

5 Happiness Boosting Smoothies

TO PUT A SMILE ON YOUR FACE



Happiness is essential for leading a healthy and fulfilling life. In this guide, we will discuss the foods that you should eat to boost your happiness. We will also provide you with some happiness recipes. Finally, we will help you to improve your relationship with food by developing healthy food habits, rather than depriving yourself of nourishment.

Foods that Boost Mood

Food is considered the best mood elevator. Food can lift your mood and soul. We discuss some mood-boosting foods below.

- If you feel extremely tired all the time despite getting enough sleep, you may not have enough iron in your diet. You can cure this deficiency and get back to feeling fresh and lively by adding animal proteins such as lean beef, lamb, turkey, fish, or shrimp to your diet. You can also get iron from foods that are high in vitamin C, such as tomatoes, melon, berries, and green leafy vegetables. Increasing the iron in your diet will help you feel more awake and happier.
- If you're feeling stressed out, a healthy, nutritious smoothie can help boost your mood without adding unwanted weight. So, shake it up and leave the stress zone. You can add your favorite fruits, some nutritious superfoods, and give it a twist with a punch of nuts. When you're ready, blend it till it's smooth and drink up to let it soothe away all your stress.
- If you feel cranky or irritable due to lack of sleep, caffeine might be keeping you up. Try to cut it out of your life by drinking decaffeinated coffee or other beverages. It will help you to sleep well and feel refreshed.
- When you feel depressed, eating more fish might help elevate your mood. Fish contains omega-3 fatty acids, which have been proven to alleviate the symptoms of depression. Eating fish twice a week can help to take depression out of your life. So, load your plate with fish and feel better.
- If you want to get a good night's sleep, alcohol is a very bad idea. Instead, have a cup of chamomile tea to calm your nerves or some warm milk with honey for a soothing effect.

These foods can help elevate your mood so you can get back to living your life.

Why is Important to Eat Foods that Have Serotonin?

Commonly referred to as the “happiness compound” serotonin is a neurotransmitter that helps you to feel positive. Low levels of serotonin are linked to depression. Doctors prescribe anti-depressants to boost serotonin, but these drugs have side effects such as low libido and decreased energy. So, if you are looking for an alternative to treat your depression, look no further. This e-book will give you a list of foods that you can add to your diet in order to boost your serotonin naturally and start feeling positive again. The nutrients found in these foods alter the chemical activity of the brain and help to maintain mental health. Specifically, vitamin B, complex carbohydrates, and omega-3 fats help to reduce the symptoms of depression by increasing the number of circulating neurotransmitters (serotonin) in the brain.

The foods listed below contain these nutrients.

- Pineapple
- Banana
- Kiwi
- Plums
- Tomatoes
- Walnuts

These foods can help you leave depression behind and start your life with a new wave of optimism.

Why Taking Care of Yourself and Slowing Down is Key

In today's busy world, we tend to sacrifice our own needs, which leads to mental and physical health issues. We start feeling down, frustrated, and even hysterical. To combat this, it is very important to find time in your schedule to take care of yourself.

During this “me-time,” treat yourself to something nice that will help relieve the stress. There’s nothing selfish about treating yourself well, because when you feel good, you do better in your relationships and at work. There is no specific formula for taking care of yourself; you can do whatever will help you feel refreshed.

Another key to happiness is slowing down a bit and taking some time to appreciate the little things in life. In this fast-paced world, we get overwhelmed and forget to prioritize the most important things -- like health and self-care. So, take it slow and be compassionate and kind to yourself. This will give you the energy and self-confidence to get back in the game. As they say, “slow and steady wins the race.” By taking life slow and steady, you will achieve your goals without becoming overwhelmed.

Mindset is as Important as Food

Mindset is as important as food for achieving happiness. When you think positive you attract positive things into your life, which in turn make you happy. On the other hand, having a negative mindset -- belittling yourself and being pessimistic -- will create a self-fulfilling prophecy of negativity. You can maintain a positive attitude about life by following these simple steps.

Know that happiness is a choice; it isn’t dependent on outside forces. It isn’t always easy to choose to be happy, but it is worth trying. When you’re happy you give off positive vibes and become a magnet for good things.

Rid yourself of negative thoughts and negative people. Stop doing things that make you feel bad about yourself or make you think negative thoughts and learn to focus on the positive things. When faced with a challenge, choose a positive outlook and try to solve the problem instead of panicking or belittling yourself. A good way of maintaining a positive attitude is to accept yourself and appreciate yourself.

