



THE ESSENTIAL GUIDE TO EATING WELL

Dr. Christina Bjorndal
Dr. Michael Mason-Wood



“Both as parents and Naturopathic doctors, we are aware of the enormous difference a healthy diet can make. Create meals that nurture your body and inspire you & your loved ones.”

“Dr. Mason-Wood is the master gardener and cook in our family and along with his love, support and belief in me, his healthy meals have helped me to regain my mental health and wellbeing.”





**We are excited to share with you
this ESSENTIAL GUIDE TO
EATING WELL.**

*Start where you are & discover how
much you love the foods that nurture
you. You've got this!*



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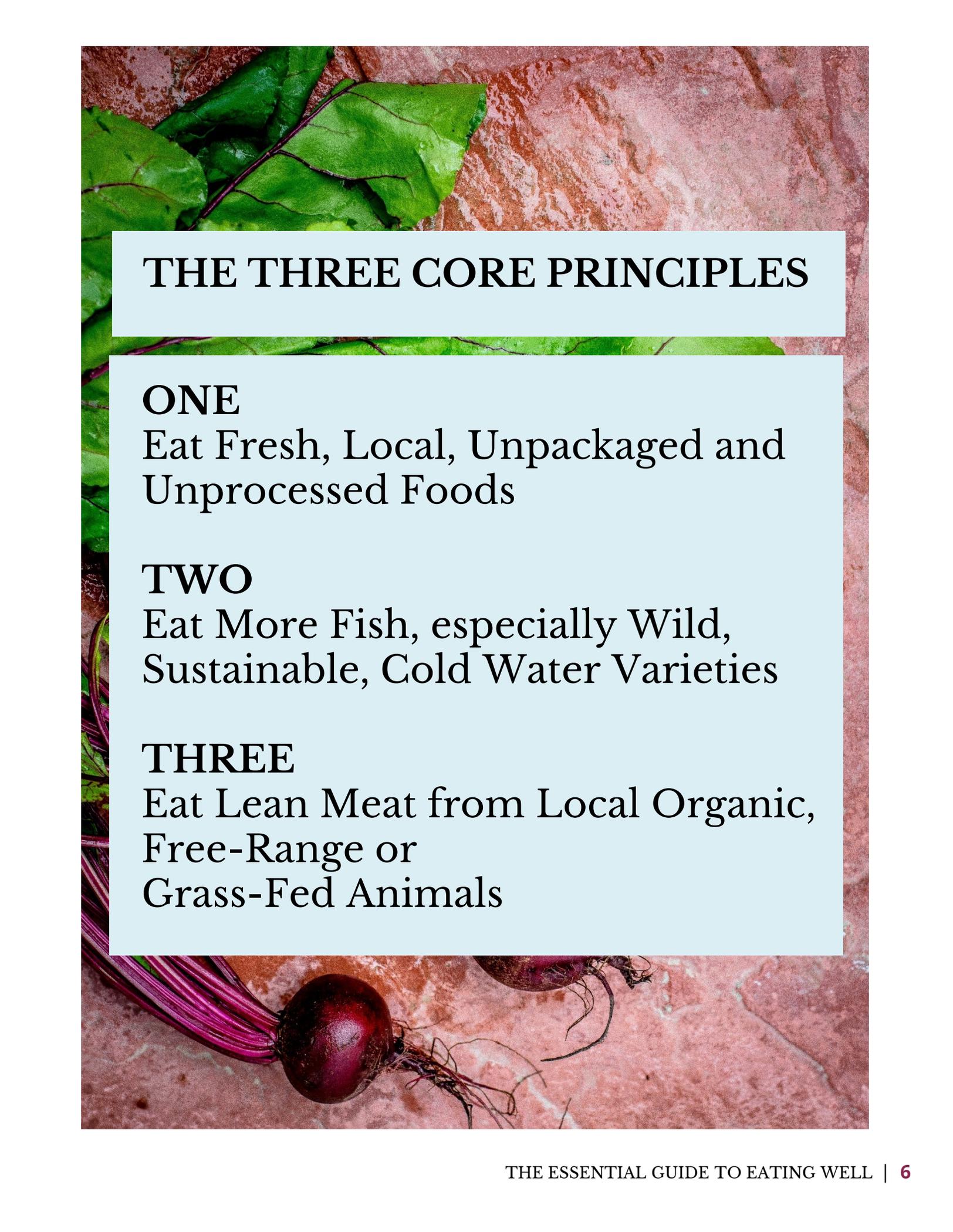
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THE THREE CORE PRINCIPLES

