

SoulMedicine 101

Recipe for A Golden Life : Good Physical + Mental Health



The Gut-Brain Connection

- 1 | **Your body has two brains.** | Most people are aware of the brain in your head that is a part of your central nervous system, but did you know there was a brain that lives in your gut too? The enteric nervous system is often referred to as our body's second brain. There are hundreds of million of neurons connecting the brain to the enteric nervous system, the part of the nervous system that is tasked with controlling the gastrointestinal system.
- 2 | **Your second brain plays a key role in your mental health.** | The second brain, in our gut, communicates with the brain in our head, playing a key role in disease development and prevention, including mental health disorders.
- 3 | **Serotonin, the happy drug, is produced in the gut.** | Serotonin is a key hormone that stabilizes mood, feelings of well-being, and happiness. Ninety-five percent of serotonin is produced in your gut. This hormone impacts your entire body by enabling brain cells and other nervous system cells to communicate. Serotonin also helps with body movement, cognitive function, sleeping, eating, and digestion.
- 4 | **An unhealthy gut doesn't impacts serotonin production, leading to anxiety, depression + other health conditions.** | When the balance between the good and bad bacteria in the gut is disrupted, diseases may occur. Examples of such diseases include: cognitive + mood problems, inflammatory bowel disease (IBD), asthma, obesity, metabolic syndrome, and diabetes.
- 5 | **Maintain good gut health to help improve your mental health.** | Maintaining good gut health can improve your mental + physical health and overall wellness. Good gut health starts with a diet high in leafy green vegetables; fruit; water; little to no processed, sugary foods or drinks; high fiber and whole foods.
- 6 | **Reduce your stress.** | Stress can have a negative impact on gut health as well. Stress can affect this gut-brain communication, and may trigger pain, bloating, and allow other gut discomfort to be felt more easily.

Stress Reduction Tips

Nutritional Ways to Improve Mental Health

1 | Improve your diet

- Know your food sensitivities. | Food sensitivities are different from food allergies. Sensitivities occur when your body can't digest or process a food. These are different for everyone - even parents and kids. Food sensitivities can be the cause of bloating, fatigue, eczema, leaky gut syndrome + more. Knowing your sensitivities can keep your gut healthy.
 - Get 20 percent of your home food sensitivity test with Everlywell using this [link](#).
- Know your food allergies | Your doctor can help test you for food allergies.
- Increase water + plant food intake
- Increase foods high in tryptophan
 - Tryptophan is an essential amino acid that cannot be produced by the human body and must be obtained through your diet, primarily from animal or plant based protein sources.
 - Tryptophan helps with mood, depression, learning, memory skills, visual cognition + aggression control.
 - Foods high in tryptophan:
 - Plantains
 - Pineapple
 - Bananas
 - Kiwi fruit
 - Plums
 - Tomatoes
 - Leafy greens (spinach, kale, collard greens, bok choy, arugula, dandelion greens, etc.)
 - Sunflower seeds
 - Watercress
 - Soybeans
 - Pumpkin seeds
 - Mushrooms
 - Broccoli
 - Peas
 - Salmon
 - Poultry
 - Eggs

Stress Reduction Tips

Additional Ways to Improve Mental Health

2 | Sleep at least 8-9 hours per night - no matter what!

- Proper sleep allows your body to restore itself, helps with memory processing and preserves your mind + body.

3 | Develop a positive mindset by:

- Journaling
- Meditating
- Going to therapy
- Deciding to be happy

4 | Exercise 30 minutes each day. | Research shows that movement can reduce anxiety and depression, improve mood, boost self-esteem, minimize stress, enhance cognitive function and increase brain size. Getting at least 30 minutes a day will support these things - and keep your body in tip-top shape.

5 | Practice the 80/20 rule. | You don't have to do everything yourself. Learn to delegate things so that you can focus on the things that only you can do. That's what the 80/20 rule is all about - prioritizing the 20 percent of things that only you can do and delegating the other 80 percent.

6 | Do something you love everyday - more than once a day. | Make yourself a priority. Do something you love that brings you joy daily - and as many times a day as you can.

7 | Relax. Relate. Release. | This isn't just good for Whitley Gilbert - lol! It's good for you too. Make time to disconnect, release and relax. Here are some ways you can do that:

- Rest
- Declutter
- Create a routine
- Find your tribe

More self-care tips can be found using the links below (click to access link):

- [SoulMed\(icine\) Spiritual + Mental Well-Being Resource Guide](#)
- [Creating Balance: Key to Mental Health](#)
- [Meditation v. Mindfulness](#)

Choice vs. Decision

There is a distinction between a choice and a decision.

A choice is limited only by your creativity. A decision is made based on the available options, nothing more.

When applied to our lives, we can say that we choose our life. What we have or don't have is only limited by what we can dream up for our lives. We then use that vision as the guide for how we make daily decisions.

If you want happiness, then choose in every situation to see the positive and be happy.

If you want financial stability, then choose to a career path that will supply you with the money and learn how to invest and save to have that.

It sounds simple - and it really is that simple.

Yes, life will come at you hard, but you have the power to determine how life impacts you. You alone are in control of achieving the vision or what you choose for your life.

