

# Cheat Sheet

## Step 1

### **SLOWLY ADD-IN HAPPY NUTRIENTS**

No Quick diets here. We are sharing with you the essential nutrients that have been shown to increase hormones associated to happiness.

## Step 2

### **SLOWLY CUT-OUT HAPPY UNDOERS**

Items clinically shown linked to depression or anxiety when consumed in excess over long periods of time. Let's slowly look for healthier alternatives to our favorite meals instead of denying ourselves..

## Step 3

### **ADD IN SUPPLEMENTS**

Start taking a multi-vitamin, if you are not already. Also, have a discussion with your doctor whenever making changes to your diet. Everyone is different and different people react to different things.

### **THIS**

- Vitamin B12
- Iodine
- Magnesium
- Cholesterol
- Vitamin D
- Calcium
- Fiber
- Folate
- Vitamin A
- Omega-3s
- Vitamin E
- Iron

### **NOT THIS**

- Refine Sugars
- Refined Carbohydrates
- Industrial fats
- Grain fed meats
- Non- organic vegetables