

Healing the Modern Brain

Mental Fitness and Nutritional Psychiatry

Drew Ramsey, MD

Psychiatrist and Author

Founder, The Brain Food Clinic

Healing The Modern Brain (2025)

Eat To Beat Depression and Anxiety (2021)



DISCLOSURES

- Advisory Board, Men's Health Magazine
- Author and social media platforms @DrewRamseyMD
- I will not discuss the off-label use of any medications

Times have changed...



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HEALING THE MODERN BRAIN



Nine Tenets to Build Mental Fitness
and Revitalize Your Mind

DREW RAMSEY, M.D.

Author of EAT TO BEAT DEPRESSION AND ANXIETY

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Dr. Drew Ramsey Podcast

Drew Ramsey · Podcast

Public ▾

16 episodes Updated 6 days ago



▶ Play all

Drew Ramsey, MD is a pioneer in the field of mental health. He is a board-certified



☰ Sort

☰

NOURISH YOUR BRAIN
Annie Fenn, MD
59:09

☰

EAT THIS FEEL BETTER
Felice Jacka PhD, OAM
1:16:04

☰

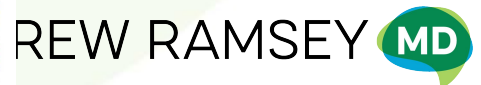
MERGING EVIDENCE AND INTUITION
with Ellen Yon, MD
1:06:43

☰

UNLOCK THE POWER OF EMOTIONS
with Hilary Jacobs Hendel, LCSW
1:04:27

☰

HEAL YOUR GUT HEAL YOUR LIFE
with Robynne Chutkan, MD
1:11:06







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Can What We Eat Affect How We Feel?

Nutritional psychiatrists counsel patients on how better eating may be another tool in helping to ease depression and anxiety and may lead to better mental health.



Tony Cenicola/The New York Times

By **Richard Schiffman**

March 28, 2019

WHO MADE THAT?

Who Made That Kale?



Jens Mortensen for The New York Times

By **Pagan Kennedy**

Oct. 18, 2013

How Food May Improve Your Mood

The sugar-laden, high-fat foods we often crave when we are stressed or depressed, as comforting as they are, may be the least likely to benefit our mental health.



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What is the “Modern Brain”?

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The Need for Mental Fitness

- 60 Million Americans with Anxiety and Depression
- Almost 14% of adults in the U.S. take an antidepressant medication—including 1 in 4 women over 60
- New stressors and challenges for the brain
 - Screens, microplastics, ultra-processed foods
 - Noise and light pollution
 - Social media and digital life
 - Alcohol and Substances
- PREVENTATIVE FRAMEWORK FOR MENTAL HEALTH

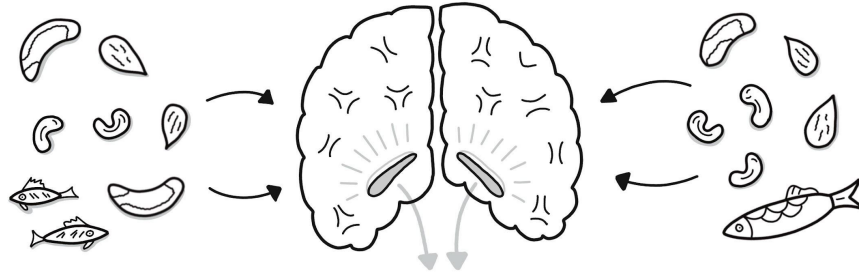


What IS Mental Fitness?

The knowledge, habits, and skills that culminate in a more enjoyable, more mentally sound life.

NEUROPLASTICITY

Your brain in **GROW** mode



THE HIPPOCAMPUS

A healthy diet full of nutrients and omega-3s can make the hippocampus grow

⇒ this promotes:

- ▶ learning
- ▶ memory
- ▶ heightened mood



is the brain's memory center and it is also part of the human limbic, or emotional, system



Studies have found that this key region in the brain can shrink up to **20%** in patients struggling with depression

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Brain-Derived Neurotrophic Factor (BDNF)

- Promotes neuron development, function, and survival
- Most abundant neurotrophin, lower in depression
- Modulated by nutrition, exercise, sleep, nature social interactions, SSRI, SNRI, psychotherapy



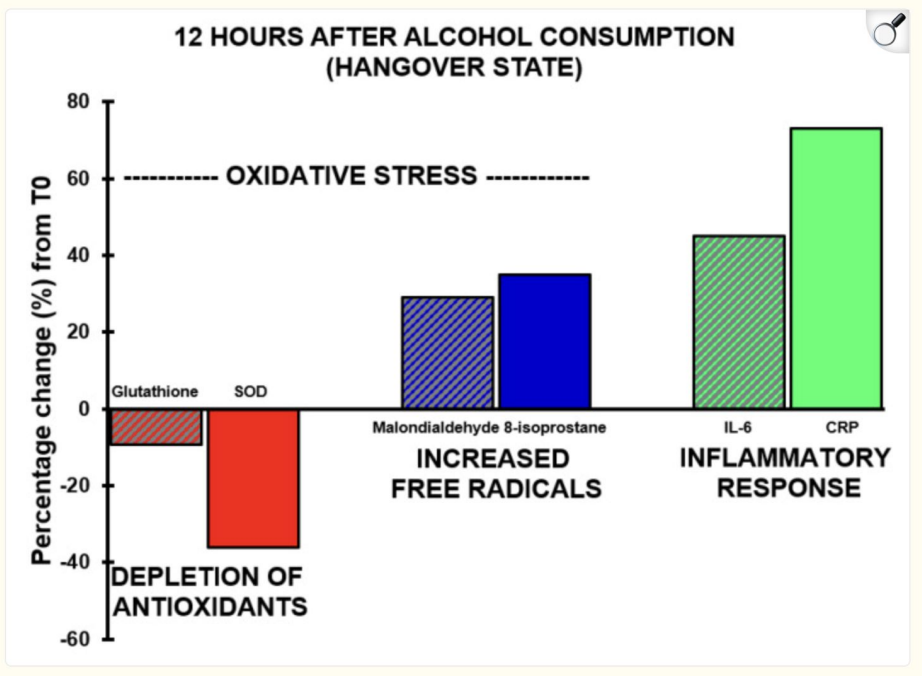
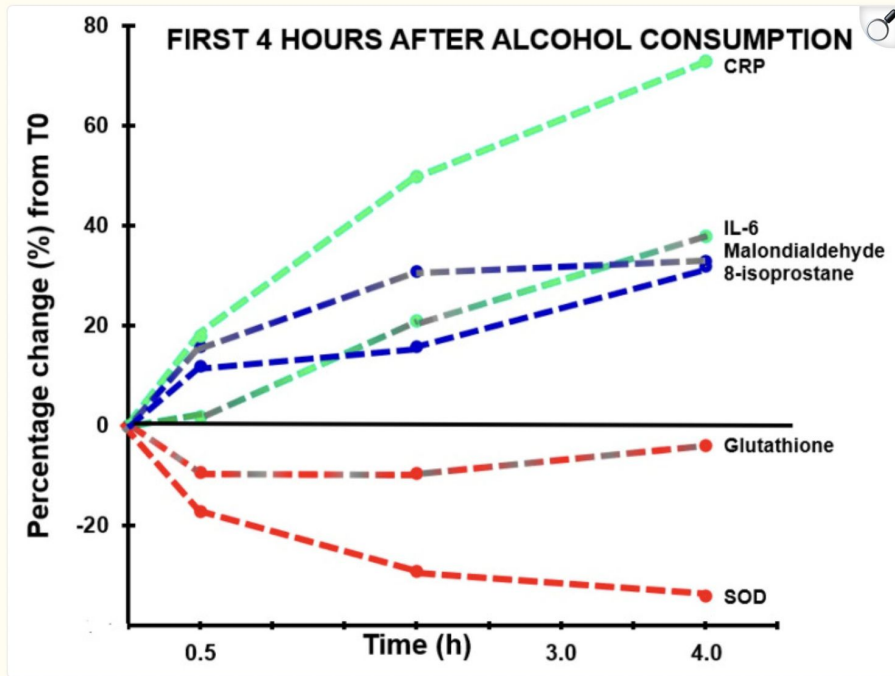
BRAIN GROW!

