



15 April 2021

Re: RFAA

There is no secret that the brain is what makes the entire body function. Like an expensive care the brain runs best when it gets premium fuel, and that fuel is essentially what you eat. For years scientist and mental health professionals have studied the correlation between mental health and food. Harvard health states that: "Serotonin is a neurotransmitter that helps regulate sleep and appetite, mediate moods, and inhibit pain. Since about 95% of your serotonin is produced in your gastrointestinal tract, and your gastrointestinal tract is lined with a hundred million nerve cells, or neurons, it makes sense that the inner workings of your digestive system don't just help you digest food, but also guide your emotions.

Lack of healthy foods can contribute to poor brain development, mood disorders, and health issues in individuals beginning in childhood. Of course, individuals battling with these things would cause a major strain on their mental health thus it could lead to depression, anxiety, and a host of other mental health conditions. The lack of healthy food choices, especially in low-income communities, has contributed to many of these factors by not providing an adequate supply of healthy food available to those in the community. Taylormade stands with RFAA in the fight against food insecurity and food deserts across America. We believe that mental health matters and healthy food and education is the foundation to helping individuals to live life abundantly.

A handwritten signature in black ink, appearing to read "Erica Taylor".

Erica Taylor, LCSW-S  
Owner/Clinical Social Worker & Supervisor