

Food & Stress Presentation Resource Links

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1. <http://www.pan-uk.org/health-effects-of-pesticides/>
2. Long- and Short-Term Health Effects of Pesticide Exposure: A Cohort Study from China: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4456378/>
3. Glyphosate? What is that and does it cause changes in our moods?: <https://kinderinthekeys.com/glyphosate-what-is-that-and-does-it-cause-changes-in-our-moods/>
4. Institute for Responsible Technology, The Damaging effects of RoundUp (and Glyphosate): <http://responsibletechnology.org/docs/damaging-effects-of-roundup.pdf>
5. Veggie Wash: <https://www.mommypotamus.com/diy-vegetable-wash-recipes/>
6. Neurortoxins in your food: <https://greensmoothiegirl.com/neurotoxins/>
7. Endocrine Disruptors, EWG.org: <https://www.ewg.org/research/dirty-dozen-list-endocrine-disruptors>
8. How Inflammation Affects Mood: <http://saidsupport.org/how-inflammation-affects-behavior-in-systemic-autoinflammatory-diseases/>
9. Pharmaceuticals in the soil: <https://toxics.usgs.gov/highlights/pharm_soils/index.html>
10. Radish uptake of pharmaceuticals from soil: <https://www.pubfacts.com/detail/30660096/Insight-into-the-distribution-of-pharmaceuticals-in-soil-water-plant-systems>
11. Presence of pharmaceuticals in our water sources (World Health Organization): <https://apps.who.int/iris/bitstream/handle/10665/44630/9789241502085_eng.pdf;sequence=1>
12. Local Water Safety: <https://www.ewg.org/tapwater/>
13. Water Filtration Systems: <https://www.ewg.org/tapwater/water-filter-guide.php>
14. Glycemic Load and Mood study: <https://www.fredhutch.org/en/news/spotlight/imports/take-a-load-off--lower-glycemic-load-for-a-good-mood.html>
15. Glycemic Variability, Mood, Quality of Life study: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3317401/>
16. Circadian Rhythm and Nutrition: <https://www.nytimes.com/2018/07/24/well/when-we-eat-or-dont-eat-may-be-critical-for-health.html>
17. Harvard’s 8 Principles for low Glycemic eating: <https://www.health.harvard.edu/healthbeat/8-principles-of-low-glycemic-eating>
18. Dr. Axe on Glycemic how to: <https://draxe.com/low-glycemic-diet/>
19. Healthline on Glycemic how to: <https://www.healthline.com/nutrition/low-glycemic-diet#section4>
20. The effects of nutrients on mood: <https://www.cambridge.org/core/journals/public-health-nutrition/article/effects-of-nutrients-on-mood/FB0F93430B83B2BB5CB277D836A1104C>
21. Improved Mood and Behavior with Mineral-Vitamin Treatment: <https://www.liebertpub.com/doi/abs/10.1089/104454604773840553>
22. The Remarkable Role of Nutrition in Learning and Behavior: <https://www.emeraldinsight.com/doi/abs/10.1108/00346650510605658>
23. Magnesium Deficiency and Anxiety: <https://www.sciencedirect.com/science/article/pii/S0028390811003054>
24. Omegas and Mood, Behavior: <https://www.semanticscholar.org/paper/Omega-3-DHA-and-EPA-for-cognition%2C-behavior%2C-and-Kidd/528b3d3239146af565ef945fda6bab3746e58722>
25. Nettles Health Benefits: <https://www.organicfacts.net/health-benefits/beverage/nettle-tea.html>
26. Tulsi Tea and Mood: <https://www.yogajournal.com/food-diet/natural-anti-stress-anti-aging-wonder-tulsi>
27. Chocolate: the Key to Happiness: <https://uk.style.yahoo.com/official-chocolate-key-happiness-112032631.html?guccounter=1>
28. Hydration status, mood and cognition: <https://academic.oup.com/nutritionreviews/article/73/suppl_2/83/1931019>
29. Hydration status, cognitive performance, and mood: <https://www.cambridge.org/core/journals/british-journal-of-nutrition/article/effects-of-hydration-status-on-cognitive-performance-and-mood/1210B6BE585E03C71A299C52B51B22F7>
30. Probiotics, Gut-Brain axis, Anxiety and Depression link: <https://www.ncbi.nlm.nih.gov/pubmed/23384445>

Book Recommendations:

* + Super Clean Super Foods by Fiona Hunter and Caroline Bretherton
  + The Earth Diet by Liana Werner-Gray
  + Nature’s Cancer Fighting Foods by Verne Varona

Dr. Kat

where Science and Spirit meet

Leaves


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