

Stand up for mental health

Tuesday 8 October, 2013

On Thursday 10th October is World Mental Health Awareness Day. In the United Kingdom one in four people will at some point have a mental health problem.

There are a variety of ways to address the issue, including connecting with a variety of services and people, trying to increase the amount of exercise.

However what people do not realise is that food plays a part in the the way that we feel. Consuming foods high in sugars, and saturated fat can have a negative impact on the way that we feel. Not only this but it can also cause excessive weight gain. This could lead to increased chances of raised cholesterol, high blood pressure and coronary heart disease.

Francesca, the director of the online nutrition company Livelongrocks said:

"Consuming foods rich in fibre, vitamins, minerals and essential fatty acids can have a positive effect on the body, by helping to control our memories, reduce fatigue, and to sleep better. All this can be affected whilst suffering from a mental health problem."

For more information about food and mood or to discuss about nutrition in general please email Francesca on :
Francesca@Livelongrocks.co.uk

However if you do more information on the services Livelongrocks can offer please access the website on this address:

<http://www.livelongrocks.co.uk>

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