



Please mute your mic
during the presentation.
Thankyou

THE FEEL GOOD DIET

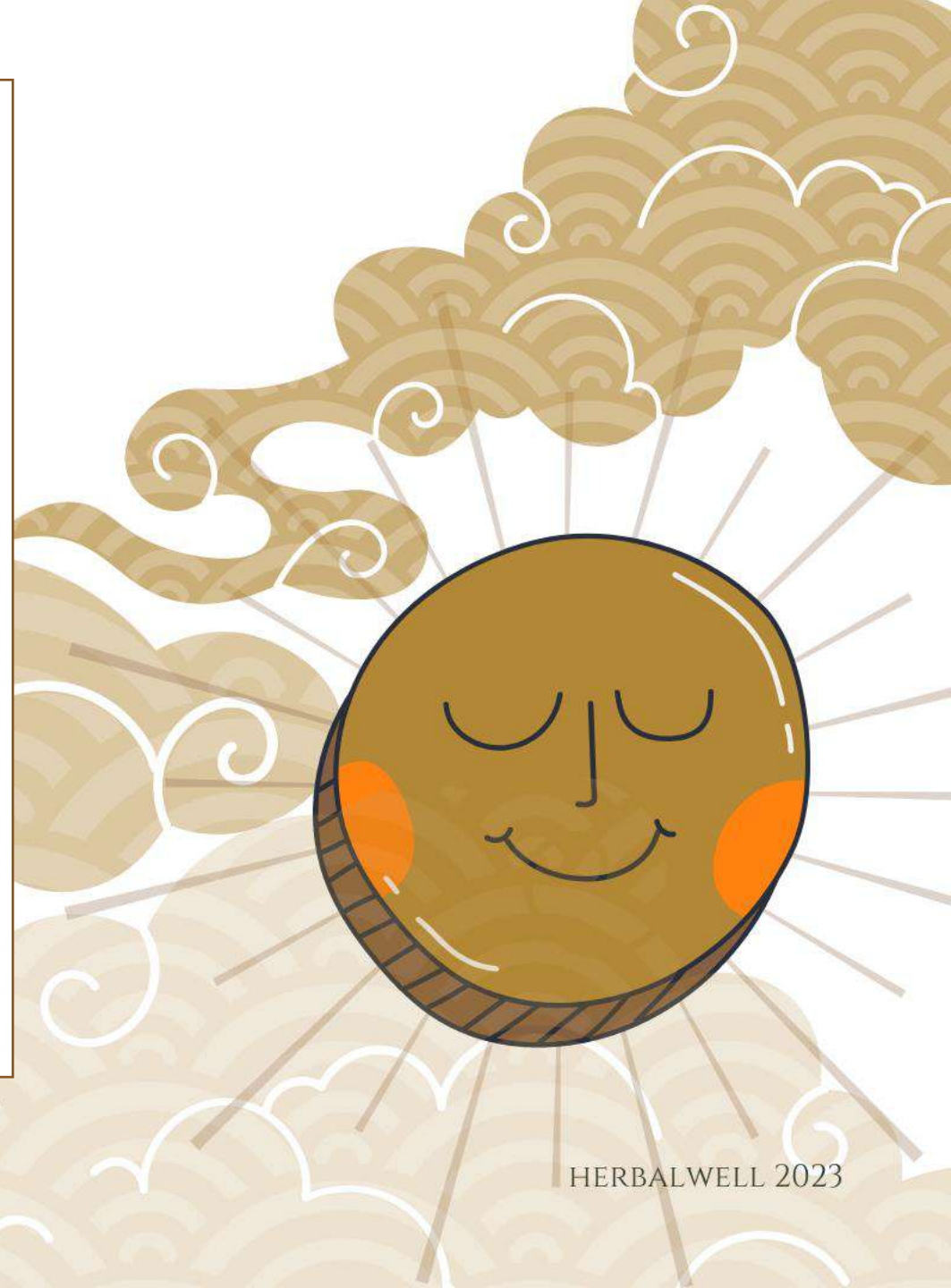
Webinar

Presented by Sulin Sze

~ Naturopath, Herbalist, Nutritionist

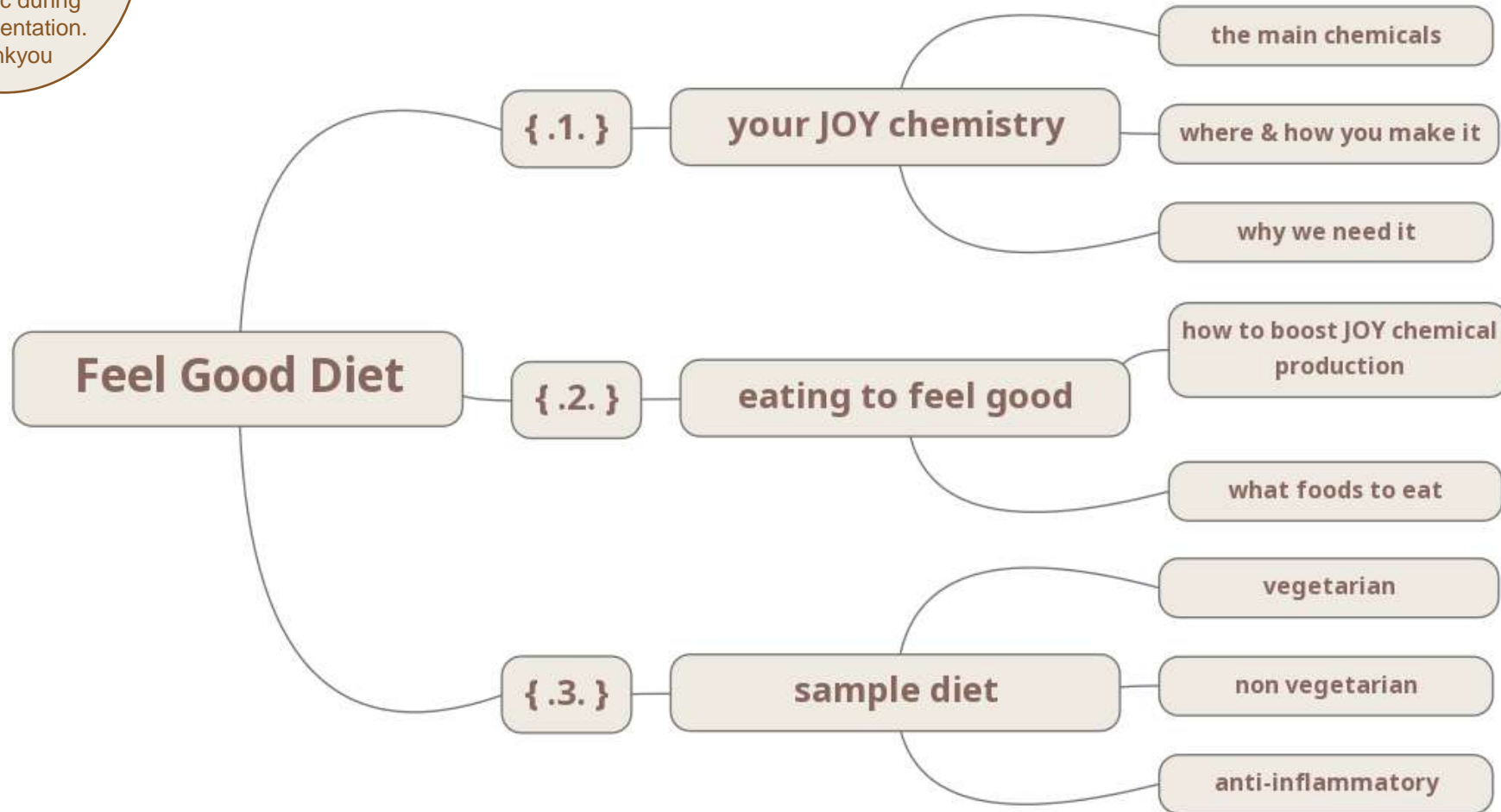
Takeaways

- Discover your innate JOY chemicals and how to boost them naturally
- Transform your diet to boost your mood, energy and stress tolerance
- Navigate your next grocery shop so that you can eat to feel love, care and devotion





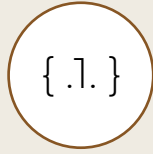
Please mute
your mic during
the presentation.
Thankyou



About me

- ◆ Post-graduate trained Naturopath
- ◆ Areas of expertise:
 - ~ womens' reproductive and menopausal health
 - ~ gastrointestinal conditions (esp. inflammatory)
 - ~ adrenal exhaustion, sleep conditions