Finally, try to share your happiness and positivity with the people around you, thereby creating a positive environment. This will help you to be more productive and reach your goals.

With these simplified steps, you can gain a positive outlook towards life and be happy.

Self-Care and Doing Things You Love

In order to take care of yourself and be happy you must do things that you love. You can use the suggestions below or substitute your own passions.

Go Outside More Often: Staying inside all the time is a bad idea. Spending time outside to appreciate Mother Nature is good for your body, mind, and soul. Taking deep breaths while surrounded by nature can make you feel refreshed. You can also plan an outdoor workout or even a morning walk to release the stress of your routine.

Meditation: Meditation can have a very positive impact on your attitude towards life. Take some time to quiet your mind down. This helps to soothe your nerves and relieve stress. It can help you to stay healthy. You can also do yoga, which is another excellent way to reduce tension.

Eat Healthy: Eating healthy food can help you in various ways. It can help you lose weight and maintain a healthy lifestyle. Make sure to include plenty of fruits and vegetables in your diet and avoid eating junk food as much as possible. This will help you to maintain a strong immune system.

Get Enough Sleep: Getting enough sleep is vital to self-care. When you do not sleep enough you become irritable and unhappy. This may affect the people around you negatively. Getting enough sleep will help you to feel refreshed and ready to make this world a better place.

Read Books: Books are great stress relievers. Books can take you to another world and achieve inner-peace. Reading also boosts your mental health and helps you maintain positivity.

Go on a Vacation: Getting out of town on your own or with your family can help release the stress of routine and work.

What You Eat Will Bring You Happiness When You Eat What You Love

When you eat what you love, you feel more at peace with yourself as well as happy and satisfied. But be sure to mind your health.

Depriving Yourself is Unhealthy

Depriving yourself of food is a terribly unhealthy way to lose weight and can lead to depression. **Clean eating** means eating healthy meals that have the nutrients your body needs to stay healthy. Crash diets deprive your body of the basic nutrients it needs to function properly. The following steps can help you lose weight without damaging your body, which is why I call this clean eating.

- Use portion control to get essential nutrients while losing weight.
- Substitute unhealthy foods with foods that are good for you.
- Eat superfoods. Superfoods contain the nutrients your body needs, such as protein, complex carbs, and fiber.
- Develop mindful eating habits and have small periodic meals instead of less frequent monster meals.

Ways to Find Love Without Food

Me-Time: take some time for yourself to avoid the kind of irritable feelings that can ultimately lead to eating comfort food.

Sleep: get extra rest instead of indulging your cravings.

Get Creative: find a creative outlet to take your mind off food. Try writing or painting. You could also make a collage of childhood photos and decorate it.

Get a Massage: you can treat yourself with a massage to feel relaxed and revitalized. Massages can also lead to better sleep.

Go Out and Appreciate Nature: going outside can take your mind off food.

Dance: you can shake off a bad mood by shaking your body to some good music. This will help you to stay positive and help you stay in shape.

Listen to Soothing Music: listen to some soothing music to distract yourself from the stressors of life.

Try Something New: instead of eating out of sheer boredom, look for new adventures. For instance, go to a museum, or take a workshop that you have wanted to try or visit a friend you haven't seen in a while.

Ways to Bring More Love into Your Life

We need love to feel fulfilled and happy. True love is a soulful connection that inspires us but requires patience, courage, and effort. As part of your search for a deeper love, try the following.

Self-Love: you need to love yourself and feel good about yourself to find and grow love in other relationships and other parts of your life. Spend some time with yourself and indulge in an activity that you love.

Remove All Hindrances to Love: try to recognize and lower any internal barriers that may be preventing you from properly loving yourself and others.

Bless Others: bless others with your kindness and compassion, which will allow love to flow into your life more easily.

Giving and Forgiving: give for the sake of giving. This will help to promote healthy and pure relationships in your life and create a path for deeper and meaningful love. Also, try to be forgiving to create a peaceful environment around you.

Open Your Heart: open your heart to love and express your love and gratitude to others.

Find Love in All Situations: avoid conflicts when possible and solve your quarrels with an open heart. This will help you to find love in all situations.

These steps will help you to attract more happiness and love into your life.

Ways to Change Your Relationship with Food

To support a healthy lifestyle, follow the below list of do's and don'ts.

