



Nurtured Bliss

Nurturing Foods That Support Your Nervous System

Nurturing our Nervous System isn't just about how we manage day to day stress via some downtime or catching up on sleep, but is equally about what we feed our body, mind and emotions via nutrition, exercise/movement, how we speak to ourselves (internal chatter/self belief) & how we deal with (or don't deal with) our emotional wellbeing.

It truly is many dimensions of wellness

One of the biggest factors in how we stabilise our mood, deal with chronic stress, how we speak to ourselves and our loved ones, how much energy and vitality we have and how we effectively live every day life, is through what we eat.

Our food choices can create harmony or havoc in the body and knowing what foods are nourishing YOU is vitally important to living a life less stressed.

The types of foods that are good for you, is very different to which foods are good for someone else, and knowing your own bodies cues and moods after eating, is key to knowing how to benefit yourself in many ways.

There are very obvious foods that effectively help our hormones and nervous system, no matter who you are, as these foods come from pure life force and of the purest form (living foods) which means their energy, frequency and intention is only ever to be kind and nurturing to humans.

*Lets look at some info on foods that support the nervous system and their reasons why:
(It might not be what you think hehe)*

Side Note: Everything I mention here is more beneficial to you if purchased as close to nature as possible, meaning try to find foods that are "Organic" and preferably claim "Spray-Free" (if fruit/veg).

This is not a complete list but a quick guide to give you some ideas of where to start or check-in with to see if you are eating in a way that supports the nervous system.

I also want to mention that drinking good quality water is extremely beneficial in how our body functions and stays alive, alkaline and nourished. There's a lot that can be said for the benefits of water, considering our body is made up of around 80% water.

Dark Chocolate: (above 70% cocoa): Rich in magnesium, which plays a role in the neurotransmitter and stress pathways we depend on to regulate mood and stress response. Consuming good quality dark chocolate can significantly improve anxiety and depression symptoms. Okay!, if I have to!!

Dark Leafy Greens: These are rich in magnesium, a mineral that helps calm the body's stress response, promoting relaxation and reducing anxiety. Foods like kale, spinach, and Swiss chard are particularly beneficial.

Green Tea: L-Theanine & EGCG (type of antioxidant) - have anti-anxiety effects.

Bananas: Amino Acids & Tryptophan that converts to serotonin for relaxation.



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Blueberries: Protects brain & nerve cells from inflammation. Wild blueberries are best.

Grapes: Antioxidant resveratrol for nervous system protection.

Healthy omega 3 fatty foods: Chia seeds, Avocados, Fatty Fish, to protect nerve cells & brain tissue & starve off depression

Rice/Oats/Buckwheat: (GF Grains): Calming Carbohydrates/Whole grains are broken down over a long period of time (Low GI), keeping a constant flow of serotonin (happy hormones) in our brain. If you want even more mood stabilising benefits from grains, eat them without any protein & pair with green veg!

Herbs: have been used for centuries as natural remedies. They aren't just for taste in cooking that's for sure!

- Ginger can lift the spirit.
- Cinnamon counteracts exhaustion. Give it a sniff or add some to a cuppa
- Camomile helps with nervous tension.
- Peppermint helps calm nerves and relieve anger.
- Basil to clarify the mind. How good is basil!!!
- Lemon Balm Tea helps calm frazzled nerves & supports hormones. known for its ability to support a healthy fight-or-flight response long-term and deal with the hypothalamic–pituitary–adrenal axis.

Adaptogenic Herbs:

Adaptogenic herbs are beneficial for the nervous system because they help restore overall balance & strengthen the functioning of the body as a whole without impacting the balance of any individual organ or bodily system.

Some adaptogenic herbs are: Ginseng, Ashwagandha, Astragalus, Cordyceps, Tulsi (Holy Basil), Cordyceps plus many more.

Brazil Nuts: Rich in selenium, a mineral important for creating a state of wellbeing and impacting mood and relaxation. Plus, really great for thyroid function.

Pumpkin Seeds: These are rich in zinc, a vital mineral involved in over 200 enzymatic reactions within our bodies, impacting how you think and feel every day. Zinc also maintains healthy nervous system function, especially the vagus nerve, which helps transport messages of 'calm'.