 - ~ chronic fatigue states
- ◆ Training: Naturopathy, Western Herbal Medicine, Nutrition, Chinese Herbal Medicine, Ayurvedic Lifestyle
- ◆ Consultations ~ online | Woollahra | Mona Vale
- ◆ Contact: hello@herbalwell.com.au





Your JOY chemistry

what . where . how . why

Your JOY chemicals are....

serotonin

◀ Mood ▶

- ◆ Self-Love
- ◆ Mood stability
- ◆ Appetite control
- ◆ Sensory perception
- ◆ Bowel motility
- ◆ Cardiovascular function

dopamine

◀ Motivation ▶

- ◆ Reward-seeking
- ◆ Curiosity
- ◆ Attention/Focus
- ◆ Memory
- ◆ Motor coordination
- ◆ Deep thinking

oxytocin

◀ Connection ▶

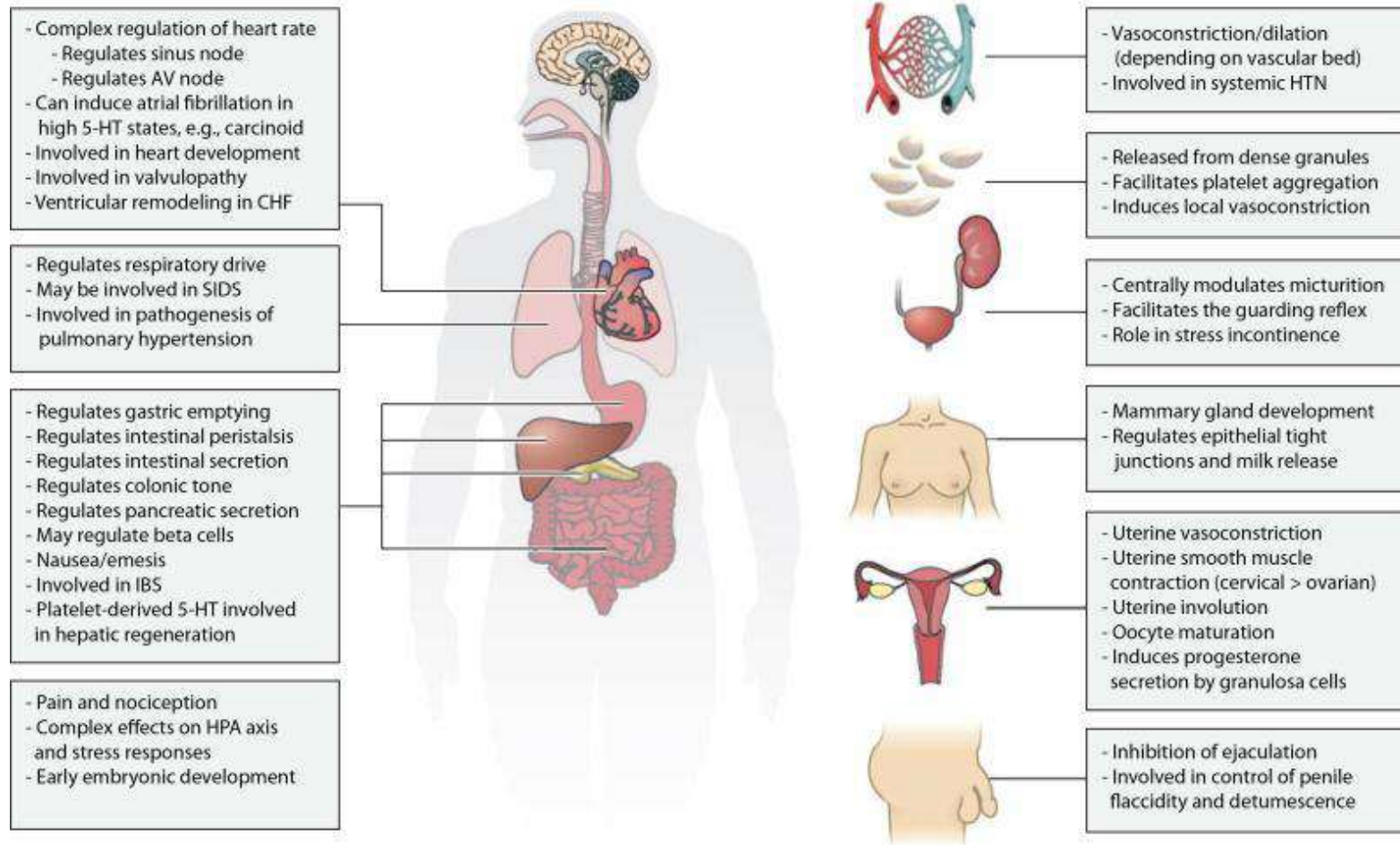
- ◆ Labour & Love
- ◆ Cuddle chemical
- ◆ Trust, sociability
- ◆ Safety, security
- ◆ Stress-coping
- ◆ Bonding
- ◆ Eye contact