ONE

Eat Fresh, Local, Unpackaged and Unprocessed Foods

TWO

Eat More Fish, especially Wild, Sustainable, Cold Water Varieties

THREE

Eat Lean Meat from Local Organic, Free-Range or Grass-Fed Animals

Eat Mostly High-Fibre Non-Starchy Vegetables and Fruit

Non-starchy vegetables include:

- ✓ Amaranth or Chinese Spinach
- ✓ Artichoke Hearts
- ✓ Asparagus
- ✓ Baby Corn
- ✓ Bamboo Shoots
- ✓ Beans (Green, Wax, Italian)
- ✓ Bean Sprouts
- ✓ Beets
- ✓ Brussel sprouts
- ✓ Broccoli
- ✓ Cabbage Green, Bok Choi, Chinese)
- ✓ Cauliflower
- ✓ Celery
- ✓ Cucumber
- ✓ Daikon
- ✓ Eggplant
- ✓ Greens (Collard, Kale, Mustard, Turnip)
- ✓ Hearts of Palm



Non-starchy vegetables also includes:



- ✓ Jicama
- ✓ Kohlrabi
- ✓ Leeks
- ✓ Mushrooms
- ✓ Okra
- ✓ Onions
- ✓ Pea pods
- ✓ Peppers
- ✓ Radishes
- ✓ Rutabaga
- ✓ Salad Greens (Chicory, Endive, Escarole, Lettuce Romaine, Spinach, Arugula, Radicchio, Watercress)
- ✓ Sprouts (Broccoli, Alfalfa)
- ✓ Squash (Summer, Spaghetti, Zucchini)
- ✓ Sugar Snap Peas
- ✓ Swiss chard
- ✓ Tomato
- ✓ Turnips
- ✓ Water Chestnuts

Reference: [diabetes.org](https://www.diabetes.org)

Non-Starchy Fruit Includes:



- ✓ Watermelon
- ✓ Cantaloupe
- ✓ Grapefruit
- ✓ Strawberries
- ✓ Cranberries
- ✓ Blackberries
- ✓ Raspberries
- ✓ Blueberries
- ✓ Cherries
- ✓ Pear
- ✓ Plum
- ✓ Apples

Reference: livestrong.com



STRICTLY LIMIT SUGARS AND SUGARY FOODS

These simple carbohydrates or sugars initially increase energy, but this burst is quickly followed by fatigue and sometimes depression.

Sugar further depletes the body of B vitamins and magnesium, which are crucial for the production of serotonin.
Note: Stevia is an acceptable sugar substitute





Use Healthy Oils for Cooking



Foods high in saturated fats (hamburgers, french fries, and other fried foods) lead to sluggishness, fatigue, and eventually poor circulation in the brain. Therefore, use anti-inflammatory fats, such as olive, camelina, avocado, macadamia nut and coconut oil.