Neuroinflammation

What Does It Feel Like?

- Mood
- Cognition
- Anxiety
- Tequila Hangover





CAUSES OF INFLAMMATION



CHRONIC STRESS



ENVIRONMENTAL TOXINS

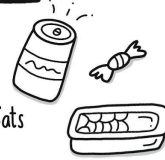
POOR DIET

SMOKING



High in:

- SUGAR & "fast carbs"
- omega-6 fatty acids & trans fats
- processed meats



OBESITY

SOCIAL ISOLATION



Low in:

- fiber
- omega-3 fatty acids & seafood
- fruits & vegetables

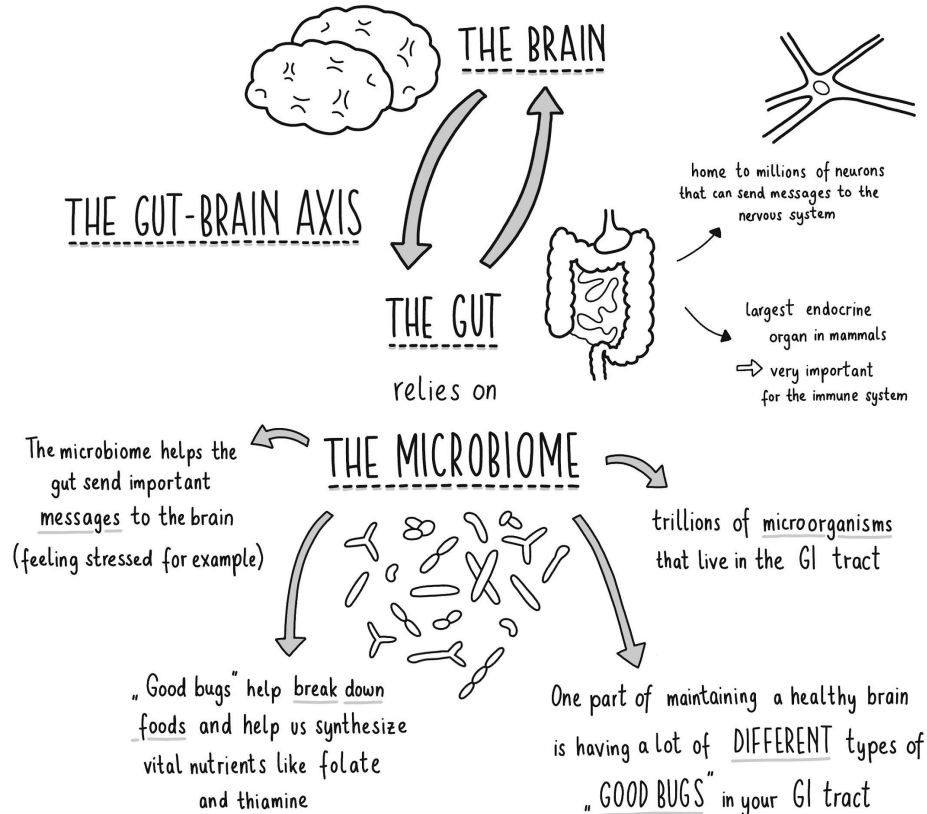
MICROBIOME PROBLEMS



SLEEP DEPRIVATION

LACK OF PHYSICAL ACTIVITY

THE MICROBIOME



1. Eat Fermented Foods Daily
2. Eat 30 Different Plants Each Week

Nine Tenets of Mental Fitness



Self Awareness

The Foundation of Mental Fitness

Self-awareness helps you recognize stressors, triggers, and unhealthy patterns.

You Must Observe the Self to Change It





Self Awareness



Body Scan

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How to Cultivate Self Awareness

- Mindfulness meditation  Quiet Down and Check In
- Breathwork
- Journaling 
- Cognitive Behavioral Techniques (CBT) 
- Seeking Feedback from Others  ie Groups
- Noticing Patterns and Relational Themes

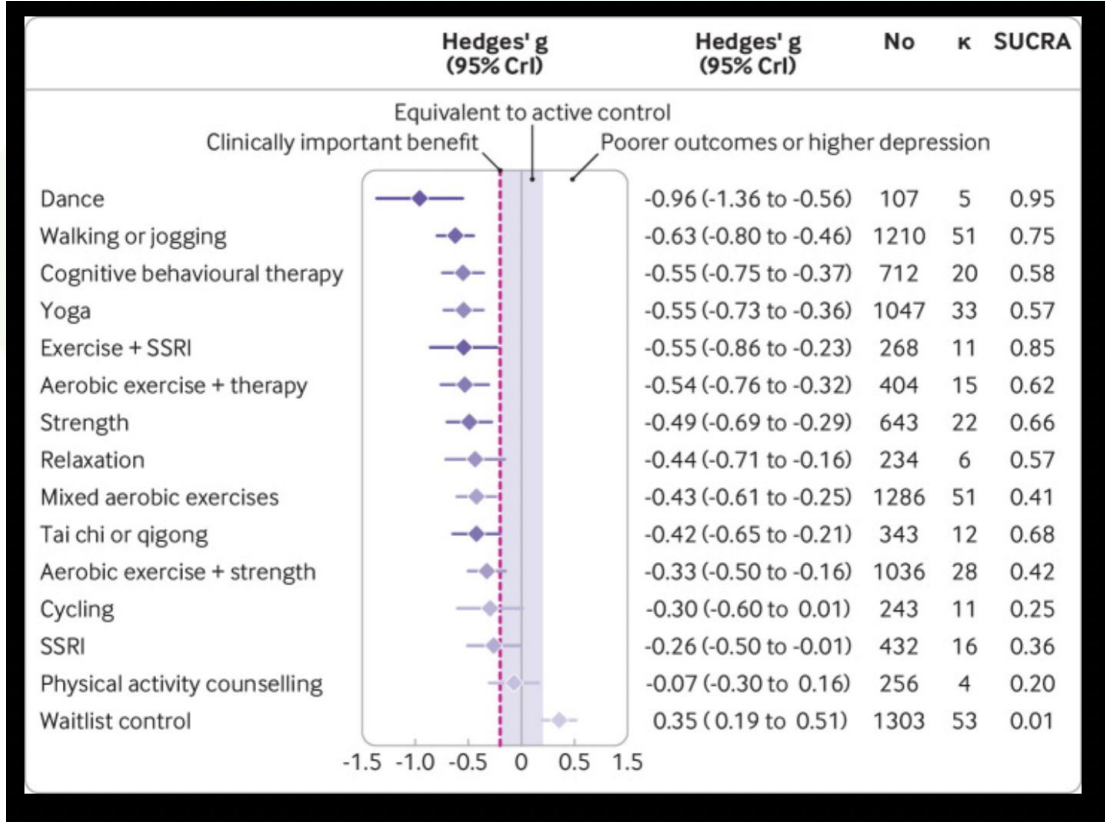
Movement

- Physical activity is a mental fitness tool. Movement boosts energy and reduces stress.
- Research demonstrates how exercise reduces symptoms of depression and anxiety through endorphin release, improved blood flow to the brain and promotes brain growth. Studies show exercise can be as effective as medication for some patients.
- **What's the best exercise for your mental health?**

Noetel m et al. Effect of exercise for depression: systematic review and network meta-analysis of randomised controlled trials. BMJ. 2024 Feb 14;384:e075847.

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Let's Tango?



Connection

- Strong social ties lower cortisol, boost resilience, and reduce mental health risks, such as anxiety and depression.
- We're wired for connection. Building strong relationships protects your brain as much as quitting smoking protects your lungs.



Holt-Lunstad, J., Smith, T. B., Layton, J. B. (2010).
Social relationships and mortality risk: A meta-analytic
review. *PLoS Medicine*, 7(7), e1000316.

