

How food can tame your mood

By: Mumbai Mirror

Ever wondered why you go through those terrible mood swings? Why some people can't contain their anger while others seem so calm and composed? If you go by the Chinese medicine philosophy, the premise of Macrobiotic diet, all emotions and subsequently behavior are linked to organs.



Vs



Every organ represents a negative and its opposing positive emotion. Hence what we eat defines our moods, feelings and even the kind of person we are.

Stress-inducing situations might be beyond your control, but you can certainly channel your response to it effectively. Say, you are a short-tempered person. The organ representing anger (see chart) according to macrobiotics is the liver. Eating foods that further clog the liver - red meat, butter, processed foods - only worsens the problem.

Thus it's a vicious cycle where you fuel your existing problem by feeding your organs with wrong foods that give rise to negative emotions.

Similarly, when a person is too stressed, its impact is felt on the spleen and pancreas. Often people tend to have alcohol, endless cups of coffee or a sugar fix to feel calm. All of which throw your insulin level upside down.

Instead, consuming natural sugar through vegetables, fruits etc, brings your insulin level back to normal.

Of course it doesn't get changed overnight which is why you need to change your diet pattern and sustain it for the results to show.

Problems and their remedies:

Emotion: Anxiety, worry.

Parts affected: Spleen, pancreas, stomach.

Include: Millet, round contracted vegetables, beans.

Avoid: Sugar as it spikes insulin level.



ANXIOUS

Emotion: Depression, sadness.

Parts affected: Lungs.

Include: Miso soup, lentils, brown rice, greens, seasonal vegetables, nuts, fish, tofu.

Avoid: Milk as dairy discharges into the lungs and causes dampness.



DEPRESSED

Emotion: Fear, overwhelmed.

Parts affected: Kidney.

Include: Miso, black beans, oats, and brown rice.

Avoid: Table salt as it contracts the kidney further.



FRIGHTENED

Emotion: Anger, frustration.

Parts affected: Liver.

Include: Barley, oats, corn, leafy vegetables, turnip, radish.

Avoid: Alcohol and meat.



FRUSTRATED

Emotion: Lack of expression.

Part affected: Heart.

Include: Par boiled brown rice, tofu and corn.

Avoid: Alcohol, eggs, meat and sugar.



SMUG

Expert inputs by macrobiotic nutritionist Shonaalii Sabherwal.