

Proper Nutrition Can Improve Your Mental Health

Do you desire to achieve complete mental health? One method to reach and hold on to optimal mental health could be taking a journey of discovery into which foods add to the quality of your life and which foods aggravate mental issues. Good mental health depends on the food you put into your body, because it affects how your body works.

Dr. Bob DeMaria wrote *Dr. Bob's Drugless Guide to Mental Health*. Learn how to reach and hold onto optimal mental health to explain the association between organs, food, and function.

The good news is that you can improve mental health issues by making optimal food choices. Poor mental health, whether it's anxiety, depression, or memory loss, is really a sign of what's going on inside your body. Simply taking medication to treat a symptom might not address the root cause. Dr. Bob does not recommend discontinuing medications but suggests adding healthy foods to your diet and working with your healthcare practitioner.



Pre-Order Dr. Don Colbert's New Book, "Live Long and Strong" on !

Dr. Bob has simple, easy recommendations to help improve your physical and mental health that he calls his ABCs. His ABCs include eating half of a red (not green) apple, one-third to a half of a cup of beets (to help reduce the amount of cholesterol in your body), and a carrot (which gives you vitamin A) daily.

Different organs in the body are associated with various emotional issues. The liver is associated with anger. If you eat too much fruit, it will place a demand on your liver. The

gall bladder, at the base of the liver, is associated with bitterness. The lungs are associated with sadness. The kidneys are associated with fear. The spleen is associated with anxiety, worry, and the immune system. His book supplies suggestions for which foods will alleviate the mental-health issues related to those organs.

Poor mental health—anxiety, depression, memory loss—is really a sign of what’s occurring on the inside of your body. The good news is that many folks who experience stress, anxiety, and depression can find relief through proper food choices.

Marilyn Hickey founded Marilyn Hickey Ministries more than 45 years ago with God’s vision to cover the earth with the Word. Marilyn co-hosts a daily television program, *Today with Marilyn & Sarah*, reaching a potential viewing audience of over 2 billion households worldwide. Marilyn communicates deep biblical truths in a way that is understandable and practical for everyday life.

Isabell Bowling’s passion is to help people have a transformative experience with the power of God. She brings a fresh anointing of the presence and fire of God wherever she goes. Her faith and ministry was shaped by observation and prayer, watching the Lord work in and through her grandmother, Marilyn Hickey, and her mom, Sarah Bowling. After graduating from Oral Roberts University in 2023, Isabell joined the Marilyn & Sarah Ministries team where she stepped into a powerful teaching ministry with her family.