

Transcript Video-Audio Clips for Foods to Boost Your Mood

All clips from Nurse Courtney Miller, a Behavioral Health Project Manager for OSF HealthCare

Miller says there's a strong connection between a person's gut biome (stomach and small intestines) and their mental health.

"If those aren't healthy, we're not going to absorb the proper nutrients to really allow us to regulate those hormones and that kind of leads to some of the depressive symptoms." (:13)

Miller says probiotics can help provide a balance to the stomach and intestines.

"If you've had an antibiotic or if you have a high-stress event or something going on, it's really good to take a probiotic to help heal that stomach and get the good bacteria levels up and not let the bad bacteria take over and not let the stomach absorb and do its job with the immune system." (:24)

Vitamin D is important for mental health and most people don't get enough.

"This pandemic has really highlighted how deficient as a nation our vitamin D levels are. It's astonishing to me how we knew it was bad but we never knew it was this bad. There's a huge correlation between severe COVID symptoms and low vitamin D levels." (:24)

Miller says check with your health provider first, but adding more egg yolks to your diet offers a good source of Vitamin D.

"There are a lot of benefits to eating eggs. It has a high protein content and some people who are not comfortable eating meat are comfortable with eating eggs so it's another good protein source." (:12)

Miller suggests if you're feeling a bit off or if loved ones say you seem a bit angry, anxious, irritable or depressed, it might be worth asking your health provider to check your vitamin levels with a simple blood test.

"Just by having the symptoms of increased anxiety or a lack of sleep or fatigue or irritability -- all of those things could be justified by drawing labs for your vitamin B levels or D and just kind of seeing where you are." (:20)