Use Spices and Herbs to Flavour food, instead of Salt, Sugar and Fats

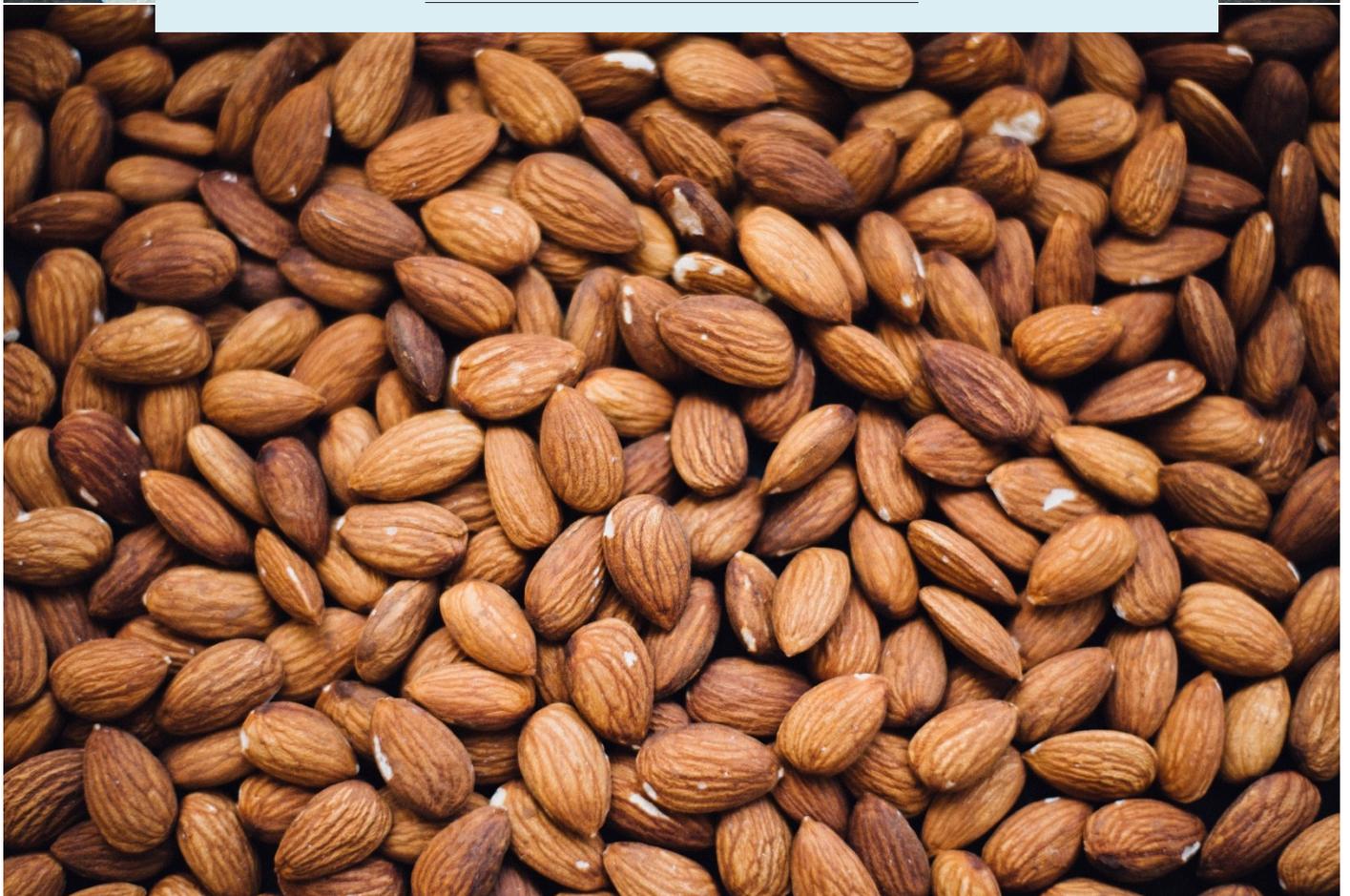
When Thirsty, opt for Water and Herbal/Non-caffeinated Teas

Avoid pop and limit or decrease your intake of caffeine, as it can play a strong role in depression and anxiety.