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What *IS* Nutritional Psychiatry?

The use of **nutrition** to optimize brain health and to treat and prevent mental health concerns.

A decade of progress....

Personal View

THE LANCET Psychiatry

Nutritional medicine as mainstream in psychiatry



Jerome Sarris, Alan C Logan, Tasnime N Akbaraly, G Paul Amminger, Vicent Balanzá-Martínez, Marlene P Freeman, Joseph Hibbeln, Yutaka Matsuoka, David Mischoulon, Tetsuya Mizoue, Akiko Nanri, Daisuke Nishi, Drew Ramsey, Julia J Rucklidge, Almudena Sanchez-Villegas, Andrew Scholey, Kuan-Pin Su, Felice N Jacka, on behalf of The International Society for Nutritional Psychiatry Research

“Although the determinants of mental health are complex, the ***emerging and compelling evidence for nutrition as a crucial factor*** in the high prevalence and incidence of mental disorders suggests that diet is as important to psychiatry as it is to cardiology, endocrinology, and gastroenterology.”

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Lancet Psychiatry. 2015 Mar;2(3):271-4. PMID: 26359904.

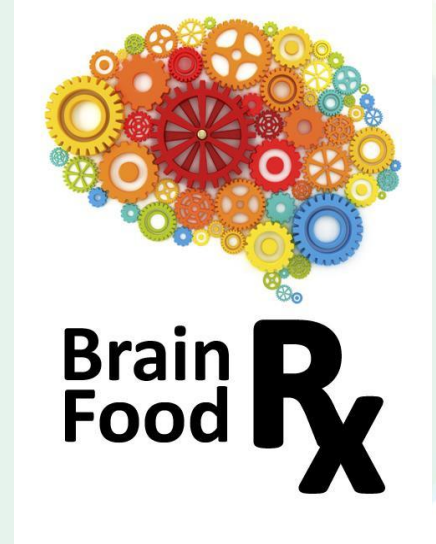
Your Brain & Food

- Consumes 420 calories/day
- 20% of daily calories
- Composed of 60% Fat
- PUFAs and Cholesterol



The Brain Food Clinic: *Feed Your Mental Health*

- What is a Brain Food?
- Nutrient Density
- Dietary Patterns
- Neuroplasticity/Inflammation
- FOOD not supplements
- What Happens when we ask about food



? Kefir grains?
 • Sprouted Almonds?
 • Berries? Medicinal herbs
 → can I use yeast?

Question Pancakes
 * 10-gram packet
 Sourdough starter

Eggs (2) Tamrakk Farms (7/12 Breakfast)

Black beans
 Spinach
 Garlic
 Red pepper
 Corn
 Sunflower seeds
 Flax seeds
 Mozzarella
 Basil

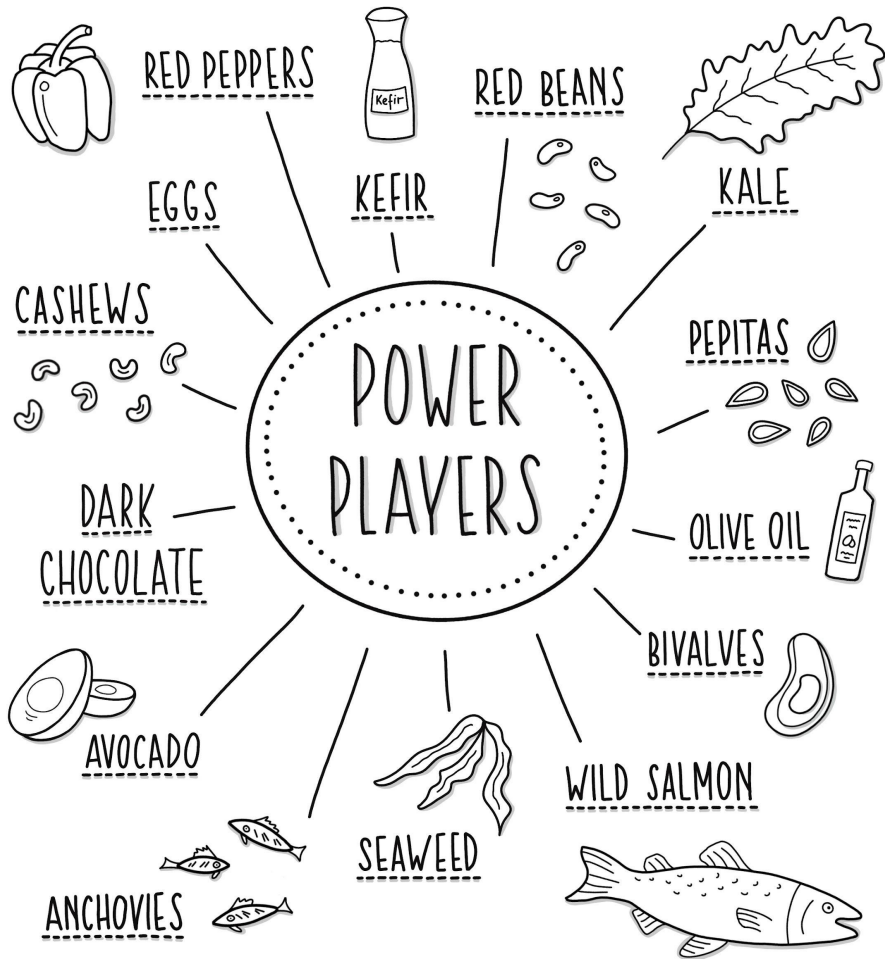
Broccoli sprouts
 Microgreens
 Broccollini
 Shallots
 Himala Pink salt
 Ground Black Pepper
 Onion powder

Eat complete Recipes

- * Kiwi Green Smoothie
- * Minty Blueberry Shake
- * Buttermilk Strawberry?
- * Millet-Cheddar fritters
- * Kale-Artichoke Fritto Misto + Prebiotic Vinegar
- * Sunflower - Palm Chips + Navy Bean Hummus
- * "Pancake" Brussel Sprouts with Red Lentil
- Deviled Green Eggs
- Chicken Satay with peanut dip sauce
- * Black Rice Grilled Radish Beets
- Rainbow Burger + sweet potatoe fries
- Lazy Green mac-n-chese
- Baked Quinoa Casserole Asparagus Artichoke
- * Lobster roll salad * Turkey Kale Tacos

Desserts
 • Choc Avocado Mousse
 • Choc Truffles (?)
 • Cashew Banana Bread
 • Choc Almond cake

