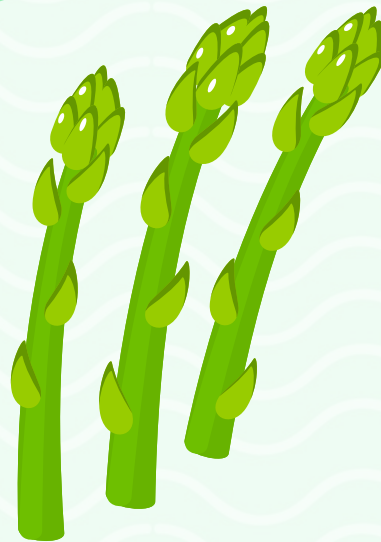




FOODS THAT BOOST YOUR SEROTONIN

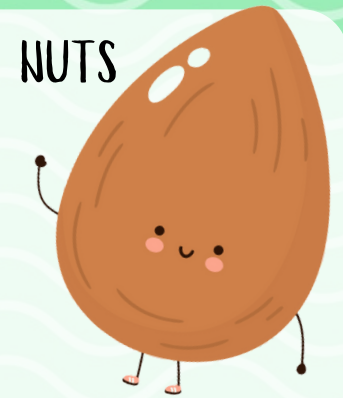
SEROTONIN IS THE MOOD STABILISER THAT HELPS US TO FEEL A SENSE OF CALM, BE MORE FOCUSED AND HELP REGULATE OUR EMOTIONS. THE MAJORITY OF OUR SEROTONIN IS PRODUCED IN THE STOMACH WHICH IS WHY DIET IS SO IMPORTANT.



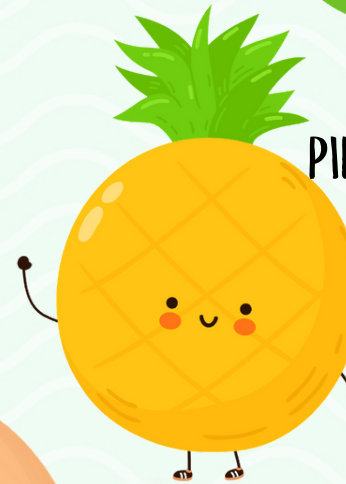
ASPARAGUS



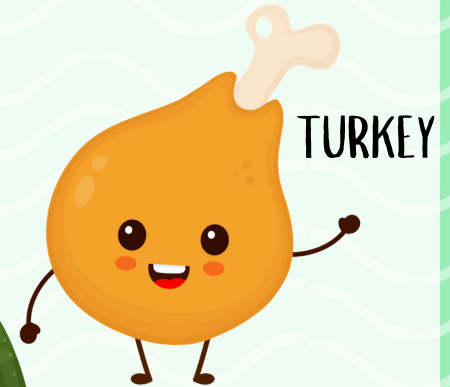
SPINACH



NUTS



PINEAPPLE



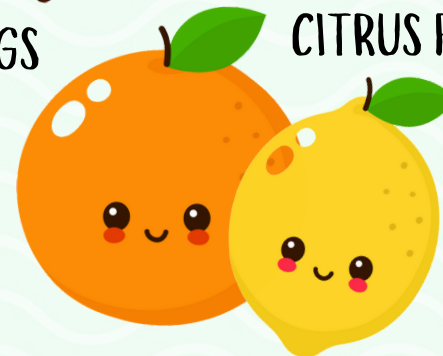
TURKEY



EGGS



AVOCADO



CITRUS FRUITS



BANANAS



FOODS THAT BOOST YOUR SEROTONIN

ORANGES	SALMON	SOY MILK	WHOLEGRAIN BREAD	SPINACH	RAW CARROTS
OATS	BANANAS	BLACK BEANS	WALNUTS	CABBAGE	RAISINS
PINEAPPLES	AVOCADO	EGGS	PLANTAINS	KIWI	TOFU
TURKEY	CHEESE	PUMPKIN SEEDS	GARLIC	ONIONS	ALMONDS
CASHEWS	WATER CRESS	SOY BEANS	GOOSE	BOAR	EGG WHITES
PHEASANT	CHAI SEEDS	TUNA	HAZEL NUTS	LAMB	ASPARAGUS
LETTUCE	GREEN BEANS	PARMESAN	SAUERKRAUT	PEAS	OATS
DUCK	PRAWNS	HALIBUT	OYSTERS	PEANUT BUTTER	PIGEON
GRAPES	EDAM	SUNFLOWER SEEDS	CRAB	PORK	COD



EACH OF THESE FOODS BOOSTS YOUR DOPAMINE, INCREASING YOUR HAPPINESS LEVELS AND SHOULD BE BUILT INTO YOUR DAILY DIET.