Snack on Unsalted Nuts and Seeds

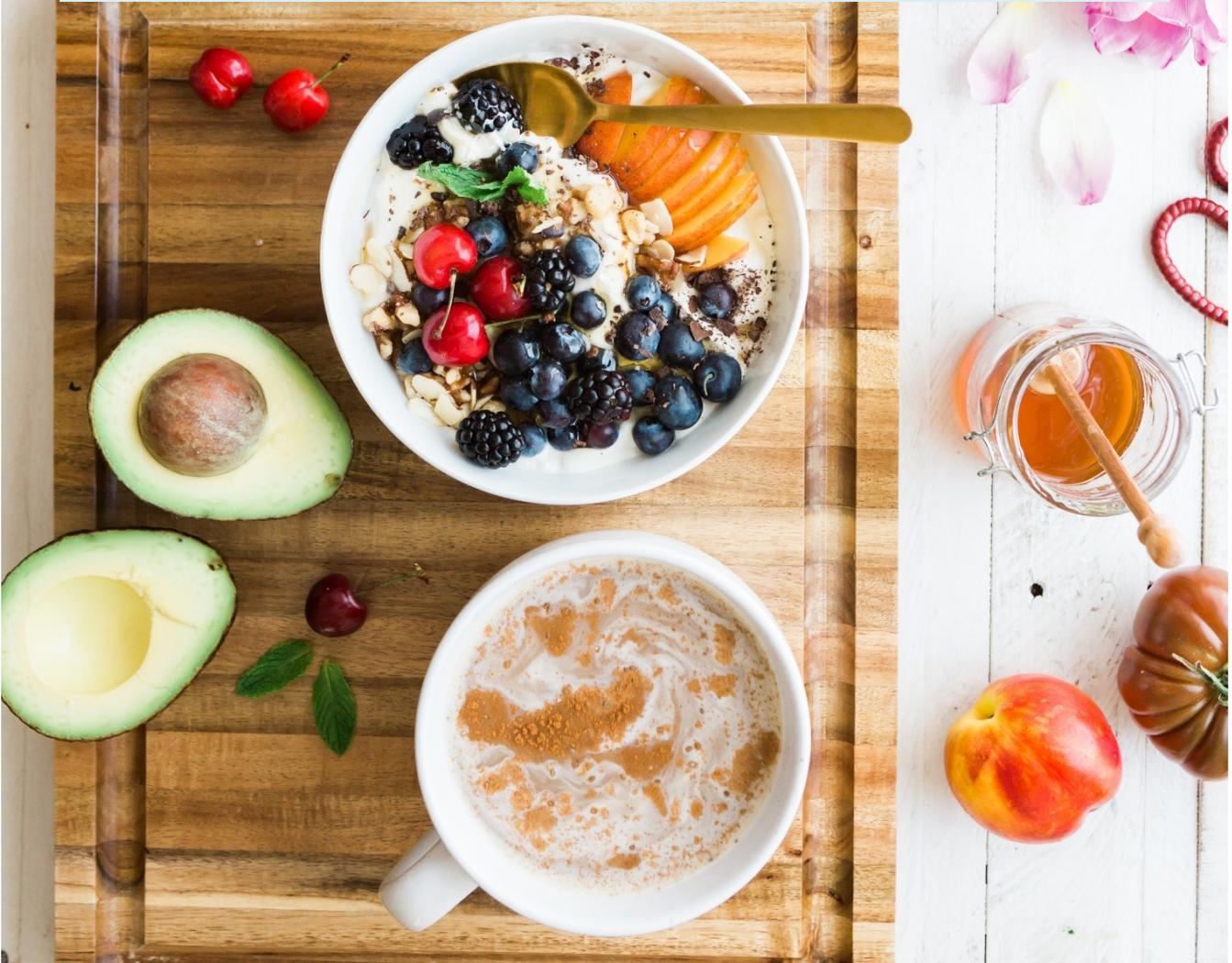


Eat Tryptophan-rich Foods to help make Serotonin

- 
- ✓ Beef
 - ✓ Chicken
 - ✓ Turkey
 - ✓ Tuna
 - ✓ Salmon
 - ✓ Cashews
 - ✓ Peanuts
 - ✓ Cottage cheese
 - ✓ Avocado
 - ✓ Tempeh
 - ✓ Tofu
 - ✓ Halibut
 - ✓ Eggs
 - ✓ Shrimp
 - ✓ Lentils
 - ✓ Quinoa
 - ✓ Millet
 - ✓ Oatmeal



EAT ORGANIC FOODS AS MUCH AS YOU CAN





FOLLOW THESE THREE RULES

ONE

Buy Organic Corn, Sugar, Canola and Soy to avoid GMO

TWO

Buy Organic Fruit and Vegetables which have not been heavily sprayed

THREE

Buy the Least-Sprayed Foods



Buy Organic Corn, Sugar, Canola and Soy to avoid GMO



Buy any of the following foods Organic (also known as dirty dozen), as these are most heavily sprayed:



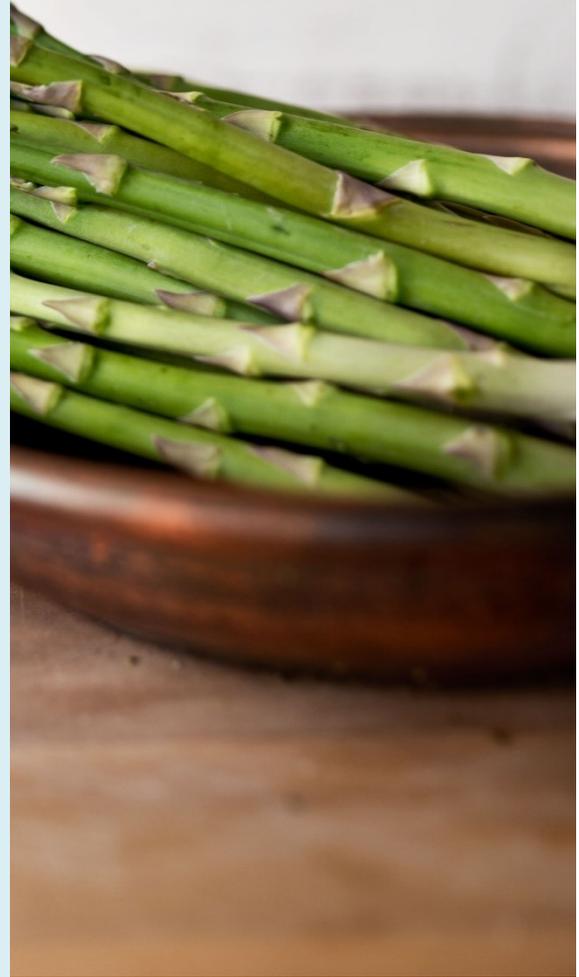
- ✓ Strawberries
- ✓ Spinach
- ✓ Nectarines
- ✓ Apples
- ✓ Grapes
- ✓ Peaches
- ✓ Cherries
- ✓ Pears
- ✓ Tomatoes
- ✓ Celery
- ✓ Potatoes
- ✓ Sweet Bell Peppers
- ✓ Hot Peppers

Reference: [Dirty Dozen](#)

The following is a list of least-sprayed foods (also known as clean fifteen) that can also be eaten Non-organic:

- ✓ Avocados
- ✓ Sweet Corn
- ✓ Pineapples
- ✓ Cabbages
- ✓ Onions
- ✓ Sweet Peas Frozen
- ✓ Papayas
- ✓ Asparagus
- ✓ Mangoes
- ✓ Eggplants
- ✓ Honeydew Melons
- ✓ Kiwis
- ✓ Cantaloupes
- ✓ Cauliflower
- ✓ Broccoli

Reference: [Clean Fifteen](#)





**Ensure that the Dairy Products
you eat are 100% Organic**
If you eat cheese, only eat white
cheese



IDENTIFY AND AVOID FOOD ALLERGENS





Identify and Avoid Food Allergens

Experiencing joint pain, rashes, headaches or digestive issues, such as cramps, gas, bloating or diarrhea?

Good food shouldn't trigger such reactions!

Call us at 1-587-521-3595 to inquire about a food sensitivity & intolerance test or directly book an appointment for testing with our experienced Naturopath Dr. Michael Mason-Wood.

[**BOOK NOW**](#)

