

Healing with Foods!

Abstract

Do you have trouble sleeping, eating or focusing? Are you feeling sad, angry or moody? These emotions interfere with our quality of life, the environment, and the collective goals of our community. But FOOD CAN HEAL our broken emotions! Let us show you how foods work magic. What is plant-based whole food? How foods affect our emotions (sleeplessness, poor appetite, mood swing, poor concentration), health and environment? What should we eat to help us heal?