Do's:

- Get into the kitchen and cook your own food. This will help you to develop a positive relationship with food, as well as making it easier to eat healthy.
- Expand your food horizons. Add new vegetables to your cooking routine.
- Add foods to your diet that make you feel good about yourself, are light, and help your body to function at its best.
- Freeze something healthy to eat to avoid junk food when you don't have time to cook.
- Eat with your family. You will develop a positive relationship with both food and your family.
- Treat yourself with dessert every occasionally.

Don'ts

- Don't be cruel to yourself. If you gave in to a craving and indulged in comfort food, forgive yourself and move on. Promise yourself that you will avoid it or use portion control next time.
- Don't stress out. When you stress out, it can trigger unhealthy eating habits.
- Don't ever punish yourself for your indulgence in comfort food by starving yourself. This will only make you feel worse.
- Don't be tempted by advertisements that encourage you to give up your healthy eating habits.
- Don't judge yourself by the size of your body but by the values and beliefs you have. Try to lose weight slowly and consistently instead of judging and torturing yourself.

Hopefully this guide helps you to develop a healthy lifestyle and a good relationship with your food. It should also help you to reject the idea of crash dieting and depriving yourself of food. Make sure you get the nutrients necessary to feel good and nourish your body. Work to improve your relationship with food, avoid comfort food, and find love.

Finally, these happiness boosting recipes will help you to brighten up your life.

Before I go here are your recipes:

Blend all smoothies in a high-speed blender and feel free to add any of the happy boosting ingredients you learned from this book.

Have fun adding more happiness to your life.

Smoothie Revolution

- 1 ½ cups dairy free milk
- 1 cup kale
- ½ cup parsley leaves (flat leaf)
- 1 green apple, chopped
- 1 tablespoon flax meal or chia seeds
- 1 teaspoon maca powder

Superfood Smoothie

- 1 ½ cups of dairy free milk
- 4 kale leaves
- 1 cup blueberries
- ½ avocado
- 2 tablespoons raw cacao
- Dash of cinnamon

Happy Smoothie

- 1 ½ cups dairy free milk
- 1 cup blueberries
- 1 kiwi
- 1 cup spinach
- 1 tablespoon flax seeds
- ½ avocado
- Dash of cayenne

Pure Smoothie

1 ½ cups of dairy free milk
1 cup spinach
1 kiwi
1 teaspoon maca powder
1 teaspoon collagen or ½ teaspoon spirulina
Dash of cinnamon

Apple Dessert Smoothie

1 ½ cups dairy free milk
2 green apples, chopped
½ avocado
1 teaspoon coconut oil
1 cup spinach
Dash nutmeg
Dash cinnamon
¼ teaspoon vanilla extract

A Solution for You

I find that most clients who come to see me are confused about what to eat. Even though we live in the age of information, the advice that's out there can be overwhelming and often conflicting.

It's time to ditch the information overload and figure out which foods work for your unique body. I've already created the blueprint for you in my program, 14-Day Clean Eating Program.

Learn how to tap into the wisdom of your body and achieve endless energy and optimal health at www.finefabulousfree.blog



IIN Health Coach

My Bio

I am a native Southern California girl. I graduated with a Bachelor's of Science degree in Business Administration with a major in Human Resources Management from California State University Long Beach.

I worked in aerospace for seven years then become a stay-at-home mom of two children for 15 years. I divorced after 16 years of marriage and re-entered the work force. I worked temporary jobs before landing a position as an Assistant Property Manager. I worked in commercial real estate/property management for three years before becoming one of the "unemployed" statistics.

This led me to pursue my passion: nutrition and helping people get healthy as well as herself. It is my health issues with acid reflux that led me to study holistic nutrition and become a Health Coach. I took several acid reflux medications but found that none of them alleviated my acid reflux. One day, I decided that I needed to stop taking the medication and make some changes. I naturally alleviated my acid reflux symptoms by changing my diet and making lifestyle changes.

What is it Like to Work with Me?

Since working with Shaline, I noticed several positive changes to my lifestyle. With Shaline's coaching, I achieved my health goals. These are some of the positive changes I have made: substituted coffee for tea, added in vegetables smoothies daily, increased fish consumption, more home cooking, and no longer eat beef. With Shaline's suggestions, I added pea or hemp protein into my smoothies instead of dairy protein and I noticed that I felt better. I also added super foods such as cacao powder, marine phytoplankton, spirulina, maca powder which gave me more energy. One of my major achievements was eliminating process sugar. I drink more water. I incorporated Shaline's suggestions and recipes to my meals. Overall, I found that when Shaline shared what she does herself gave me confidence. – T. Moeller