* Black bean Sakeb
 Toasted Cumin
 * Kale Pork Chops
 * Wild Salmon Pesto



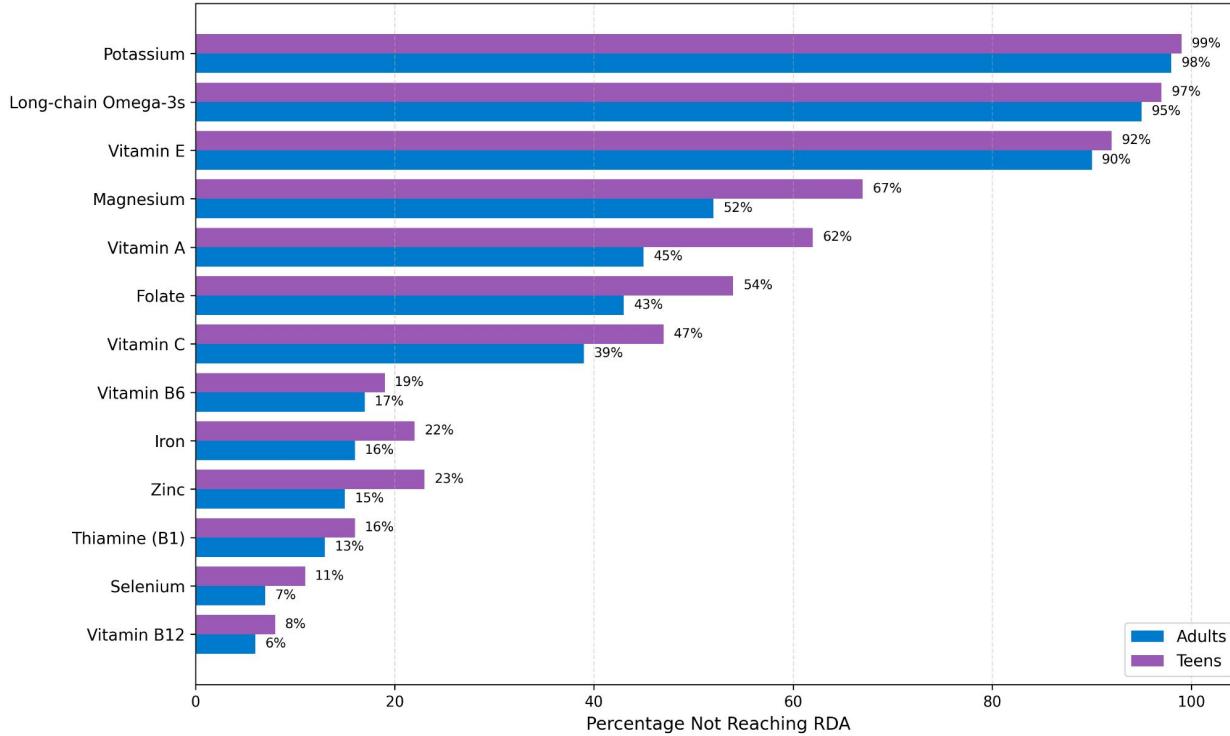
Ramsey Nutritional Psychiatry Self-Assessment (RNP-S)

1. Besides a salad, I eat greens as _____.
2. My three favorite fiber foods?
3. I love to dip _____ in olive oil.
4. Lentils.
5. My Seafood meals this week will be _____.
6. This week I have eaten _____ CFUs.

Bonus: As an eater, I feel too much guilt about _____
and not enough JOY about _____.






US Adults and Teens NOT meeting RDA

Nutrient Deficiencies in the U.S. Antidepressant Food Scale Nutrients: Adults vs. Teens



Sources: NHANES 2013-2018 (CDC, USDA), Papanikolaou et al., Nutrients 2014; Rosanoff et al., Magnesium Research 2012; USDA Dietary Guidelines 2020-2025

EAT TO BEAT DEPRESSION - TOP NUTRIENTS

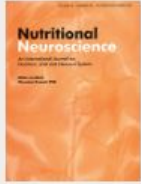
	<p>ZINC</p> <p>PUMPKIN SEEDS (¼ cup) 31%</p> <p>OYSTERS (6) 413%</p> <p>GROUND TURKEY (3 oz) 23%</p> <p>STEAK (5 oz) 175%</p> <p>SESAME SEEDS (¼ cup) 34%</p>		<p>MAGNESIUM</p> <p>ALMONDS (1 oz) 25%</p> <p>SPINACH (½ cup) 24%</p> <p>CASHEWS (1 oz) 23%</p> <p>BLACK BEANS (½ cup) 19%</p> <p>SOYBEANS (½ cup) 16%</p>
<p>B12</p> <p>CLAMS (3 oz) 1401%</p> <p>BEEF LIVER (3 oz) 1178%</p> <p>MUSSELS (3 oz) 833%</p> <p>SARDINES (3 oz) 338%</p> <p>CRAB (3 oz) 127%</p>		<p>FIBER</p> <p>NAVY BEANS (1 cup) 76%</p> <p>LENTILS (1 cup) 63%</p> <p>TEMPEH (1 cup) 48%</p> <p>RASPBERRIES (1 cup) 32%</p> <p>COLLARD GREENS (1 cup) 30%</p>	
	<p>IRON</p> <p>PUMPKIN SEEDS (¼ cup) 47%</p> <p>OYSTERS (3 oz) 44%</p> <p>DARK CHOCOLATE (3 oz) 39%</p> <p>SESAME SEEDS (¼ cup) 29%</p> <p>SPINACH (½ cup) 17%</p>		<p>OMEGA3s</p> <p>WILD SALMON (3 oz) 2172 mg</p> <p>ANCHOVIES (3 oz) 1776 mg</p> <p>SARDINES (3 oz) 1242 mg</p> <p>TUNA (3 oz) 808 mg</p> <p>OYSTERS (3 oz) 511 mg</p>
<p>GOOD BUGS</p> <p>The number of healthy bacteria in a fermented food is quantified by CFUs (colony forming units). All these foods are rich in live cultures.</p> <p>KEFIR SAUERKRAUT YOGURT KOMBUCHA KIMCHI</p>		<p>PHYTONUTRIENTS</p> <p>RED PEPPERS: Lycopene</p> <p>SWEET POTATO: Carotenoids</p> <p>BROCCOLI: Sulforaphanes</p> <p>BLUEBERRIES: Anthocyanins</p> <p>ONIONS: Quercetin</p>	

photos © www.123rf.com

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The Mechanisms of Nutritional Psychiatry

1. Nutrient deficiency/Insufficiency
2. Neuroplasticity and BDNF
3. Inflammation
4. Microbiome
5. Plants and phytonutrients
6. Toxic Diet Effects – *trans*-fats, food dyes, increased medication load
7. Foodcebo Effect
8. Food Connection/Community
9. Empowerment/Self-Care



Journal

Nutritional Neuroscience >

An International Journal on Nutrition, Diet and Nervous System

Volume 20, 2017 - Issue 3

Original Articles

Dietary recommendations for the prevention of depression

R.S. Opie, C. Itsiopoulos, N. Parletta, A. Sanchez-Villegas, T.N. Akbaraly, A. Ruusunen &
Pages 161-171 | Published online: 02 Mar 2016

1. Follow 'traditional' dietary patterns, such as the Mediterranean, Norwegian, or Japanese diet
2. Increase consumption of fruits, vegetables, legumes, wholegrain cereals, nuts, and seeds
3. Include a high consumption of foods rich in omega-3 polyunsaturated fatty acids
4. Replace unhealthy foods with wholesome nutritious foods
5. Limit your intake of processed-foods, 'fast' foods, commercial bakery goods, and sweets.

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Research Letter | Psychiatry

Consumption of Ultraprocessed Food and Risk of Depression

Chatpol Samuthpongton, MD; Long H. Nguyen, MD, MS; Olivia I. Okereke, MD, SM; Dong D. Wang, ScD, MD; Mingyang Song, MD, ScD;
Andrew T. Chan, MD, MPH; Raaj S. Mehta, MD, MPH

N= 31,712

**Prospective Study 2003-2017 Nurses Health Study 2
FFQ every 4 years, NOVA score for UPF**

Comparing lowest and top quintiles:

Strict definition of depression HR 1.49

Broad definition of depression HR 1.37

The Mediterranean Diet

Does Good Food = Good Mood?