endorphins

◀ pleasure ▶

- ◆ Pain relief
- ◆ Anxiety relief
- ◆ Sense of self
- ◆ Cognition
- ◆ Appetite regulation

Serotonin



Berger, M., Gray, J. A., & Roth, B. L. (2009). The expanded biology of serotonin. *Annual review of medicine*, 60, 355-366.

Production, Deficiency Signs

serotonin

dopamine

oxytocin

endorphins

made



gut & brain
{95% intestines}

gut & brain
{50% gut}

Brain
{hypothalamus}

gut & brain

deficiency
signs



Depression (< winter), aggression, low self-esteem, performance anxiety, OCD, Insomnia, constipation, low pain tolerance, carbohydrate cravings

Addictions, low motivation, muscle tightness, depression from mental exhaustion, tremors, stress, restless legs, low libido, low BMR, dull dreams

Anxiety, depression, sleep disturbance, isolation, panic attacks, lactation issues, depression, social phobia, anger, linked to autism and schizophrenia

Troubled, high awareness of pain, mood swings, anxiety, aches and pains, addictions, antisocial, impulsivity, alcohol and carbohydrate cravings

Steps to building JOY chemistry

Reduce oxidative strain on your brain & body



Nourish your emotional body



Optimise your gut health



Eat the Feel Good Diet

by...

- ~ Avoiding processed foods, refined sugars
- ~ Avoid greasy fried foods and fatty foods
- ~ Choose organic, biodynamic, homegrown
- ~ Drink Green tea, take vitamin C & E
- ~ Don't smoke, avoid alcohol, avoid stress
- ~ Exercise regularly to achieve healthy weight

by...

- ~ meditate daily { .cleanse your mind. }
- ~ enjoy a long bath now and then
- ~ apply creams and oils to your body in winter
- ~ positive & growth mindset, create abundance

by...

- ~ pre and probiotics or synbiotics
- ~ eat right for your constitution
- ~ manage leaky gut or inflammatory conditions

to...

- ~ upregulate synthesis using specific precursors and co-factors

I can help you with all or any of these and get you back on track!

◀ BOOK IN ▶

{.2.}

Eating to feel good
what foods to eat

What to eat

Neurochemical	Serotonin ~ tryptophan, co-factors	Dopamine ~ tyrosine, phenylalanine, co-factors
<i>Vegetables</i>	Cabbage, legumes, onion, green lettuce, potatoes, green spinach, tomatoes, avocado, eggplant, mushroom, seaweed,	Avocado, tomato, spinach, pea, some beets, green vegetables, sea vegetables, legumes, watercress, leeks, red peppers, mashed potato, shiitake mushrooms
<i>Meat/Fish</i>	Turkey, chicken, tuna, soy meat substitutes	Poultry, fish, beef, turkey, lamb, chicken (leg, breast, thigh), tuna, salmon, grouper, snapper, cod, pork, fish broth
<i>Fruit</i>	Cherry, banana, kiwi fruit, orange, green grape, pineapple, strawberry, green pear, papaya, plum/dried prune, apricot, jackfruit, guava, persimmon	Apple, banana, watermelon, pear, apple, goji berry, peaches, jackfruit, longans, elderberry, figs
<i>Milk, Yoghurt, Cheese, Nuts</i>	Walnuts, seeds (sesame, sunflower, pumpkin, chia), nuts, pecans, peanuts, milk products, cheese (rocquefort, sheep and goat derived, emmental, edam, parmesan, mozzarella, cheddar), chocolate, soy products (tofu, tempeh), red kidney beans, soy crisps or dried soy chips, whole wheat pretzel	Eggs, egg whites, milk products, chocolate, cheese (edam, rocquefort – sheep and goat derived, gouda, cheddar), peanuts, pumpkin seeds, soy products, edamame, sesame seeds, tempeh, lentils, split peas, red kidney bean, edamame, hemp seed, mixed nuts, tahini
<i>Herbs, Spices</i>	Parsley, Turmeric, Saffron, Coffee bean, Rhodiola, Ashwagandha, Lavender, St Johns Wort, hot peppers, Thyme, Fenugreek, Plantain, Chives, Moringa	Parsley, Basil, Fenugreek seed, Turmeric, Magic Velvet Bean, Licorice root, Saffron, Lavender, olive oil, Rosemary, Oregano, Elderberry, Rehmannia, Rhodiola, Ashwagandha, Chinese Red Date, Passionflower, Spearmint
<i>Grains</i>	Oats (including instant oats), bread, puffed wheat,	Oats, wheatgerm, wholegrain, egg noodles, wild rice

