



# MOXIFIT™

## Anxiety & Depression

### Foods that Help Defeat Anxiety and Depression

- **Antioxidant-rich fruits and vegetables:**  
Dark leafy green vegetables, citrus fruits, berries, brightly colored vegetables
- **Healthy fats:**  
Omega-3 and Vitamin E
- **High quality unrefined:**  
Olive oil, coconut oil, flaxseed oil, fish oil, nuts and seeds
- **Protein-rich:**  
Moxifit products, lean farm-raised grass-fed meats or dairy without additives
- **Vitamin D:**  
Made in your skin by contact with sunlight; supplementation may be required

### Foods that Exacerbate Anxiety and Depression

- **Sugar**  
Creates inflammation which causes nerves to fire improperly.  
Examples: candy, cakes, and cookies, bread; chemical sugar  
alternatives such as aspartame and high fructose corn syrup, honey, and agave
- **Alcohol**  
It has the same effects as sugar, it creates inflammation which causes nerves to fire improperly. Also, it is a depressant.
- **Caffeine**  
Small quantities of coffee are allowed and can be beneficial for health.  
Try to limit caffeine intake to an 8 oz. cup of coffee (100mg) and consume before noon to prevent interruptions to your sleeping patterns.
- **Processed packaged foods**  
Avoid additives such as preservatives, hormones, antibiotics, nitrates, sulfites, trans fats, etc.



# MOXIFIT™

## Anxiety & Depression

### Ways to Battle Depressive Moods or Panic Attacks

- **Exercise:** Go for a walk outside, take a yoga class, strength training. Exercise helps create “feel-good” hormones, give you more energy during the day, and will also help you sleep better. Being outside for a few minutes a day will help to increase Vitamin D production.
- **Cook a healthy meal for yourself:** Remind yourself that you care about your body and that you should be making your health a priority. Nourishing your body is of the utmost importance to keep it running efficiently.
- **Meditate:** Find a quiet place to just sit, either on the floor or in a chair with feet flat on the floor. Close your eyes and focus on every breath you take, letting all thoughts flow in and out of the brain.
- **Phone a friend:** Call up a friend you have not seen in a while, or a close friend whom you trust. Try meeting somewhere outside of the house, or do something active with them.