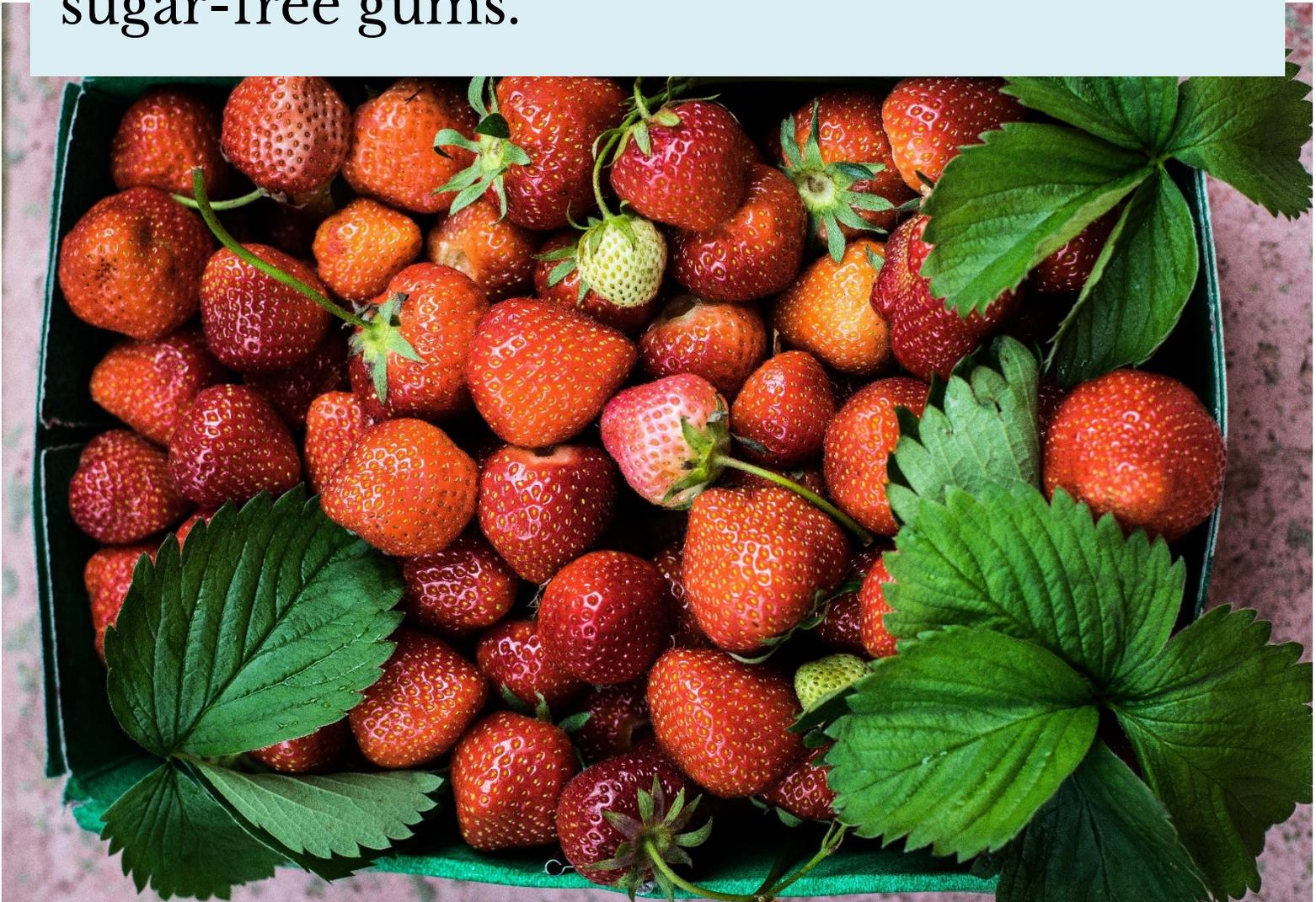
FOODS TO AVOID



❌ Avoid aspartame and other artificial sweeteners

Aspartame can block the formation of serotonin and cause headaches, insomnia, and depression in individuals who are already serotonin deprived.

Also avoid NutraSweet, Equal, and Splenda, which can be found in diet sodas and many sugar-free gums.