What to eat

Neurochemical	Oxytocin ~ precursors, co-factors	Endorphins ~ co-factors and stress nutrients
<i>Vegetables</i>	Cruciferous ~ broccoli, kale, peppers, legumes, white potato, white vegetables, avocado, mushroom (portabella, white, brown, shiitake), seaweed, red peppers, raw corn	Spinach, avocado, chilli, celery, fennel, garlic, honey, dark leafy green vegetables
<i>Meat</i>	Liver, cod liver oil, carp, eel, salmon, trout, mackerel, bone broth, chicken and turkey fat	Red meat, oily fish, salmon, sardines, trout
<i>Fruit</i>	Cherries, camu-camu, orange, kiwi fruit, black currant, star fruit, guava, strawberry, rose hips, acerola, sea buckthorn	Fig, citrus fruits, oranges, orange/yellow/red fruit, banana
<i>Milk, Yoghurt, Cheese, Nuts</i>	Nuts, seeds, roasted almonds, peanut butter, pinto beans, lentils, egg yolk, grass fed dairy, dark chocolate, cheese (cheddar, gruyere, parmigiano Reggiano)	Dairy products, soy products, eggs, dark chocolate, salsa with chile peppers, cacao and cocoa or other chocolate products
<i>Herbs, Spices</i>	Rosehip tea, Elderberry, Parsley, Moringa fruit, Jalapeno, yellow pepper	St Johns Wort, Rhodiola, Lemon Balm, Thyme, Siberian Ginseng, Chilli, Moringa, Licorice root, Nutmeg
<i>Grains</i>	Whole grains, long grain cooked rice,	Gluten (~ wheat, barley, oats, rye), brown rice

Supplements

Neurochemical	Serotonin	Dopamine	Oxytocin	Endorphins
Vitamins	C, B3, B6, B9	B3, B6, B9, D3	C,	C, D3, B6, B12
Minerals	Magnesium Iron Zinc	Magnesium Selenium Iron	Magnesium	Magnesium
Other (* = must be prescribed)	<ul style="list-style-type: none"> ◆ Antioxidant supplements boosts serotonin levels* ◆ Anti-inflammatory* ◆ EPA/DHA Omega supplement improves synthesis ◆ <i>Lactobacillus acidophilus</i>, ◆ <i>Bifidobacterium</i> ◆ Spirulina ◆ Glycine* ◆ L-Tryptophan* ◆ Adenosine* 	<ul style="list-style-type: none"> ◆ Antioxidant ◆ <i>Lactobacillus plantarum PS128 & DR7</i>, ◆ <i>Lactobacillus rhamnosus</i> ◆ L-Tyrosine* ◆ Taurine* ◆ L-Phenylalanine* ◆ Liposomal vitamin D3 	<ul style="list-style-type: none"> ◆ High dose vitamin C ◆ Bioflavonoids ◆ Liposomal vitamin D3 ◆ EPA/DHA Omega ◆ <i>Lactobacillus reuteri</i> ◆ Magnesium with taurine* ◆ Oestrogen boosting herbal medicines* ◆ Chamomile extract* 	<ul style="list-style-type: none"> ◆ Liposomal vitamin D3 ◆ EPA/DHA Omega ◆ Anti-inflammatory C and Bioflavonoids* ◆ Adaptogenic herbs* ◆ Magnesium

{.3.}

Sample diets
you've got this!

Diet Guide: Vegetarian ~ Lacto-ovo

	1	2	3	4	5
<i>Breakfast</i>	Avocado on wholegrain toast + watercress, rocquette.	Sliced tomato, avocado, cottage cheese on wholegrain toast + Turmeric latte *	Scrambled eggs cooked with milk + parmesan cheese on sautéed spinach,	Gut healing vegan broth * + slice wholegrain toast	Instant oats + almond milk, pear, apple, fig, goji berries. Cup Rosehip tea.
<i>Morning Tea</i>	Fruit salad: cherry, kiwi, pineapple, strawberry....etc	Lavender and chia pudding *	Banana, strawberry, dark chocolate smoothie* + spirullina	Seed bars* Cup 'Sleepytime' tea	Savoury sesame snack mix *
<i>Lunch</i>	Shiitake immunity fritters * + baby spinach and pan-roasted corn	Egg noodles + edamame, fried tofu, shiitake mushrooms	Japanese seaweed (Wakame) salad *	Caramelised leek, onion, fennel gratin *	Jalna natural yoghurt + dried figs, apricots, goji berries, prunes, sesame and hemp seeds
<i>Afternoon tea</i>	Seed crackers + almond spread or guacamole with lemon *	Dark chocolate Turmeric truffles * Cup Passionflower tea	Vegan Halva * Cup Licorice or Rosehip tea.	Slice rustic pear tart * + Vaalia probiotic natural yoghurt	Miso soup with onion, seaweed + wholegrain toast with olive oil
<i>Dinner</i>	Poke bowl tofu, edamame, avocado, wakame, potato, wild rice *	Hearty lentil stew* + brown rice, top with watercress and hemp seeds	Kidney bean and sweet potato stew on brown rice * + Jalna natural yoghurt	Turmeric roasted cauliflower* add salad greens	Vegan nachos*