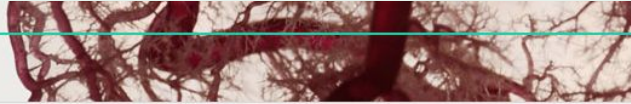
Table 2. Association Between Adherence to the Mediterranean Dietary Pattern and Risk of Depression

Variable	Adherence to the Mediterranean Dietary Pattern Score (Median Score)					P Value for Trend
	0-2 (2)	3 (3)	4 (4)	5 (5)	6-9 (6)	
No. of cases per person-years	126/8866	91/8253	97/9240	67/8131	99/9715	
Crude rates per 10 ³ (95% CI) ^a	14.2 (11.8-16.9)	11.0 (8.9-13.5)	10.5 (8.5-12.8)	8.2 (6.4-10.5)	10.2 (8.3-12.4)	
Model 1						
HR (95% CI) ^b	1 [Reference]	0.74 (0.57-0.98)	0.66 (0.50-0.86)	0.49 (0.36-0.67)	0.58 (0.44-0.77)	<.001
Model 2						
No. of cases per person-years	67/8748	48/8167	46/9138	32/8061	44/9605	<.001
HR (95% CI) ^b	1 [Reference]	0.73 (0.50-1.06)	0.56 (0.38-0.83)	0.42 (0.27-0.66)	0.50 (0.33-0.74)	
Model 3						
No. of cases per person-years	86/8726	65/8155	61/9116	50/8075	75/9631	.007
HR (95% CI) ^b	1 [Reference]	0.79 (0.57-1.09)	0.67 (0.48-0.93)	0.56 (0.39-0.80)	0.69 (0.50-0.96)	

Model 1: sex, age, smoking status , BMI, physical activity, energy intake, employment

Model 2: Excluded Participants w/depression dx in first 2 years

Model 3: Excluded Participants with antidepressant on f/u, No DX DREW RAMSEY



[Abstract](#)

[Background](#)

[Methods](#)

[Results](#)

[Discussion](#)

[Conclusions](#)

[Declarations](#)

[References](#)

Research article | [Open Access](#) | [Open Peer Review](#)

A randomised controlled trial of dietary improvement for adults with major depression (the 'SMILES' trial)

Felice N. Jacka , Adrienne O'Neil, Rachelle Opie, Catherine Itsiopoulos, Sue Cotton, Mohammedreza Mohebbi, David Castle, Sarah Dash, Cathrine Mihalopoulos, Mary Lou Chatterton, Laima Brazionis, Olivia M. Dean, Allison M. Hodge and Michael Berk

BMC Medicine 2017 15:23

<https://doi.org/10.1186/s12916-017-0791-y> | © The Author(s). 2017

Received: 31 August 2016 | **Accepted:** 11 January 2017 | **Published:** 30 January 2017

SMILES

- 12-week, parallel-group, single blind, RCT
- Adjunctive dietary intervention vs. social support “befriending” protocol
- 7 individual nutritional consulting sessions clinical dietician.
- N = 67 (diet intervention, $n = 33$; control, $n = 34$).
- Remission (MADRS score < 10) 32.3% ($n = 10$) intervention and 8.0% ($n = 2$) controls respectively
- Number needed to treat (NNT) based on remission scores was 4.1 (95% CI of NNT 2.3–27.8).

“These results are the first to show that young adults with elevated depression symptoms can engage in and adhere to a diet intervention, and that this can reduce symptoms of depression.”

RESEARCH ARTICLE

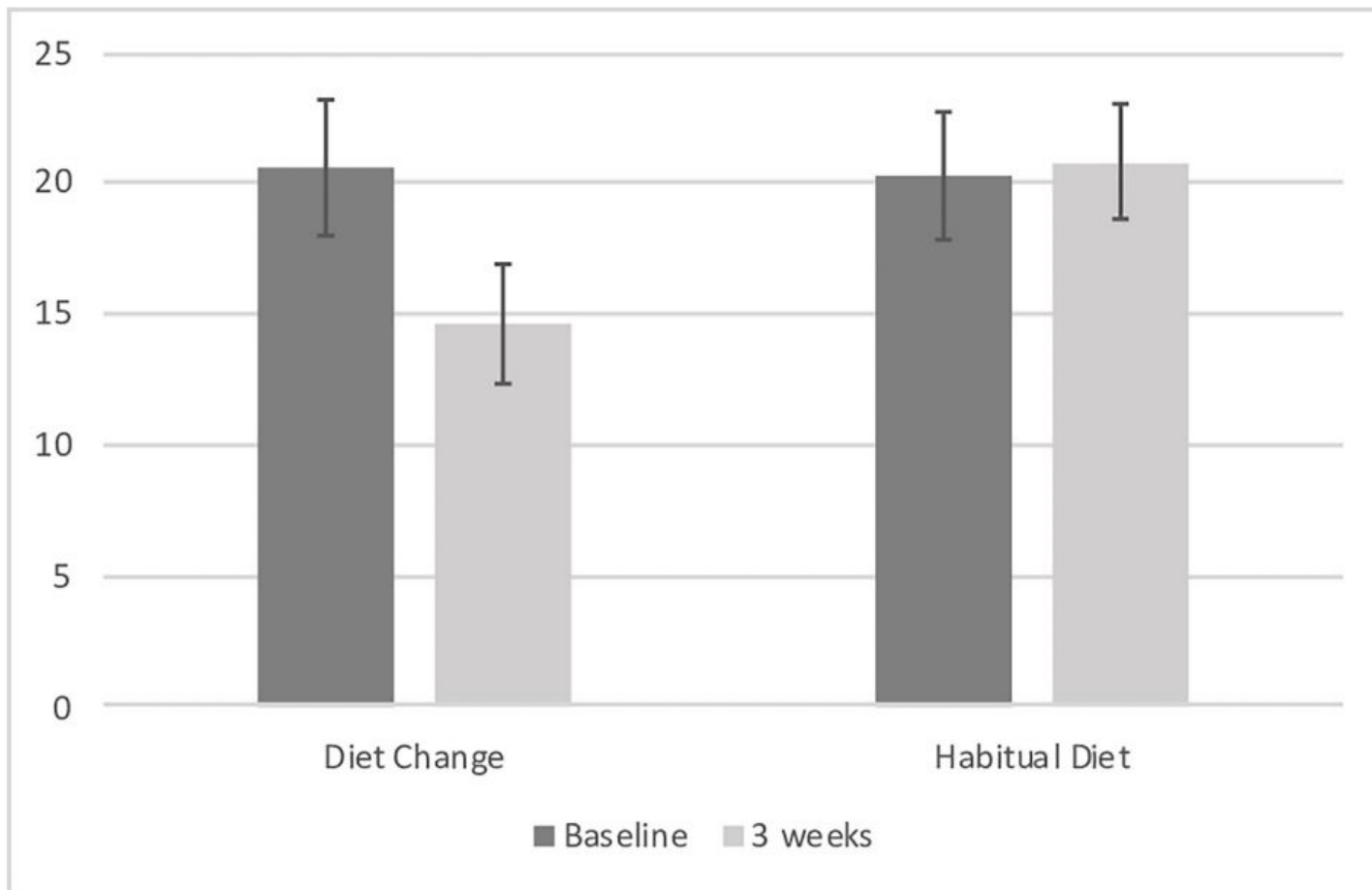
A brief diet intervention can reduce symptoms of depression in young adults – A randomised controlled trial

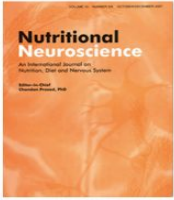
Heather M. Francis ^{1*}, **Richard J. Stevenson**¹, **Jaime R. Chambers**^{2,3}, **Dolly Gupta**¹, **Brooklyn Newey**¹, **Chai K. Lim** ⁴

1 Psychology Department, Macquarie University, Sydney, NSW, Australia, **2** Sydney Integrative Medicine, Level 1, Sydney, NSW, Australia, **3** Cooper St Clinic, Sydney, NSW, Australia, **4** Biomedical Sciences, Macquarie University, Sydney, NSW, Australia

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CES-D





Nutritional Neuroscience
An International Journal on Nutrition, Diet and Nervous System

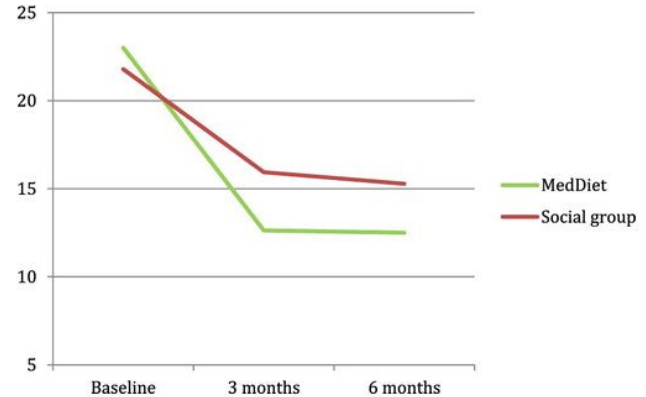
ISSN: 1028-415X (Print) 1476-8305 (Online) Journal homepage: <https://www.tandfonline.com/loi/ynns20>

A Mediterranean-style dietary intervention supplemented with fish oil improves diet quality and mental health in people with depression: A randomized controlled trial (HELFIMED)

Natalie Parletta, Dorota Zarnowiecki, Jihyun Cho, Amy Wilson, Svetlana Bogomolova, Anthony Villani, Catherine Itsiopoulos, Theo Niyonsenga, Sarah Blunden, Barbara Meyer, Leonie Segal, Bernhard T. Baune & Kerin O'Dea

- N = 152
- MedDiet cooking workshops for 3 months + low-dose fish oil 6 months vs. social groups for 3 months
- Depression scores improved by:
 - 45% in the MedDiet
 - 26.8% in the Social group.
- Changes sustained at 6 months.