Limit your Intake of Refined Grains

Wheat gluten has been linked to depressive disorders. Decrease or omit white bread, white sugar, instant oats, white rice and instant noodles

Take time to enjoy your meals

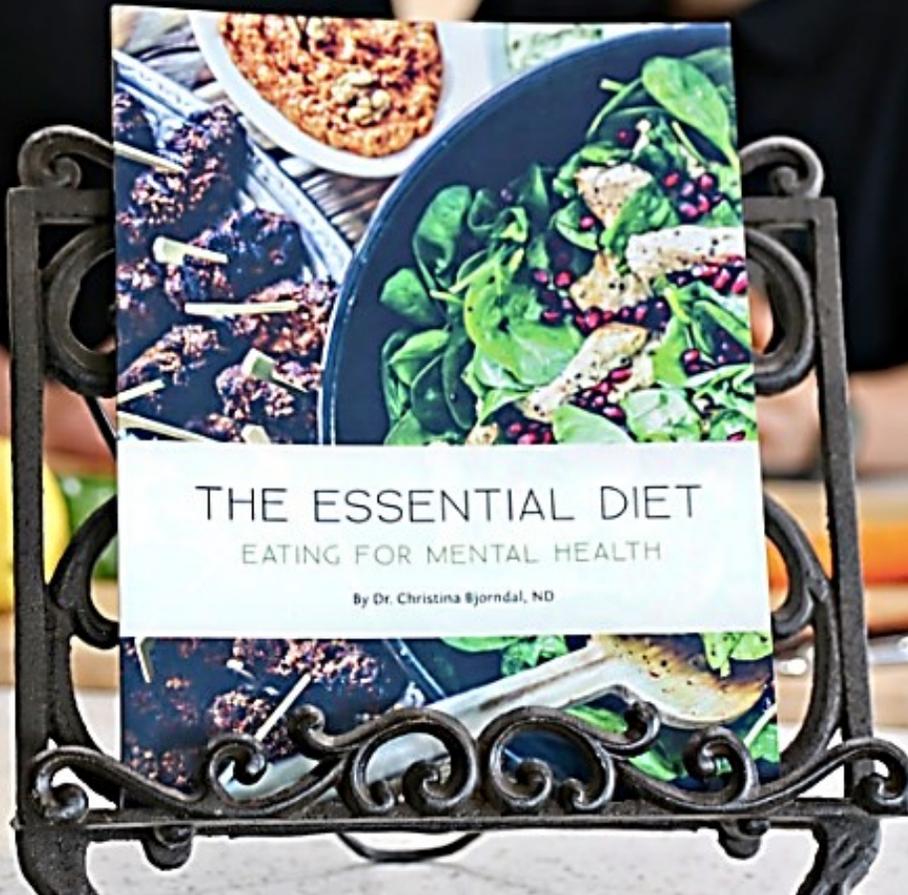
Create meals that nurture your body and inspire you & your loved ones.



READY TO START COOKING?

THE ESSENTIAL DIET – EATING FOR MENTAL HEALTH

By Dr. Christina Bjorndal



[ORDER YOUR COPY HERE](#)

The Essential Diet: Eating for Mental Health is your guide to healthy and simple recipes that will change how you feel physically, mentally and emotionally. The recipes support you by ensuring you are eating the correct amount of essential nutrients required for mental well being. When you address mental health with the proper nutritional foundation, the likelihood of feeling depressed or anxious decreases significantly. In addition, by following the recipes outlined in *The Essential Diet*, you will have: More energy, Improved digestion, Reduced risk factors for other chronic health conditions (e.g. Type 2 diabetes, heart disease).

[Order my book here & discover how much you love the foods that nurture you.](#)

HUNGRY TO LEARN MORE?

RECLAIM YOUR MENTAL HEALTH WITH DR. CHRIS!



Are you struggling with your mental health and want support beyond what your current health care provider is offering?

A healthy diet is essential to your physical, mental, and emotional wellbeing, but there is so much more you can learn, know, and do to reclaim your mental health!

Follow me on this journey so you can fulfill your potential and discover a unique approach to healthy, balanced living.

[CLICK HERE TO LEARN MORE](#)

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**Are you a clinician?
Join my Integrative Mental Health
Clinician Program!**

I created this educational online program to raise the standard of proficiency of Naturopathic Doctors and other health professionals in understanding complex mental health concerns such as anxiety, bipolar disorders and depression.

Did I just catch your interest?

Don't miss this unique opportunity! Grow your practice and learn how to better support your patient's mental health.

[CLICK HERE TO LEARN MORE](#)

“Every moment is
an opportunity to
start anew.”

Dr. Christina Bjorndal

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