Diet Guide: Non-vegetarian

	1	2	3	4	5
<i>Breakfast</i>	Avocado on wholegrain toast + watercress, rocquette.	Sliced tomato, avocado, cottage cheese on wholegrain toast + Turmeric latte *	Scrambled eggs cooked with milk + parmesan cheese on sautéed spinach,	Bone broth + ½ tsp Turmeric powder + 1 slice lemon and slice wholegrain toast	Instant oats + almond milk, pear, apple, fig, goji berries. Cup Rosehip tea.
<i>Morning Tea</i>	Fruit salad: cherry, kiwi, pineapple, strawberry....etc	Lavender and chia pudding *	Banana, strawberry, dark chocolate smoothie* + spirullina	Seed bars* Cup 'Sleepytime' tea	Savoury sesame snack mix *
<i>Lunch</i>	Turkey wrap with salad greens, cheddar cheese, tomato	Egg noodles + edamame, fried tofu, shiitake mushrooms	Japanese seaweed (Wakame) salad * OR Vegan nachos*	Toastie with wholegrain bread, canned tuna, edam cheese, baby spinach	Jalna natural yoghurt + dried figs, apricots, goji berries, prunes, sesame and hemp seeds
<i>Afternoon tea</i>	Seed crackers + almond spread or guacamole with lemon *	Dark chocolate Turmeric truffles * Cup Passionflower tea	Vegan Halva * Cup Licorice or Rosehip tea.	Slice rustic pear tart * + Vaalia probiotic natural yoghurt	Miso soup with onion, seaweed + wholegrain toast with olive oil
<i>Dinner</i>	Poke bowl salmon, edamame, avocado, wakame, potato, wild rice *	Paleo beef stew* + brown rice, top with watercress and hemp seeds	Grilled fish with steamed brassica vegetables + mashed potato, topped with seeds	Mexican roasted chicken with potatoes and peppers *	Turkey stroganoff with baby button mushrooms * add celery, zucchini

Diet Guide: Anti-inflammatory

	1	2	3	4	5
<i>Breakfast</i>	Overnight Walnut Oats Groats Bowl with soy milk + berries *	Sliced tomato, Goats Feta cheese on wholegrain toast + Baby Spinach leaves, Turmeric latte *	Turmeric Chia Pudding *	Sliced tomato, basil, olive oil, pepper , rocquette on sourdough toast, Cup Ginger tea	Instant oats + almond milk, pear, apple, fig, goji berries. Cup Rosehip tea.
<i>Morning Tea</i>	Fruit salad: cherry, kiwi, pineapple, strawberry....etc	Matcha Green Smoothie *	Blueberry Chia Pudding * + flaked almonds	Seed bars* Cup Ginger tea	Carrot Cake Energy Bites *
<i>Lunch</i>	Simple Scallion and Cabbage Frittatas *	Roasted Cajun Cauliflower Salad *	Vegan Healing Broth * + sourdough toast	Vegan Healing Broth * + sourdough toast	Vegan Healing Broth * + sourdough toast
<i>Afternoon tea</i>	Seed crackers + beetroot dip with lemon *	Dark chocolate Turmeric truffles * Cup Chamomile tea	Vegan Halva * Cup Licorice or Rosehip tea.	Slice rustic pear tart * + Vaalia probiotic natural yoghurt	Miso soup with onion, seaweed + wholegrain toast with olive oil
<i>Dinner</i>	Kingfish Poke bowl (or use salmon), edamame, pickled ginger, wakame *	Stuffed Baked Capsicum (Mexican style) *	Heart Spiced Butter Beans + Brown Rice *	Mexican roasted chicken with potatoes and peppers *	Detox Turmeric Lentil Soup *

Grocery shopping

Grains, breads, gluten for endogenous opioids. Nuts and nut butter for serotonin, magnesium

Citrus fruits for vitamin C and serotonin. All fruits and veges for serotonin and dopamine. Green leafy veges for magnesium.