Figure 4 DASS depression scores at baseline, 3 and 6 months.



doi: 10.1093/ajcn/nqac106.

The effect of a Mediterranean diet on the symptoms of depression in young males (the "AMMEND: A Mediterranean Diet in MEN with Depression" study): a randomized controlled trial

Jessica Bayes ¹, Janet Schloss ², David Sibbritt ¹

What Worked?

Plants They Like

Olive Oil - 3 Tablespoons

LEGUMES!

100% of men have decreased symptoms

36% of men reach full remission

8 point improvement MEDAS → 20 point decrease in BD-II

Large decrease in depression



Psychiatry Research

Volume 335, May 2024, 115866



Ketogenic Diet Intervention on Metabolic and Psychiatric Health in Bipolar and Schizophrenia: A Pilot Trial

38% were in recovery at beginning of trial increasing to 81% by end of trial.

29% with metabolic syndrome at start to 0 percent at end!

36% decreased in VAT (visceral adipose tissue)

10% weight and BMI decrease

21% increase in LDL (only 1.3% increase in small-dense LDL)

HS-CRP Increase 20-35%?

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Article | [Open access](#) | Published: 10 September 2025

A pilot study examining a ketogenic diet as an adjunct therapy in college students with major depressive disorder

[Drew D. Decker](#), [Ryan Patel](#), [Jennifer Cheavens](#), [Scott M. Hayes](#), [Whitney Whitted](#), [Ann J. Lee](#), [Alex Buga](#), [Bradley T. Robinson](#), [Christopher D. Crabtree](#), [Madison L. Kackley](#), [Justen T. Stoner](#), [Teryn N. Sapper](#), [Ashwini Chebbi](#) & [Jeff S. Volek](#) 

[Translational Psychiatry](#) **15**, Article number: 322 (2025) | [Cite this article](#)

16k Accesses | **782** Altmetric | [Metrics](#)

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“I Eat a Healthy Diet.....”

Count Calories
Avoid Cholesterol
Avoid Fat
No Red Meat
2 Glasses Red Wine



DAY 1



Breakfast

1 plain bagel



Lunch

Ham sandwich on a plain hero



Snack

1 package of freeze dried ice cream



Dinner

3 pulled pork tacos with corn salsa

DAY 2



Breakfast

3 scrambled eggs
blueberry toast with
avocado



Lunch

2 servings of penne
arrabbiata



Snack

2 cranberry & white
chocolate cookies



Dinner

Roasted pork with
corn & white rice

DAY 3



Breakfast

Scrambled egg
whites with 2 English
muffins



Lunch

1 slice of cheese pizza



Snack










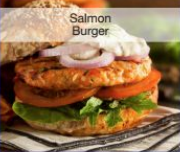







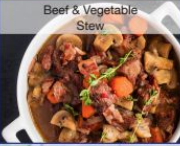





Sour gummy candy



Dinner

Roasted pork
& potatoes

EAT TO BEAT DEPRESSION - SIMPLE SWAPS

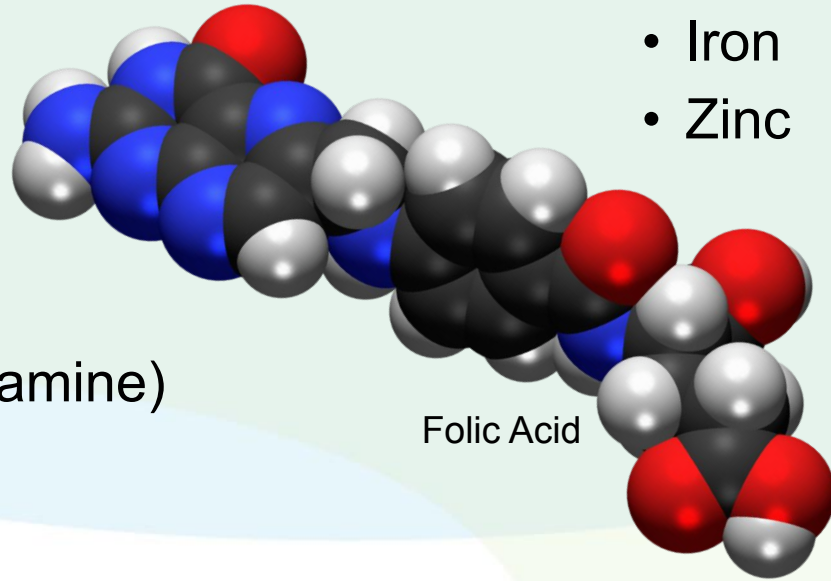
<p>All-Fruit Smoothie ⇨</p> 	<p>Fruit, Veggie & Nut Smoothie</p> 	<p>French Fries ⇨</p> 	<p>Oven-baked sweet potato fries</p> 
<p>Muffin ⇨</p> 	<p>Whole grain muffin with nuts, seeds and berries</p> 	<p>Cheese Dip ⇨</p> 	<p>Guacamole</p> 
<p>Beef Burger ⇨</p> 	<p>Salmon Burger</p> 	<p>Ice Cream ⇨</p> 	<p>Banana ice cream or Greek yogurt with berries</p> 
<p>Chicken Burrito ⇨</p> 	<p>Fish Taco</p> 	<p>Soda ⇨</p> 	<p>Herbal tea, seltzer with lemon or lime, kombucha</p> 
<p>Steak & Potatoes ⇨</p> 	<p>Beef & Vegetable Stew</p> 	<p>Candy ⇨</p> 	<p>Dark chocolate, dried fruit</p> 
<p>Pasta w/Cream Sauce ⇨</p> 	<p>Spiralized zucchini with tomato sauce</p> 	<p>Potato chips ⇨</p> 	<p>Kale chips or crudité</p> 

photos © www.123rf.com

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Brain Food Nutrients

- Omega-3s
- Folate
- Fiber
- Vitamin B12
- Vitamin D
- Vitamin B1 (thiamine)
- Magnesium
- Calcium
- Vitamin E (Tocopherols & Tocotrienols)



- Choline
- Iron
- Zinc

Antidepressant foods: An evidence-based nutrient profiling system for depression

Laura R LaChance, Drew Ramsey



RESEARCH QUESTION

→ What are the most **nutrient dense** foods to prevent and promote recovery from depressive disorders ?

