

NUTRITION TO SUPPORT YOUR TMS TREATMENT

What you eat on a daily basis has a big impact on your health. Your daily eating pattern can help you improve your overall health and may help to better manage symptoms associated with depression. An anti-inflammatory diet, similar to the Mediterranean diet, can help promote long-term health while helping to support your TMS treatment.

A supportive diet will include plenty of whole grains, fruits, vegetables, legumes, healthy fats, and lean protein. Choose healthy fats from sources like olive oil, nuts, and seeds. When choosing your grains, try to choose whole grains more often than not, and be sure to eat plenty of fruits and vegetables from a wide variety of sources and colors. Some other aspects of an anti-inflammatory diet that can support your health include adding some supportive foods, herbs, and spices to your well-rounded eating plan, and be sure to drink plenty of water throughout the day.

FOODS TO INCLUDE IN A WELL ROUNDED DIET:

HEALTHY SOURCES OF FAT INCLUDING OMEGA-3 FATTY ACIDS:

- OLIVE OIL
- NUTS
- NUT BUTTERS
- AVOCADOS
- SEEDS
- FLAX SEEDS
- CHIA SEEDS
- FATTY FISH: SALMON,
MACKEREL, TUNA, HERRING,
SARDINES

WHOLE GRAINS, FRUITS AND VEGETABLES INCLUDING:

- BROWN RICE
- QUINOA
- WHOLE GRAIN AND SPROUTED
GRAIN BREADS
- STEEL-CUT OATS
- SWEET POTATOES
- LEAFY GREENS
- CRUCIFEROUS
VEGETABLES LIKE
BROCCOLIE AND
CAULIFLOWER
- BERRIES
- CITRUS FRUITS
- LEGUMES

OTHER SUPPORTIVE FOODS, HERBS & SPICES:

- GINGER
- TURMERIC
- PEPPERMINT
- GREEN TEA
- SAFFRON
- CHAMOMILE
- LAVENDER
- OREGANO

PREBIOTIC RICH FOODS:

- BEANS
- OATS
- BANANAS
- BERRIES
- GARLIC
- ONIONS
- ASPARAGUS
- LEEKS
- DANDELION GREENS
- ARTICHOKES

PROBIOTIC RICH FOODS:

- KEFIR
- SAUERKRAUT
- KIMCHI
- KOMBUCHA TEA
- YOGURTS WITH ACTIVE CULTURES
- TEMPEH
- PICKLED FOODS

FOODS TO SUPPORT YOUR MICROBIOME & DIGESTIVE HEALTH:

A healthy digestive system can help to support every aspect of your health. Your gut is populated by billions of helpful bacteria, which make up your microbiome. Prebiotic-rich foods help to feed that healthy bacteria, while probiotic-rich foods help to populate your gut with more, healthy bacteria.

Diversity is always the way to go when it comes to your gut. Try to get a wide variety of prebiotic foods into your diet, with at least 2-3 servings per day, along with at least 1 serving of probiotic-rich foods daily.

PHYSICAL ACTIVITY

Daily physical activity can help you reduce stress, better manage symptoms of anxiety and depression and improve your overall health. Although every mode of exercise has its individual benefits, whichever form of exercise you enjoy is the right one for you. In general, it is recommended that you attempt to get 30 minutes of mild physical activity each day or a total of 150 minutes of moderate physical activity each week.

GENERAL GUIDELINES TO FOLLOW:

- 30 MINUTES OF MILD PHYSICAL ACTIVITY PER DAY OR 150 MINUTES OF MODERATE PHYSICAL ACTIVITY PER WEEK.
- EAT AT LEAST 3-5 SERVINGS OF VEGETABLES PER DAY, FROM A VARIETY OF SOURCES AND COLORS.
- EAT AT LEAST 2 SERVINGS OF FRUIT PER DAY, FROM A VARIETY OF SOURCES AND COLORS.
- EAT 5-8 SERVINGS OF WHOLE GRAINS PER DAY, SPREAD OUT THROUGHOUT THE DAY.
- INCLUDE HEALTHY FATS IN YOUR DIET FROM A WIDE VARIETY OF SOURCES.
- EAT AT LEAST 2 SERVINGS OF FISH PER WEEK.
- WHEN CHOOSING PROTEIN, AIM FOR LEAN PROTEIN MORE OFTEN.
- EAT AT LEAST 1 SERVING OF PROBIOTIC-RICH FOODS, MOST DAYS OF THE WEEK.
- AIM TO DRINK AT LEAST 64OZ OF WATER EACH DAY.
- LIMIT CONSUMPTION OF FOODS HIGH IN TRANS-FAT AND ADDED SUGAR.
- ALWAYS CHECK TO SEE IF THERE ARE ANY SPECIFIC FOODS OR NUTRIENTS THAT MAY INTERACT WITH ANY MEDICATION THAT YOU MAY BE TAKING.