

IMMUNITY LESSON 15

Better Eating to Feel Better



NADINE PRIMEAU on Unsplash

THAT'S RIGHT, TO FEEL BETTER. Not to lose weight or look better. Not to avoid disease down the road (though obviously these are important).

If you prioritize eating better now, you'll start feeling better now.

And it will give your immune system a boost now.

You've been exposed to hundreds of different diets. It feels like the fads change every other month. What to do? Keto? Low carb? Low fat?

Michael Pollan, Harvard professor and author, simplifies it into five easy to remember words: **"Eat real food. Mostly vegetables."** And another easily remembered concept: **"Don't eat anything your great-grandmother wouldn't recognize as food."** ("Real food" = non-processed food. The natural stuff your grandmother would recognize.)

Scary Advice to You?

You've already proven to yourself that you can sleep better, move more during the day, and be more optimistic. You can eat better, too. We promise.

The Why

The neurotransmitters in your brain that cause you to feel good come from food. Your intestines are your "second brain" in several ways. Ninety percent of your serotonin (major neurotransmitter) originates in your gut as do other important neurohormones and substances. There are 10 times more nerve pathways from your intestines to your brain than from your brain to your intestines.

Plus, our intestinal biome (beneficial bacteria or "gut buddies") have a tremendous effect on our immune system. We need to feed them the good stuff as much as we need to feed ourselves the good stuff.

Therefore, **what you eat makes a difference** in how you feel, think, respond to challenges, and relate to others. It affects your cognitive ability, emotional regulation and can help keep depression and anxiety at bay. And, it bolsters your immune system.

"Real food" is simply unprocessed and contains no added ingredients, substances, or preservatives.

The neurotransmitters in your brain that cause you to feel GOOD come from FOOD.

Here's the Skinny

Our bodies are wired and programmed with pathways evolved over eons to convert real (non-processed) foods into nourishing substances. Humans in the U.S. have seen a greater change in their diet in the last 100 years than in the previous 10,000 years. Our bodies have a hard time converting processed foods into the nourishing substances we really need.

The Results

Processed foods create stress and inflammation within the body and brain. This can cause maladies such as Type 2 diabetes, heart disease, cancer, Alzheimer's, and others. And bad moods, irritability, and a lessened immune system response amongst dozens of other conditions that will affect us this week or next.

The Bottom Line

The most important processed food to avoid: Sugar. Please avoid as much sugar as you can for now, and we'll have other tips to follow. Move plenty and get good sleep as well.



JOY'S PEARL

"Better Eating to Feel Better is simple, but not easy. Just take one step at a time and make a concentrated effort to limit your intake of sugar and processed foods."

Today's # 1 Task •••••

Review the linked [Food is our Fuel](#).

Today's # 2 Task •••••

- **Commit to changing** your food habits just like you committed and were successful with Better Sleep, Better Attitude, and Better Movement.
- Use the **WOOP** method to do so and boost your immune system.
- **Keep up the good work** with Better Sleep, Attitude, and Movement.
- **Order/buy the convenient packages** of veggies from/at the grocery ready to stir fry, roast, grill or whatever is easy. This will save your time and will help your transition to more veggies.
- **Order/buy some berries and fruit** while you're at it.
- **Stay fully hydrated.** Water is best. Uber-important and more on that later.
- **Schedule some time to laugh** at a slapstick movie with your partner.