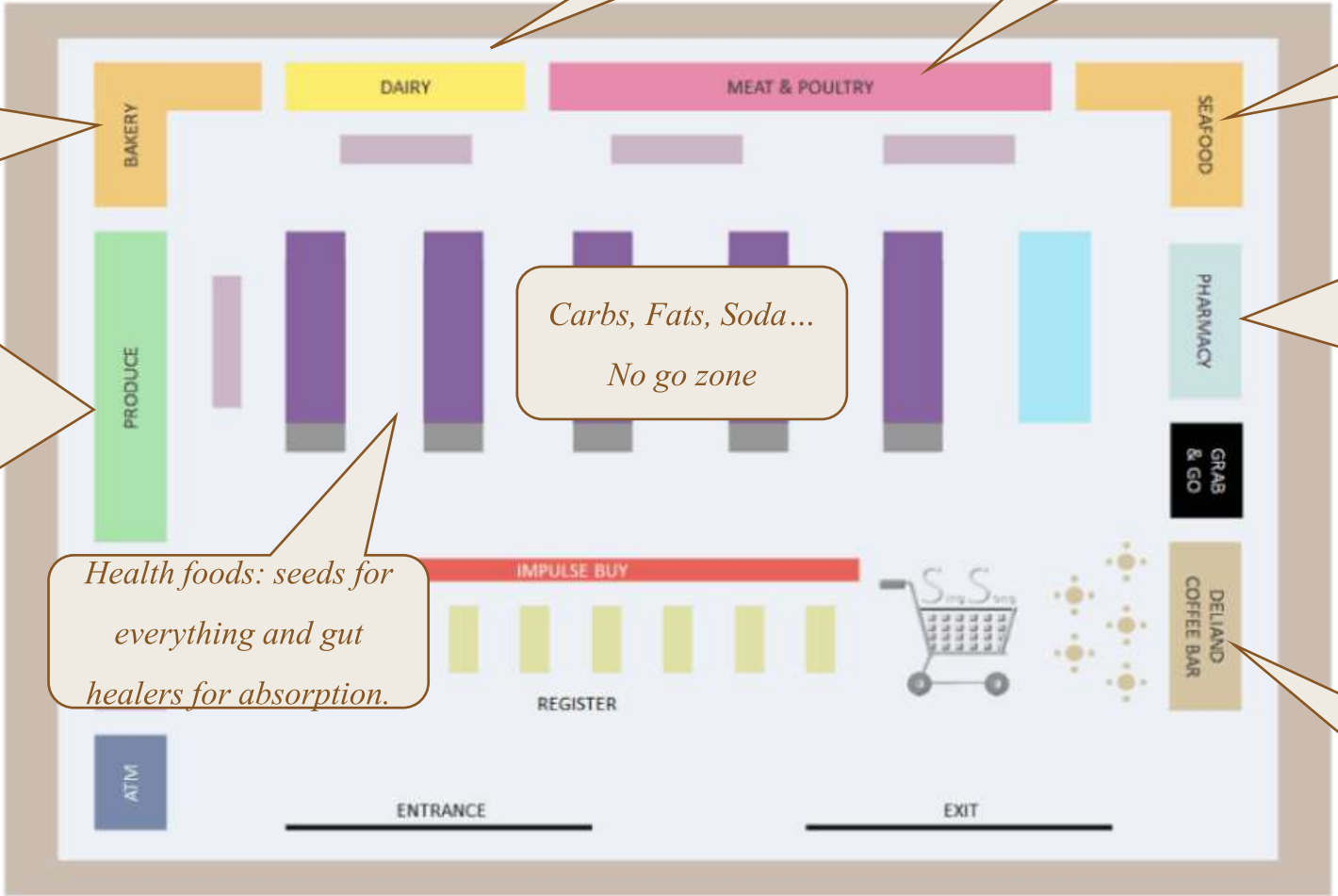
Dairy for dopamine and endogenous opioids

Chicken and turkey for serotonin and dopamine

Fish for dopamine

Pre and/or probiotics
Alternatives: yoghurt, drink dandelion root tea, eat a high fibre diet

Coffee, Turmeric latte, for serotonin and dopamine



Health foods: seeds for everything and gut healers for absorption.

Carbs, Fats, Soda...
No go zone

Are you sabotaging yourself?

These are the habits or conditions that prevent us from supporting healthy neurochemistry:

Things you can change today

- » Eating processed foods
- » Eating lots of refined sugars
- » Staying up late
- » Overcommitting to work/social
- » Overeating
- » Sedentary lifestyle
- » High device usage
- » Little time in nature

Things I can help you with

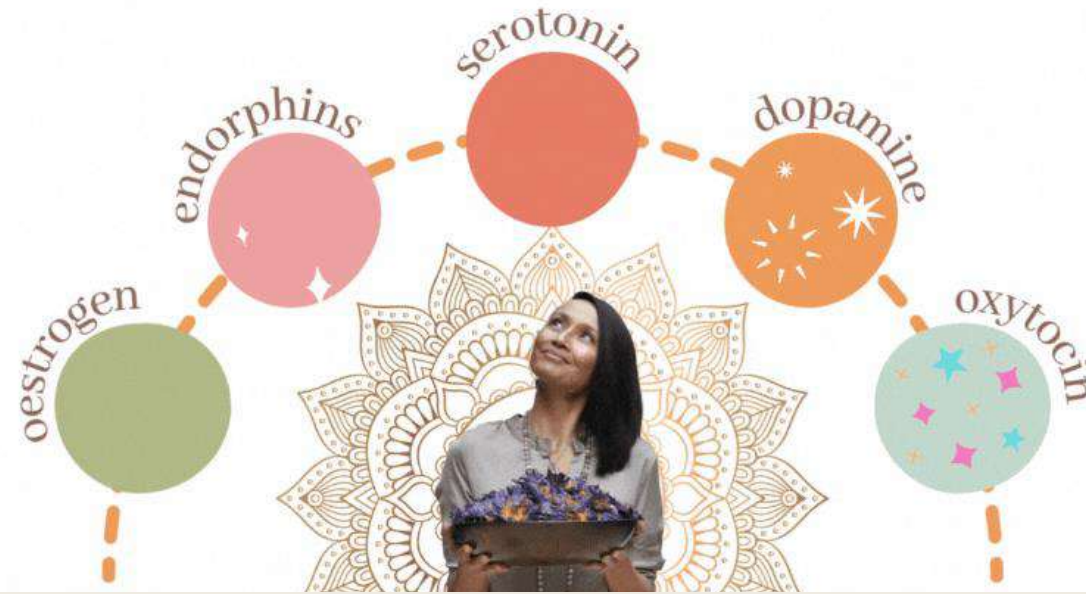
- » Chronic anxiety
- » Adrenal conditions, fatigue, vigilance
- » Leaky gut, digestive disorders
- » Detoxification, constipation
- » Sleep disturbance
- » Food intolerances
- » Sugar cravings
- » Metabolic health, weight management

Wellbeing & Mental Health Support

Resources if you or someone you know needs support you can contact:

- Lifeline 13 11 14
- MensLine Australia 1300 78 99 78
- Suicide Call Back Service 1300 659 467
- Beyond Blue 1300 22 46 36
- NSW Mental Health Line 1800 011 511

- mindspot.org.au
- blackdoginstitute.org.au
- beyondblue.org.au
- [Headtohealth.gov.au](https://headtohealth.gov.au)