"I Choose" by India.Arie drives this point home. In the song, she makes a bold declaration that she is taking full control of her life. She's even tellin' her momma that!

Let's follow her lead and boldly take control of our lives by choosing the life we want.

[Download the Life Vision Worksheet to start planning what you choose for your life.](#)

What's Your Lie

We are all liars and we tell the biggest, most hurtful lies to ourselves.

According to Baron Baptise, “we all have a lie, that has formed from a painful or challenging experience (most likely from childhood), that we have told ourselves over the years. We made it mean something about ourselves as in we’re not good enough, smart enough, pretty enough, desirable etc. We internalize the lie and transmute it into the truth in our minds, thus allowing it to become a deep belief system.” (Being of Power, 123)

Your lie lives in a place of your life where you feel joyless, disempowered and have resigned to this is just how it is.” It takes time to defy the lie. It’s a difficult process. Your lie is slippery. It doesn’t want you to define it. Everyone can find their root story, they just have to really want to see it and dig deep.

Example :: When I was in kindergarten my mom and I were going to move from Charlotte to Oregon to live with my father. We didn't move because of relationship issues between the two of them, and that break significantly changed how my mother related to me. She became very distant with me, and she was depressed. As a result, I was constantly seeking the love, attention and acceptance that I had received from her previously. She was never able to show up for me in that way again. On top of her not giving me the love I had received before, my father remained mainly absent in my early years. As a result of the emotional neglect from them both, I told myself - subconsciously - was that I wasn't worthy of love. So, my lie is I am not worthy of love. That lie showed up as me allowing people to disrespect me in relationships, being physically and emotionally abused by my partners and having sex with men to win their love.

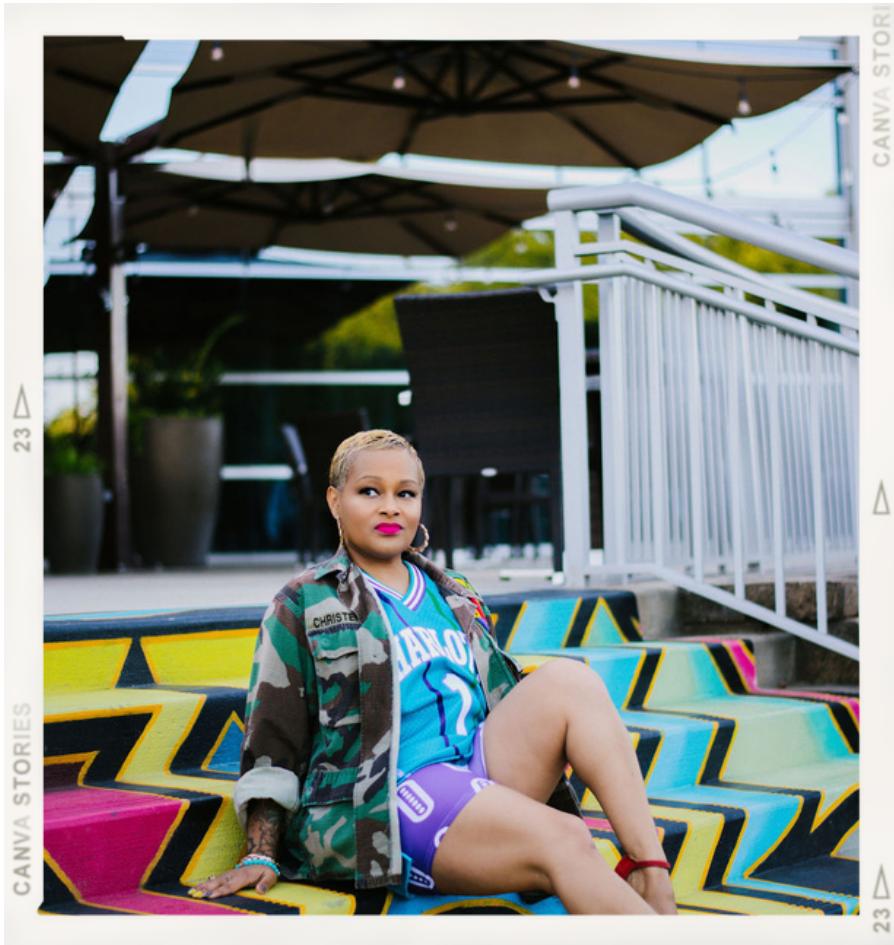
Who you are comes from the depth of your essence, and you control it. So, the lie you've told yourself is easily changed with you making a declaration that you are changing. A declaration would be “The lie that I am giving up is that I am __ and my new way of being is of ___.

Example :: The lie that I am giving up is that I am not worthy of love and my new way of being is respecting myself to demand love and respect in relationships.

Also see: [7 Lies You Tell Yourself To Keep You From Succeeding](#)

[Want to take your healing to the next level? Register for the Live In Color Program.](#)

Contact Information



Brandi N. Williams, APR, INHC
SoulMed Holistic Health Collaborative
heal@soulmed.co

Social Media

FB: facebook.com/soulmed.co
IG: instagram.com/soulmed.co
website: soulmed.co