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The Antidepressant Food Scale

**B1 + B6 + B9 + B12 + LC-PUFA + Fe + Zn
+K + Mg + Vit A + Vit C + Selenium**

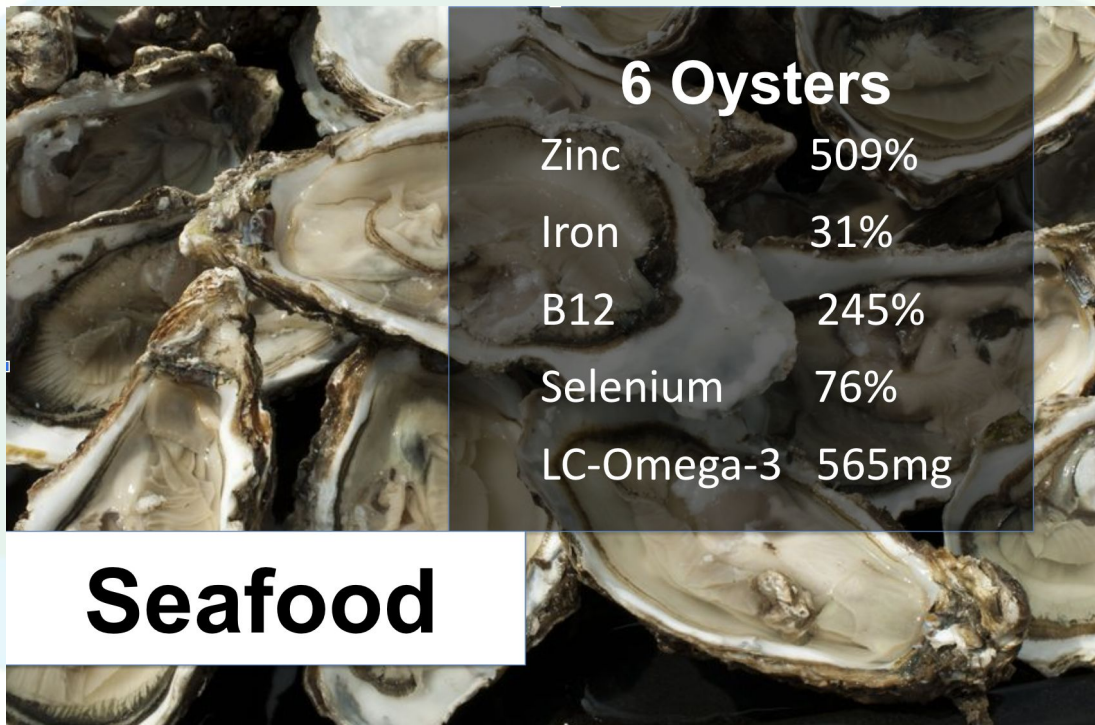
100 Calories

Top Plant Foods

1. Watercress
2. Spinach
3. Mustard, Turnip, or Beet Greens
4. Lettuces (red, green, romaine)
5. Swiss Chard
6. Fresh Herbs (basil, cilantro, parsley)
7. Chicory Greens
8. Pummelo
9. Peppers (bell, serrano, jalapeno)
10. Kale or Collards
11. Pumpkin
12. Dandelion Greens
13. Cauliflower
14. Kohlrabi
15. Red Cabbage
16. Broccoli
17. Brussels Sprouts
18. Acerola
19. Butternut Squash
20. Papaya

Top Animal Foods

1. Oysters
2. Liver and Organ Meats (spleen, kidney, heart)
3. Poultry Giblets
4. Clam
5. Mussels
6. Octopus
7. Crab
8. Goat
9. Tuna
10. Smelt
11. Fish Roe
12. Bluefish or Wolffish
13. Pollock
14. Lobster
15. Rainbow Trout
16. Snail or Whelk
17. Salmon
18. Herring
19. Emu
20. Snapper



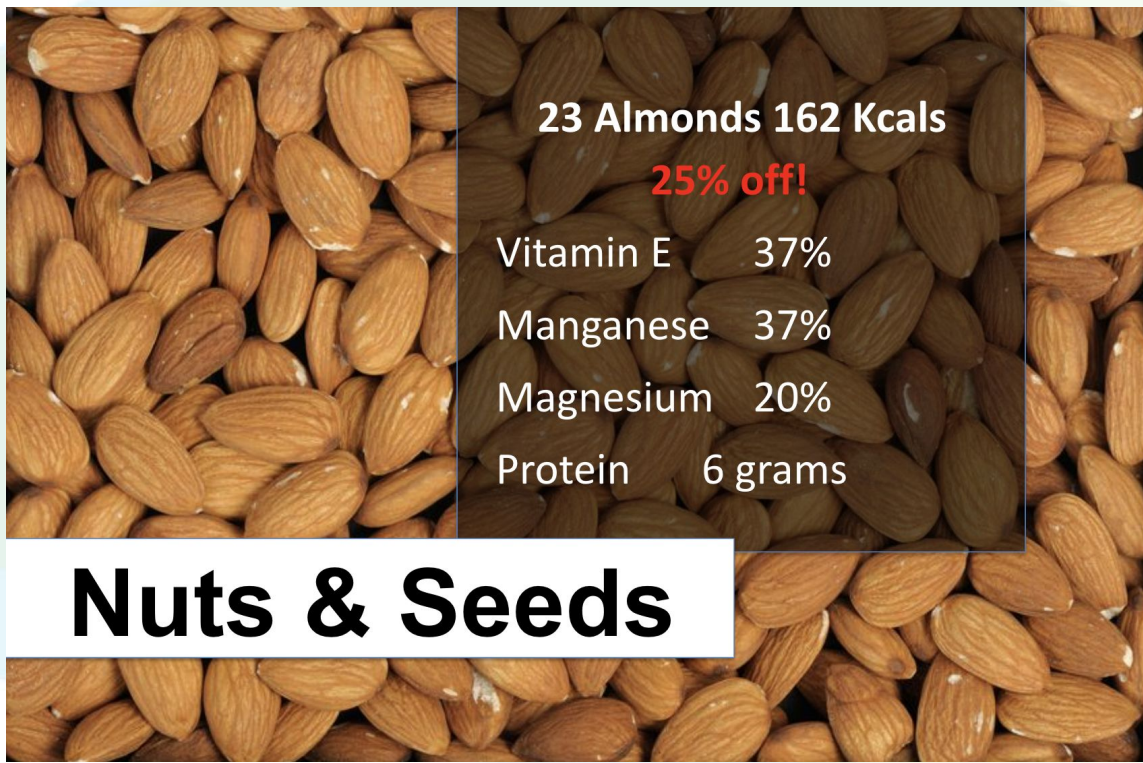
6 Oysters

Zinc	509%
Iron	31%
B12	245%
Selenium	76%
LC-Omega-3	565mg

Seafood



Kale



23 Almonds 162 Kcals

25% off!

