

# food and mood

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Mood Project

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## Living food

by Pat Reeves

**What is 'living food', and how can it help your emotional and mental health? This article, contributed by nutritionist and lecturer Pat Reeves, introduces you to a fun and economical way of enhancing the nutritional value of the food you eat.**

Living food is distinguished by its content of undamaged enzymes. This single factor is more important both for maintenance nutrition and therapeutic nutrition, than any other dimension of nutritional measurement. It is enzymes which are responsible for the complete and efficient absorption and assimilation of foods, in a form which the body can use to maximise efficiency and minimise toxic by-products.

A way of eating that is based on enzyme-rich foods avoids the processed and adulterated food intake which involves the body in a vast energy expenditure. This energy is required to extract the necessary nutrients and to process the large proportion of resultant waste, some of it toxic.

### Mind and body

There is always a physical component to what is considered mental illness and most certainly the reverse is also true. Scientific research can demonstrate this tenacious situation between mental and physical health. Although there is currently a growing awareness of the mind/body connection there is still scepticism from some who insist that the mind and body are entirely separate, with one not exerting any influence on the other. This school of thought is actually stating that our feelings and thoughts which direct our emotional and mental health cannot be affected by the condition of our physical body.

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I have been involved with people suffering from depression to paranoia, for whom when psychological therapy and a living foods programme were combined, these problems simply cease to exist. Although this may sound very far-fetched, especially when one is travelling the drug-therapy route, it should really not be too hard to realise that what we put into our body affects the workings of our mind. The chemicals we ingest, whether through drug therapy or those now unfortunately within our food and drink – pesticides,

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## FROM THE EDITOR



In this, the spring issue, we are thinking about the importance of eating fresh foods and what this has to offer our emotional and mental well-being. But more than just fresh, so-called 'living foods' – that you can grow in your own kitchen (no garden required) for just pence a meal – have the advantage of being packed full of mood-enhancing nutrients plus their magic ingredient, enzymes. Plant enzymes help food digestion but are destroyed by cooking. Those of us wanting to assist a weakened digestive system, or to reduce the 'allergic' load on the body, may use a plant-based enzyme supplement to support food digestion. In certain cases this may still be beneficial, but living foods have the advantage of coming ready-made with digestive enzymes *and* taste delicious into the bargain!

Also in this issue we consider a holistic approach to tackling addictions and (just in time for No Smoking Day) how food can play a part in quitting nicotine addiction. The limitations of over-psychologising an addictive relationship with food are also explored in the review of Susie Orbach's new book *On Eating*.

Eat well!

Amanda Geary  
Food and Mood Project Founder

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**Explore the relationship between what you eat and how you feel**