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Administrative Office Hours

Mondays - Fridays
6:00am – 6:00pm

Saturdays
10:00am – Noon



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Foods That Can Enhance Your Mood

Your food doesn't just impact your waistline, it can also affect your mood. Consider that everything you eat is broken down and absorbed by your body. Of course, it can certainly have an effect on your mood. The food you eat impacts how you feel. For example, consider how eating a piece of chocolate impacts your mood differently than consuming a plain baked potato.

See how what you put into your body matters to your body and your mind:

1. **Fermented foods.** Fermented foods are great for the health of the good bacteria in your gut. There is evidence that these bacteria play an important part in mental and physical health. Some examples of fermented foods include sauerkraut, yogurt, tempeh, and kombucha.
 - If none of those foods appeal to you, there are over the counter probiotic supplements that are likely to provide the same benefit.
2. **Salmon.** Not just salmon, but other cold-water fatty fish including mackerel, herring, sardines, and tuna are high in omega-3 fatty acids which have been shown in some studies to boost health.
3. **Chocolate.** It only takes one bite of chocolate to know that it makes you feel better than you did right before eating it. Dark chocolate with a high percentage of cocoa (70% or higher) is actually quite healthy when eaten in moderation and can give your mood a great boost.
 - Chocolate reduces cortisol, too, which is a primary indicator of stress.
4. **Leafy green vegetables.** Those green leafy vegetables are high in magnesium, which has been shown to reduce anxiety. As a general rule, the darker greens like spinach are healthier than lighter greens like lettuce. Try a mixture of greens to get the greatest benefit.
5. **Nuts.** Nuts are loaded with healthy fats, proteins, and even some fiber. The most important nutrient found in nuts regarding mood is tryptophan which is used to produce the neurotransmitter serotonin. Serotonin is one of the positive-mood brain chemicals.
6. **Fruit.** Bananas in particular have been shown to boost mood, but all fruits are worth trying out as a mood enhancer. Fruits are full of vitamins, minerals, fiber, and can give your blood sugar a boost.
7. **Coffee.** Caffeine in moderation can certainly boost your mood, but there's a lot more to coffee than just caffeine. Coffee is loaded with a variety of naturally occurring chemicals that are quite healthy and good for your mood.
 - You can even skip the caffeine and consume decaf and get a similar mood-boosting effect.
8. **Green Tea.** Like coffee, green tea can be a healthy beverage that also boosts your mood. One of the chemicals found in green tea that induces calmness is EGCG, or epigallocatechin gallate. The small amount of caffeine found in green tea is also good for your mood.
9. **Oysters.** Many people are low in zinc and oysters are loaded with zinc. There are a couple of studies that show eating oysters regularly reduces anxiety and depression. Oysters are also a source of omega-3 fatty acids and many vitamins.

If your mood is sourer than you'd like, changing your diet might have a positive impact. The foods you eat do have an effect on your mood, focus, and emotional health. Be sure to eat at least one food each day that is likely to have a positive impact on your mood.

Fall Cobb Salad

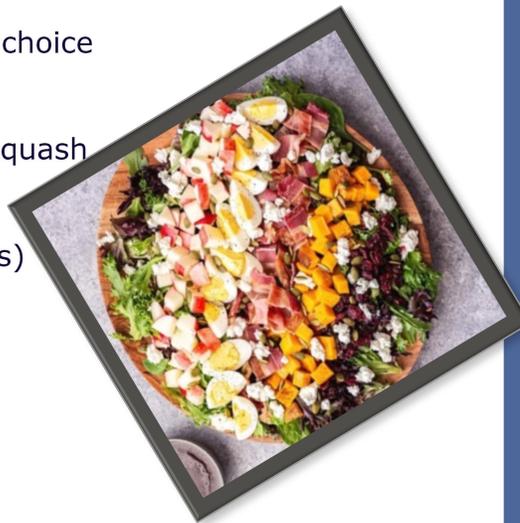
Ingredients

Salad

- ▽ 5 ounces mixed greens or lettuce of choice
- ▽ 6 slices cooked bacon, chopped
- ▽ 3 hard boiled eggs, quartered
- ▽ 1 1/2 cups diced roasted butternut squash
- ▽ 1 apple, cored and diced
- ▽ 2 ounces crumbled goat cheese
- ▽ 3 tablespoon pepitas (pumpkin seeds)
- ▽ 1/3 cup dried cranberries

Maple Balsamic Vinaigrette

- ▽ 2 tablespoons balsamic vinegar
- ▽ 1 tablespoon dijon mustard
- ▽ 1 tablespoon maple syrup
- ▽ 1 tablespoon olive oil
- ▽ Kosher salt and fresh ground black pepper to taste



Instructions

1. Place the diced butternut squash on a foil lined sheet pan and drizzle with olive oil, salt, and pepper. Roast the squash at 400° F. for about 20 minutes or until fork tender.
2. In a small bowl or jar whisk together the ingredients for the vinaigrette.
3. On a large serving platter or bowl, add in the mixed greens. Arrange the roasted butternut squash, apple, bacon, hard boiled eggs, dried cranberries, goat cheese, and pepitas on top of the greens. Serve the vinaigrette on the side with the salad.

