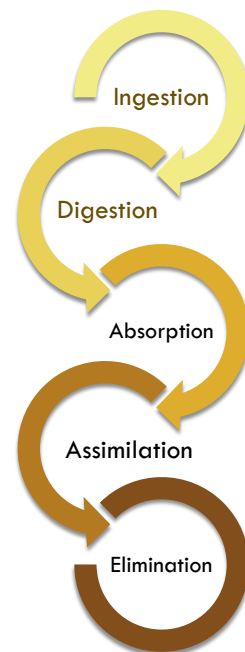


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PREPARING YOUR BODY FOR GOOD FOODS

Necessary Steps to Digest

- ❑ Stay hydrated all day
- ❑ Chew thoroughly
- ❑ 'Take a Break' while eating
- ❑ Ensure adequate acid
- ❑ Eat fiber
- ❑ Be aware of food Sensitivities/Allergies
- ❑ STOP and Enjoy your Meal



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PREPARING YOUR BODY FOR GOOD FOODS

Healthy Fats are essential for your mood

- Omega-3s (salmon, sardines, herring)
- **Organic, Good Quality** Saturated fats – the ones we've feared for years – are protective for your body (butter, coconut oil, meats)
- Reduce the Omega-6s – over processed vegetable oils

The biggest learning is often the need for fats

Boost your Omega-3 fats and good quality saturated fats

The Japanese still eat two and a half pounds of fish weekly, and their depression rates have been nil (as have their heart disease rates) ~ Julia Ross, *The Mood Cure*

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WHAT SHOULD GO IN YOUR SHOPPING CART

- Fresh vegetables, especially swiss chard, spinach and tomatoes
- Onions and Garlic
- Blueberries, Raspberries, Strawberries
- Green and herb teas
- Legumes
- Walnuts
- Organic whole grains
- Wild fish, free range poultry & eggs
- Goat dairy: milk, cheese or yogurt
- Spirulina, chlorella and sea veggies
- Flax and chia seeds
- Dark Chocolate
- Fermented Foods

Key Nutrients
(found in the foods to the left)

Omega 3s
Saturated Fats
Amino Acids (Tryptophan)
Phytonutrients (anthocyanidins and anthocyanins)
B-12
phenylethylamine (PEA)
Probiotics and Prebiotics
Theanine (in green tea)
Folic acid
Lycopene

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WHAT SHOULD NOT GO IN YOUR SHOPPING CART

- ❑ White foods
- ❑ Caffeine (depletes serotonin)
- ❑ Imitation sugars (depletes serotonin)
- ❑ Gluten grains: wheat, rye, barley
- ❑ GMO Foods (we don't know enough)
- ❑ Poor quality meat and farmed fish
- ❑ Non-organic dairy: milk, cheese, butter, eggs
- ❑ Tap water
- ❑ Fried foods
- ❑ Soda
- ❑ Commercial fruit juices

We are all individuals;
each person needs to
determine how their body
reacts

This is a list of items to
CONSIDER reducing or
removing from your diet

Too many changes at once
could result in no lasting
change at all

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PREPARING MEALS FOR MOOD SUPPORT

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- ❑ 3-5 Meals a Day
- ❑ Time meals so they are 3 to 5 hours apart
- ❑ Emphasize Protein, Fats and Leafy & Crunch Vegetables and Fruits
- ❑ Each meal or snack needs: Fats, Protein and Carbohydrates
- ❑ Utilize the Shopping List to create your menu and select items when eating out
- ❑ Breakfast ideas: Eggs, Frittata, Yogurt, Wraps, Smoothie (careful with the amount of fruit), Oatmeal, Cheese
- ❑ Have emergency meals ready to avoid the crash (cook ahead)
- ❑ Have go-to snacks at work, at home, and in your gym bag
- ❑ Hydrate before eating

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GET A BOOST FROM HERBS & SPICES

- Green Tea – may help lift mood, enhance brain function, calm stress response; increase inhibitory neurotransmitters (balancing mood) and modulates serotonin and dopamine (make us feel good)
- Rosemary – some evidence that rosemary may help enhance brain health by stimulating brain activity involved in controlling mood
- Catnip – said to stave off mid-afternoon energy crashes
- Lemon and Grapefruit Essential Oils – uplifting; may help rev up your energy
- Rooibos (ROY-boss) – delights the senses

Easily incorporate these mood enhancing herbs and spices into your cooking routine:

- Saffron
- Cinnamon
- Turmeric
- Rosemary
- Thyme

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GET A BOOST FROM HERBS & SPICES: HERBAL TEA BLENDS

Calming Tea: Calms the Mind

Purchase 1 oz. each

- Skullcap
- Licorice Root
- Gotu Kola
- Siberian Ginseng
- Lemon Balm

Happy Tea: Uplifting and Energizing

Ounces below indicate amount of dry herb to purchase

- Lavender flowers – 1 oz.
- Marigold flowers – ½ oz.
- Rose petals – ½ oz.
- Hawthorn leaf – 1 oz.
- Borage tops – 1 oz.
- Lemon balm – 1 oz.

Directions: Mix equal amounts of each herb and store in a mason jar. 1 tablespoon per pint and infuse for 20 minutes in hot water.

These herbs can be purchased at apothecaries or herb stores

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HOW TO BE SMART THIS HOLIDAY SEASON

How will you help create your
Good Day?

Ideas to Share?

Specific
Measurable
Take Action
Be Realistic
Time-oriented

1. Give a compliment by noon each day starting today
2. Chew my food thoroughly at dinner every night
3. Add Uplifting Spices to my meals 3 times a week starting on Monday
4. Invite a friend to go for a 10-minute walk outside twice a week
5. Eat Fried Food only once a month starting in December
6. Nov 24th switch to Happy Tea for my afternoon beverage 3 times a week
7. Get to the gym 3 times a week for 45 minutes starting December 1st

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WRAP UP / QUESTIONS?

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□ About Kitchen on Fire:

- Cooking School for the Home Chef in Berkeley & Oakland since 2005
- Owned by Chef Olivier Said (founder) & Lisa Miller
- Hands-on Classes, Events, Nutrition Education, Corporate Wellness, Prepared Foods for Specific Medical Conditions

Here is the link to this presentation!

<https://kitchenonfire.com/Happiness-for-Health>

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