Some other common Zinc rich foods are:

- Animal proteins, particularly beef, lamb, chicken and oysters
- Liver is one of the most potent sources of zinc, I know it's not everyone's fav, but maybe try a few ways of eating it like pate or ground up in beef mince that you use in a spaghetti bog or taco dish.
- Chickpeas and cashews are reasonably high in zinc. To make them more nutrient dense and easier to digest, it's strongly advised to ferment the chickpeas and cashews in a potent coconut water kefir or water with a tbsp of apple cider vinegar to help break them down which means gentler on the tummy.
- Homemade kefir and yogurt

Eggs (if tolerated):

Eggs are rich in choline and B vitamins. Choline is a nutrient that is used by the brain to make acetylcholine which is a neurotransmitter that is important for communication among brain cells as well as memory. The quality of eggs is very important, so look for pasture raised eggs as they have more benefit to us than cage chickens & even mass production free-range.



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High-Quality Protein: (Grass-Finished Meats, Wild-Caught Fish, Eggs, Quinoa, Greek Yoghurt, Tempeh)

To provide amino acids to create healthy neurotransmitters (happy hormones) like dopamine, serotonin etc, this helps mood, sleep & cognitive performance plus more. The more balanced we are in these types of neurotransmitters the better balanced and stable our nervous system can be.

Fruit and Veg: “Living Foods” are foods as close to nature as possible and the fresher, local & in-season foods are of the best benefit every day.

Most fruits and vegetables are mood-neutral foods, so you can consume them without affecting your mood. If you're feeling the way you want to feel, listen to that and eat accordingly.
A meal of fruit or a healthy salad might be the best option.

Our Nervous system and body love consistency and routine, so if we are able to eat a balanced diet most of the time, using the foods that are the most nourishing and nurturing to us, then our nervous system will thank us for that in every way. I like to stick by the 80/20 rule to remind me of this! 80% of my foods eaten regularly and consistently are “whole-foods” (fruit/veg, good quality grains, nuts/seeds) nutrient dense foods (pasture-raised, organic: meats, eggs, dairy and, wild-caught fish). The other 20% are the “sometimes foods”, things like take-away, bakery goods, sweets etc

Foods of high sugar, high starch, simple carbohydrates etc put a lot of stress and strain on the body if consumed too much and create glucose spikes that create havoc to the body and brain. It has even been mentioned that sugar in high doses is more damaging to the brain than cocaine! That's wild!!!!

These foods need to be consumed in low moderation as most are “non-living” foods & provide very little nourishment to the body, but give us an instant gratification feeling, which is sometimes ok, but can cause an addictive feeling if we aren't feeling nourished and well balanced in other areas of life.

Our gut microbiome/gut flora plays a major role in how our body deals with nervous system regulation and is super important for mood, sleep & overall wellbeing. 70-80% of our immune system is in the gut, and our happy hormones, like serotonin, are controlled via the gut-brain axis. Which is why having a really healthy whole-foods, nutrient-dense diet is super important! It controls many parts of how we deal with stress of all kinds (emotional, physical, mental etc)

A lot of things can contribute to our ability to feel well and live in a higher vibrational state with a well balanced nervous system: Being creative, spending time in nature, regularly living our passions, eating high-frequency foods (as mentioned above) that we prepare with love and bless before we eat, gratitude, and experiencing love and joy can all possess a high vibrational state that can impact our physical and mental state greatly.

If you'd like to learn more or go deeper on how you can support the body into a well balance state by using food as our medicine to do so, there is this fantastic article [HERE](#) that explains this more.

Also, if you are wanting to dive deeper into how living a life less stressed, more happy & calm can benefit you each day, this is also [another fantastic article](#) with great info explaining our 4 happy hormones and their benefits to the body.



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References:

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<https://www.herbalreality.com/herb/lemon-balm/>

Disclaimer: I am not in any way affiliated with the website and resources I mention above and purely share them as the information aligns very much with my way of thinking.

With Love & Nurturing Support

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