Staff Spotlight

Cody Shoemaker, MSC, NCGC-2, LADC/MH Executive Director

- Graduated from Oklahoma State University (BS in Secondary Education) & Mid-America Christian University (MS in Counseling)
- Favorite food is anything Mexican or chocolate
- Favorite color is teal
- Born & raised an Okie
- Loves to travel



Services Available

We currently offer individual, couples, family, and group sessions.

Our staff members provide trauma-informed services in the office, in various confidential settings within the community, and via tele-health.

We have staff who speak English, Spanish, Portuguese, and Vietnamese.

We offer urine testing, pre-marital counseling, wedding officiating services, and the co-parenting course for those getting a divorce.

Please call the office to schedule an appointment or visit us on Tuesdays or Fridays for walk-ins.



Rebecca Williams
11/10

Serotonin & Weight Loss

Do you diet and exercise, but stay the same size? A serotonin imbalance could be the reason that you find it difficult to lose weight. Serotonin may be best known as a neurotransmitter that fights anxiety and depression. However, it also plays a major role in digestive health. In fact, most of the serotonin in your body is in your gut, rather than in your brain. Put this natural appetite suppressant to work for you. Learn more about how serotonin affects weight loss and lifestyle choices you can make that will help it to do its job.

How Serotonin Affects Weight Loss:

1. **Curb your appetite.** Serotonin affects your brain's melanocortin system, which is partly responsible for controlling body weight. It activates some neurons that decrease appetite and blocks others that increase appetite.
2. **Resist cravings.** Do you yearn for chips and cookies in the late afternoon and evening? Serotonin can be especially helpful in reducing carbohydrate cravings. Keep in mind that your body still needs some healthy carbohydrate calories, typically about 40% of your daily intake.
3. **Burn more calories.** Low serotonin levels may also cause your body to store more fat. Correcting any imbalance can help you lose weight around your midsection, which is very beneficial for your overall health.
4. **Reduce emotional eating.** Do you reach for comfort food when you're sad or frustrated? You may find yourself eating less as serotonin helps stabilize your moods.

How to Boost Serotonin:

1. **Work out.** Physical exercise increases serotonin. Aim for at least 150 minutes a week of moderate-intensity activity. Focus on cardio activities and strength training if you're trying to lose weight.
2. **Adjust your diet.** A nutritious diet rich in whole foods supports serotonin production. For a bigger boost, consume probiotics and foods high in tryptophan, like salmon and chia seeds.
3. **Manage stress.** On the other hand, cortisol and other stress hormones suppress serotonin. Develop a daily practice of taking time to relax.
4. **Consider supplements.** While research findings are mixed, some adults report positive results using serotonin supplements. You can also find formulas with related substances like 5-HTP and vitamin D.
5. **See your doctor.** There can be many medical reasons why you have trouble losing weight. Your doctor can help you understand your serotonin needs and other treatment options.

Other Natural Appetite Suppressants:

1. **Eat more fiber.** Along with serotonin and exercise, there are many more natural and safe ways to regulate hunger. One of the most effective is focusing on foods high in fiber that will fill you up with fewer calories.
2. **Drink water.** Beverages with little or no calories can quench your thirst and make food easier to resist. Sip water or tea throughout the day.
3. **Slow down.** Your brain needs about 20 minutes to register that it's full. Sit down and savor your food. Talk with your family or dinner companions. You'll make mealtimes less fattening and more fun.
4. **Add spices.** Certain seasonings can put the brakes on your appetite. Flavor your dishes with ginger, black pepper, and cinnamon.
5. **Distract yourself.** Remember there's a difference between true hunger and appetite. You may be eating for psychological reasons if you only want something specific, like ice cream or pizza. Entertain yourself with activities other than food and give your cravings time to pass.

When your serotonin levels are balanced, you'll have more energy and feel full while eating less food. Along with losing weight, you may also enjoy greater happiness, sounder sleep, and significant relief from headaches and many other common conditions.

Happy Employment Anniversary!

*Shariff El-Assi
11/16/17*

*Linda Ramer
11/19/19*

*Pashen Bennett
11/30/20*



*Warning Signs of Suicide
When Discontinuing
Opioids*

*To enroll contact:
www.ATTCNetwork.org*

*Suicide Prevention: Crisis
Response Planning for
Suicidal Patients: An
Introduction*

*To enroll contact:
www.PTTCNetwork.org*

*A Tale of 2 Challenges:
Dealing with Suicide &
Resistance in Clients and
How to Intervene*

*To enroll contact:
www.KemahPalms.com*

Agency Outreach

Our agency participated in Destiny Fun Fest for a Fall Family Outreach Event to the Del City community.



End of Year Celebration & Awards Ceremony

Have you missed a previous newsletter?

Visit our website to read them.

www.OKLifeRecovery.org



CHRISTMAS COMES BUT ONCE A YEAR.
LET'S GET TOGETHER FOR SOME HOLIDAY
CHEER!

DECEMBER 11 AT 1:00 PM

Life Recovery Services
5113 SE 15th St., Ste A
Del City, OK 73115

JOIN US FOR OUR ANNUAL CELEBRATION TO HONOR OUR STAFF AND BOARD MEMBERS. (PLUS 1 GUEST EACH) THERE WILL BE FOOD, FUN AND GAMES!

RSVP BY EMAILING
CODY@OKLIFERECOVERY.ORG BY DECEMBER 1