Your Food & Mood Pharmacy

Head to the refrigerator, rather than the medicine cabinet, when these troubles strike:

**HAVE A HEADACHE?**

Rx: A cup of cappuccino

**IN A BAD MOOD?**

Rx: A bowl of fruit salad with oranges

**STRESSED OUT?**

Rx: Eat a bowl of chicken noodle soup

**FEELING DRAINED?**

Rx: A tuna salad sandwich

**EXHAUSTED?**

Rx: Glass of grapefruit juice

**FEELING A COLD COMING?**

Rx: Spinach Salad

**NOT IN THE MOOD?**

Rx: A chocolate truffle

**FEELING BLUE?**

Rx: A whole grain roll

**IN A PANIC?**

Rx: A handful of mixed nuts, including brazil nuts

**NOT SLEEPING WELL?**

Rx: A bowl of cereal with sliced bananas