

NUTRITION FOR *Mental Health*

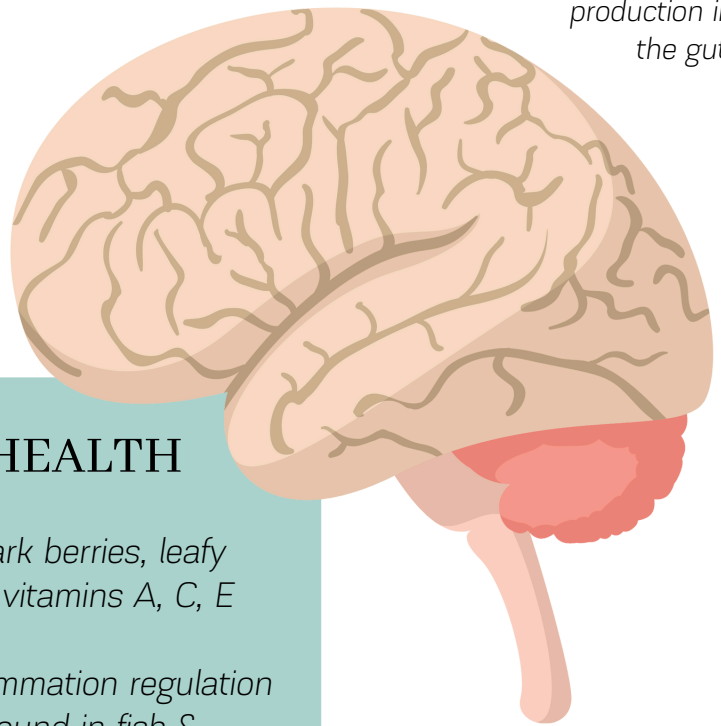
THE GUT-BRAIN CONNECTION

Not only does your brain influence what you eat, what you eat influences your brain. This bidirectional relationship between the gut and the central nervous system is modulated by diet, the microbiome, and inflammation. That means that your nutrition has a direct impact on mood, cognitive function, and mental health (for better or worse).

AN ANTI-INFLAMMATORY DIET

Eating a processed, low-nutrient diet is correlated with increased rates of depression and anxiety. On the other hand, eating a nutritionally-wealthy, whole foods diet decreases risk for these mental health issues. To support optimal mental health (and overall health), fill your plate with colorful vegetables & fruits, quality protein, healthy fat, whole grains and legumes, and flavorful herbs & spices. Improving your diet can have a profound impact on mood, sleep, energy, and focus in only a few weeks.

The enteric nervous system is often called a "second brain" because it is composed of hundreds of millions of neurons that regulate blood flow, muscle contractions, secretions, immune function, and neurotransmitter production in the gut.



EATING FOR MENTAL HEALTH

- **BOOST ANTIOXIDANT INTAKE**
colorful fruits & vegetables, green tea, dark berries, leafy greens, turmeric, ginger, quality olive oil, vitamins A, C, E
- **INCREASE OMEGA-3S**
support nervous system function & inflammation regulation with essential fatty acids (EPA & DHA) found in fish & seafood
- **REDUCE INFLAMMATORY FOODS**
refined sugar, gluten, seed oils, fried foods, processed dairy & meat, artificial flavors & colors
- **NOURISH YOUR MICROBIOME**
increase fiber, prebiotics, and probiotic strains studied to support mental health

DEPRESSION:
*L rhamnosus HN001 or
B coagulans NTCC 5856*

ANXIETY:
*B longum R0175 &
L helveticus R0052*