



GAIL & INGRID'S...

NOVEMBER NEWSLETTER

Monthly Tips & Timely Advice!

FOODS THAT BOOST MOOD



Eat healthy fats.

Sources of omega-3 fats include seeds, walnuts, and oysters, although the highest amounts exist in oily fish such as salmon, sardines, and mackerel.

Try more tryptophan.

Foods that naturally support tryptophan levels include seeds, nuts, cheese, oats, and meats.



Make a beeline for the B vitamins.

B vitamins, including folate (B9), play an important role in producing brain chemicals that regulate mood and other brain functions. Low levels of folate and B vitamins have been linked to poor mood.



Slow down on the sugar!

Have you ever had a sugar binge over a weekend and then found your gut "messed up"? Well, sugar can indeed mess with your gut!



Choose complex carbs.

Try adding more root vegetables, legumes, and buckwheat to your diet.

Drink water!

Water is the elixir of life. It's essential for the trillions of tiny chemical reactions that energize us throughout the day and stabilize our mood.



Being Thankful and Grateful: Ways gratitude can improve your life

Gratitude Makes us Happier.

How can a free five minute activity compare? Gratitude improves our health, relationships, emotions, personality, and career.

Gratitude Betters our Relationships.

Gratitude makes us nicer, more trusting, more social, and more appreciative. As a result, it helps us make more friends, deepen our existing relationships, and improve our marriage.

Gratitude makes us Healthier.

There is even reason to believe gratitude can extend your lifespan by a few months or even years.

Gratitude Strengthens our Emotions.

Gratitude reduces feelings of envy, makes our memories happier, lets us experience good feelings, and helps us bounce back from stress.

Gratitude Develops our Personalities.

More optimistic, less materialistic, more spiritual, less self-centered, more self esteem.

11345 Brill Drive, Studio City
\$2,425,000



4 bedrooms, 5 baths, View & Yard!



HAPPY THANKSGIVING

*Establishing lasting relationships
all over Los Angeles...*



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