Supplements for Optimum Mood

1

Holy Basil (*Ocímum sanctum*)

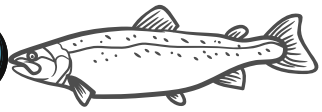
Holy Basil, an herb from Ayurveda, is my all-time favorite herb. I take it daily. It is excellent for stress, anxiety, mood, and resiliency. It has a direct impact on cortisol levels. It reduces inflammation, normalizes blood pressure and glucose levels, fights infection, improves memory. and reduces the impact of toxin exposure.

2

Saffron (*Crocus sativus*)

Saffron is highly evidence-based for depression. It has an impact on multiple neurotransmitters, including dopamine and serotonin. Taken in minute amounts, it can give a mood boost to even those not suffering from depression. Use intermittently, as the body loses sensitivity to it over time.

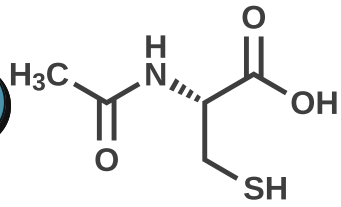
3



Omega-3 Fish Oils

The evidence for fish oils improving mood (and other mental illnesses) is strong. Fish oils are anti-inflammatory, and inflammation is a common etiology in many cases of mental imbalance. Fish oils can help inflammation in all parts of the body, actually. There is a vegan option, but in my experience, it isn't as effective.

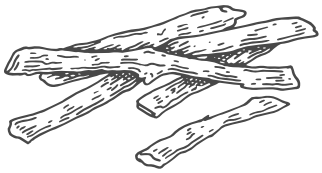
4



N-Acetyl Cysteine (NAC)

NAC is a modified form of cysteine, an amino acid. NAC is a precursor to the powerful antioxidant glutathione, produced by the liver. Taking NAC helps with detoxification and has antioxidant + anti-inflammatory impact throughout the body. It is evidence-based for multiple psychiatric concerns. Take a low dose with food for best results. Extra tip: it can be drying.

5



Ashwagandha (*Withania somnifera*)

Ashwagandha is an herb from Ayurveda that has a positive impact on multiple psychiatric conditions. It lowers stress, improves sleep, improves energy (boosts the thyroid), reduces anxiety, improves mood, and enhances resiliency/endurance. Take in the morning for stress/mood/anxiety and during the evening for insomnia.

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