



VeteranCaregiver.com Video Resources

Recommended Resources:

Emotional Detox from Good Nutrition Changes

Resources

<https://www.completenutrition.com/lifestyle-360/posts/2013/why-am-i-feeling-moody-while-dieting/>

<http://psychcentral.com/lib/improving-your-emotional-health-through-healthier-eating/>

<http://www.fitnessmagazine.com/weight-loss/tips/diet-and-mood-swings/>

<http://www.livescience.com/27977-junk-food-bad-mood.html>

<http://www.rawfoodexplained.com/nutrition-mind-and-the-emotions/emotional-aspects-of-diet-and-digestion.html>

<http://healthyeatingharbor.com/psychological-effects-weight-loss>

<http://www.mindbodygreen.com/0-6004/5-Ways-to-Deal-with-the-Emotional-Side-of-Detoxing.html>

<http://www.livestrong.com/article/249937-irritability-and-diet/>

<http://www.nutritionsecrets.com/how-food-affects-our-emotions/>

Video

<https://www.youtube.com/watch?v=HD5GyR2Q8J0>

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