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**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Balance Your Moods With Food**

**By News Canada**

**Balance Your Moods With Food**

**by: News Canada**

**Before breakfast:**

**Breakfast:**

**Mid-morning snack:**

Reach for some raw, very low-density complex carbo-hydrates such as carrots, celery or zucchini.

**Lunch:**

**Mid-afternoon snack:**

**Dinner:**

News Canada

provides a wide selection of current, ready-to-use copyright free news stories and ideas for Television, Print, Radio, and the Web.

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## **Making The Food–Mood Connection**

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