[Make a Booking](#)



[@gaia_herbalist](#)



[Visit www.herbalwell.com.au](http://www.herbalwell.com.au)



hello@herbalwell.com.au



[@SulinNaturopath](#)

References

- Furlong, Y., & Finnie, T. (2020). Culture counts: the diverse effects of culture and society on mental health amidst COVID-19 outbreak in Australia. *Irish journal of psychological medicine*, 37(3), 237-242.
- Meaklim, H., Junge, M. F., Varma, P., Finck, W. A., & Jackson, M. L. (2021). Pre-existing and post-pandemic insomnia symptoms are associated with high levels of stress, anxiety, and depression globally during the COVID-19 pandemic. *Journal of Clinical Sleep Medicine*, 17(10), 2085-2097.
- O'Sullivan, D., Rahamathulla, M., & Pawar, M. (2020). The impact and implications of COVID-19: An Australian perspective. *The international journal of community and social development*, 2(2), 134-151.
- Juárez Olguín, H., Calderón Guzmán, D., Hernández García, E., & Barragán Mejía, G. (2016). The role of dopamine and its dysfunction as a consequence of oxidative stress. *Oxidative medicine and cellular longevity*, 2016.
- Berger, M., Gray, J. A., & Roth, B. L. (2009). The expanded biology of serotonin. *Annual review of medicine*, 60, 355-366.
- Kanova, M., & Kohout, P. (2021). Serotonin—Its synthesis and roles in the healthy and the critically ill. *International Journal of Molecular Sciences*, 22(9), 4837.
- Magon, N., & Kalra, S. (2011). The orgasmic history of oxytocin: Love, lust, and labor. *Indian journal of endocrinology and metabolism*, 15(Suppl3), S156.
- DeAngelis, T. (2008). The two faces of oxytocin: Why does the 'tend and befriend' hormone come into play at the best and worst of times?.
- Carter, C. S., Kenkel, W. M., MacLean, E. L., Wilson, S. R., Perkeybile, A. M., Yee, J. R., ... & Kingsbury, M. A. (2020). Is oxytocin "nature's medicine"? *Pharmacological reviews*, 72(4), 829-861.
- Jain, A., Mishra, A., Shakkarpude, J., & Lakhani, P. (2019). Beta endorphins: the natural opioids. *Ijcs*, 7(3), 323-332.
- Pillozzi, A., Carro, C., & Huang, X. (2020). Roles of β -endorphin in stress, behavior, neuroinflammation, and brain energy metabolism. *International journal of molecular sciences*, 22(1), 338.
- Sharifi-Rad, M., Anil Kumar, N. V., Zucca, P., Varoni, E. M., Dini, L., Panzarini, E., ... & Sharifi-Rad, J. (2020). Lifestyle, oxidative stress, and antioxidants: back and forth in the pathophysiology of chronic diseases. *Frontiers in physiology*, 11, 694.
- Pizzino, G., Irrera, N., Cucinotta, M., Pallio, G., Mannino, F., Arcoraci, V., ... & Bitto, A. (2017). Oxidative stress: harms and benefits for human health. *Oxidative medicine and cellular longevity*, 2017.
- Eisenhofer, G., Åneman, A., Friberg, P., Hooper, D., Fändriks, L., Lonroth, H., ... & Mezey, E. (1997). Substantial production of dopamine in the human gastrointestinal tract. *The Journal of Clinical Endocrinology & Metabolism*, 82(11), 3864-3871.
- Hamamah, S., Aghazarian, A., Nazaryan, A., Hajnal, A., & Covasa, M. (2022). Role of microbiota-gut-brain axis in regulating dopaminergic signaling. *Biomedicines*, 10(2), 436.
- Wang, Y., Tong, Q., Ma, S. R., Zhao, Z. X., Pan, L. B., Cong, L., ... & Jiang, J. D. (2021). Oral berberine improves brain dopa/dopamine levels to ameliorate Parkinson's disease by regulating gut microbiota. *Signal transduction and targeted therapy*, 6(1), 77.
- Erdman, S. E. (2021). Oxytocin and the microbiome. *Current Opinion in Endocrine and Metabolic Research*, 19, 8-14.
- Green, J. J., & Hollander, E. (2010). Autism and oxytocin: new developments in translational approaches to therapeutics. *Neurotherapeutics*, 7, 250-257.
- Husarova, V. M., Lakatosova, S., Pivovarciova, A., Babinska, K., Bakos, J., Durdiakova, J., ... & Ostatnikova, D. (2016). Plasma oxytocin in children with autism and its correlations with behavioral parameters in children and parents. *Psychiatry investigation*, 13(2), 174.
- Neumann, I. D., & Landgraf, R. (2012). Balance of brain oxytocin and vasopressin: implications for anxiety, depression, and social behaviors. *Trends in neurosciences*, 35(11), 649-659.
- Kabilan, A. (2014). Pharmacological role of oxytocin—a short review. *Journal of Pharmaceutical Sciences and research*, 6(4), 220.
- Bharadwaj, V. N., Meyerowitz, J., Zou, B., Klukinov, M., Yan, N., Sharma, K., ... & Yeomans, D. C. (2022). Impact of magnesium on oxytocin receptor function. *Pharmaceutics*, 14(5), 1105.
- Volpe, S. L. (2013). Magnesium in disease prevention and overall health. *Advances in nutrition*, 4(3), 378S-383S.
- Doseděl, M., Jirkovský, E., Macáková, K., Krčmová, L. K., Javorská, L., Pourová, J., ... & OEMONOM. (2021). Vitamin C—Sources, physiological role, kinetics, deficiency, use, toxicity, and determination. *Nutrients*, 13(2), 615.
- Gonçalves, A. C., Nunes, A. R., Alves, G., & Silva, L. R. (2021). Serotonin and melatonin: plant sources, analytical methods, and human health benefits. *Revista Brasileira de Farmacognosia*, 31, 162-175.

References

- Markus, C. R. (2008). Dietary amino acids and brain serotonin function; implications for stress-related affective changes. *Neuromolecular medicine*, 10, 247-258.
- Nongonierma, A. B., & FitzGerald, R. J. (2015). Milk proteins as a source of tryptophan-containing bioactive peptides. *Food & function*, 6(7), 2115-2127.
- Richard, D. M., Dawes, M. A., Mathias, C. W., Acheson, A., Hill-Kapturczak, N., & Dougherty, D. M. (2009). L-tryptophan: basic metabolic functions, behavioral research and therapeutic indications. *International Journal of Tryptophan Research*, 2, IJTR-S2129.
- Feldman, J. M., & Lee, E. M. (1985). Serotonin content of foods: effect on urinary excretion of 5-hydroxyindoleacetic acid. *The American journal of clinical nutrition*, 42(4), 639-643.
- Marcos, A., Esteban, M. A., Leon, F., & Fernandez-Salguero, J. (1979). Electrophoretic patterns of European cheeses: comparison and quantitation. *Journal of Dairy Science*, 62(6), 892-900.
- Colzato, L. S., de Haan, A. M., & Hommel, B. (2015). Food for creativity: tyrosine promotes deep thinking. *Psychological research*, 79, 709-714.
- Whitbread, D. (2023). High Tyrosine Foods. My Food Data [website]: <https://www.myfooddata.com/articles/high-tyrosine-foods.php>
- Kühn, S., Düzel, S., Colzato, L., Norman, K., Gallinat, J., Brandmaier, A. M., ... & Widaman, K. F. (2019). Food for thought: association between dietary tyrosine and cognitive performance in younger and older adults. *Psychological research*, 83, 1097-1106.
- Erdman, S. E., & Poutahidis, T. (2016). Microbes and oxytocin: benefits for host physiology and behavior. *International review of neurobiology*, 131, 91-126.
- No author. (2023). Probiotics may help boost mood and cognitive function. Harvard Health [website]: <https://www.health.harvard.edu/mind-and-mood/probiotics-may-help-boost-mood-and-cognitive-function>
- Wallace, C. J., & Milev, R. (2017). The effects of probiotics on depressive symptoms in humans: a systematic review. *Annals of general psychiatry*, 16(1), 1-10.
- Stormshak, F. (2003). Biochemical and endocrine aspects of oxytocin production by the mammalian corpus luteum. *Reproductive Biology and Endocrinology*, 1, 1-6.
- Singh, R. B., Smail, M. M., Rai, R. H., Maheshwari, A., Verma, N., & Isaza, A. (2022). Effects of fenugreek seeds on cardiovascular diseases and other chronic diseases. In *Functional Foods and Nutraceuticals in Metabolic and Non-Communicable Diseases* (pp. 399-410). Academic Press.
- Scott, L. V., Clarke, G., & Dinan, T. G. (2013). The brain-gut axis: a target for treating stress-related disorders. *Inflammation in psychiatry*, 28, 90-99.
- Bermúdez-Humarán, L. G., Salinas, E., Ortiz, G. G., Ramirez-Jirano, L. J., Morales, J. A., & Bitzer-Quintero, O. K. (2019). From probiotics to psychobiotics: live beneficial bacteria which act on the brain-gut axis. *Nutrients*, 11(4), 890.
- Van Schoor, J. (2021). Coping with general and exam stress. *SA Pharmacist's Assistant*, 21(2), 18-19.
- Carr, A. C., & McCall, C. (2017). The role of vitamin C in the treatment of pain: new insights. *Journal of translational medicine*, 15, 1-14.
- Khan, M., Asghar, S., Mukhtar, Z., & Niaz, S. (2016). Biopsychosocial model of prevention of depression. *European Psychiatry*, (33), S177.
- Pawar, S. S., Bharude, N. V., Sonone, S. S., Deshmukh, R. S., Raut, A. K., & Umalkar, A. R. (2011). Chillies as food, spice and medicine: a perspective. *Int J Pharm Biol Sci*, 1(3), 311-8.
- Asha, M. R., Hithamani, G., Rashmi, R., Basavaraj, K. H., Rao, K. J., & Rao, T. S. (2009). History, mystery and chemistry of eroticism: Emphasis on sexual health and dysfunction. *Indian journal of psychiatry*, 51(2), 141.
- Ho, V. (2011). 11 Healthy Foods to Try in 2011. *Tufts University Health & Nutrition Letter*, 28(11), 4.
- Ochedalski, T., Subburaju, S., Wynn, P. C., & Aguilera, G. (2007). Interaction between oestrogen and oxytocin on Hypothalamic-Pituitary-Adrenal axis activity. *Journal of neuroendocrinology*, 19(3), 189-197.
- Kaviani, M., Nikooyeh, B., Zand, H., Yaghmaei, P., & Neyestani, T. R. (2020). Effects of vitamin D supplementation on depression and some involved neurotransmitters. *Journal of affective disorders*, 269, 28-35.
- Orme, R. P., Middleditch, C., Waite, L., & Fricker, R. A. (2016). The role of vitamin D3 in the development and neuroprotection of midbrain dopamine neurons. *Vitamins & Hormones*, 100, 273-297.
- Seyedi, M., Gholami, F., Samadi, M., Djalali, M., Effatpanah, M., Yekaninejad, M. S., ... & Honarvar, N. M. (2019). The effect of vitamin D3 supplementation on serum BDNF, dopamine, and serotonin in children with attention-deficit/hyperactivity disorder. *CNS & Neurological Disorders-Drug Targets (Formerly Current Drug Targets-CNS & Neurological Disorders)*, 18(6), 496-501.