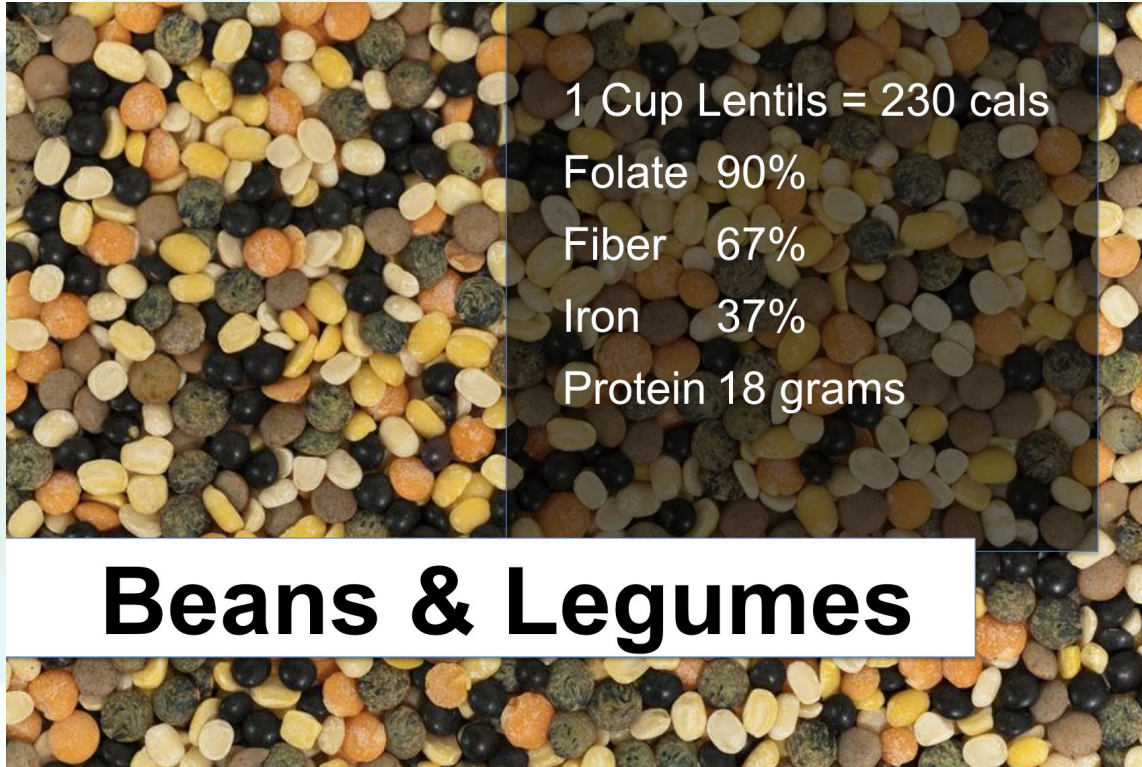
Vitamin E 37%

Manganese 37%

Magnesium 20%

Protein 6 grams

Nuts & Seeds



1 Cup Lentils = 230 cal

Folate 90%

Fiber 67%

Iron 37%

Protein 18 grams

Beans & Legumes



100 Grams = 9 mg iron 50% RDA women, >100% men



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ORIGINAL ARTICLE

Adjunctive probiotic microorganisms to prevent rehospitalization in patients with acute mania: A randomized controlled trial

Faith Dickerson , Maria Adamos, Emily Katsafanas, Sunil Khushalani, Andrea Origoni, Christina Savage, Lucy Schweinfurth, Cassie Stallings, Kevin Sweeney, Joshana Goga, Robert H Yolken

First published: 25 April 2018 | <https://doi.org/10.1111/bdi.12652> | Cited by: 8

Neurosci Biobehav Rev. 2019 Jul;102:13-23. doi: 10.1016/j.neubiorev.2019.03.023. Epub 2019 Apr 17.

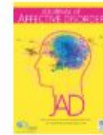
Prebiotics and probiotics for depression and anxiety: A systematic review and meta-analysis of controlled clinical trials.

Liu RT¹, Walsh RFL², Sheehan AE².



Journal of Affective Disorders

Volume 228, 1 March 2018, Pages 13-19

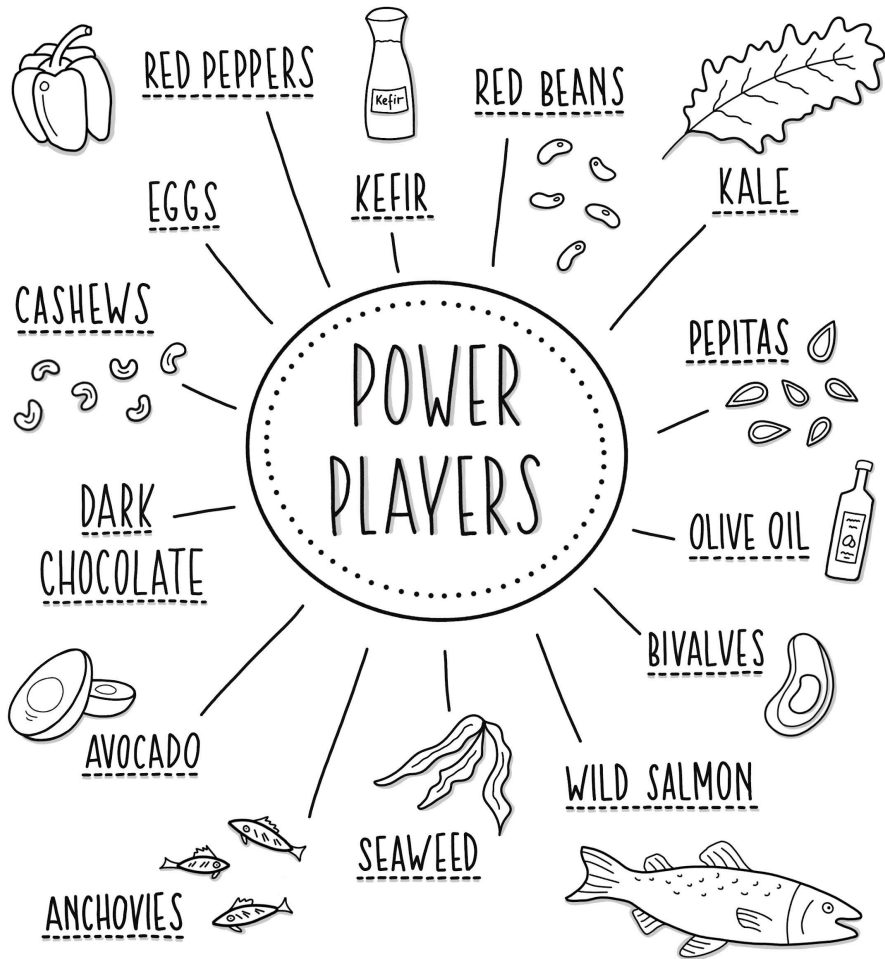


Review article

A meta-analysis of the use of probiotics to alleviate depressive symptoms

Qin Xiang Ng ^a  , Christina Peters ^b, Collin Yih Xian Ho ^c, Donovan Yutong Lim ^d, Wee-Song Yeo ^{c, e}

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Unburdening

- Post Covid era and healthcare trauma
- Techniques like forgiveness and expressive writing reduce cortisol and improve mental clarity, leading to better overall health.
- Unburdening your mind through journaling or forgiveness is a powerful step toward clarity and calm.

Worthington, E. L., Witvliet, C. V. O., Pietrini, P., et al. (2007). Forgiveness, health, and well-being: A review of evidence for emotional versus decisional forgiveness. *Journal of Behavioral Medicine*, 30(4), 291-302.

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Purpose

Purpose-driven individuals report higher life satisfaction and better emotional regulation.

Decreased risk of depression and anxiety



HEALING THE MODERN BRAIN



Friday Feels

with DREW RAMSEY MD



7 Surprising Foods that Fight Depression and Anxiety

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MENTAL FITNESS KITCHEN

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The Mental Fitness Kitchen gives people tools to support their mental health while fostering community. We know the impact that food can have on our wellbeing and have seen from numerous studies that learning these hands-on skills and putting them into practice in a connection with one another can greatly impact mental health, and can reduce symptoms of depression. When we get together in the kitchen and cook, it is nourishing on multiple levels.

[Click to learn more](#)



Brain Food on a Budget

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Meet our clinicians!



Samantha Elkrief, LCSW,
therapist and health coach

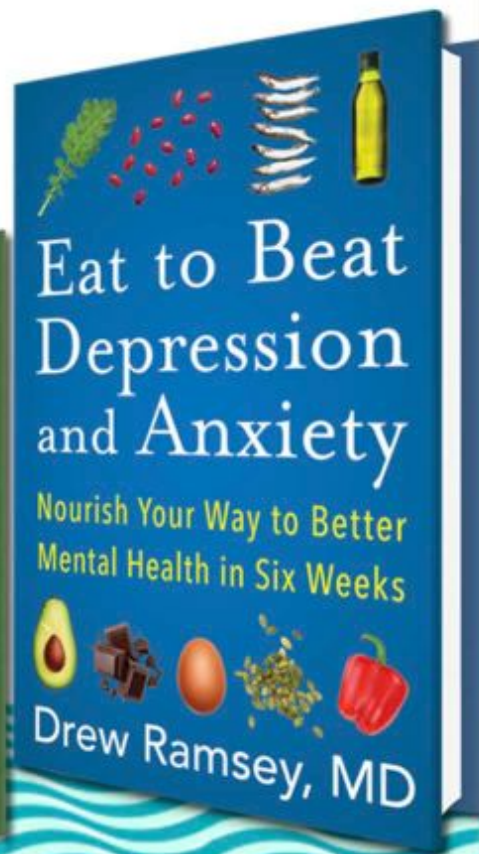
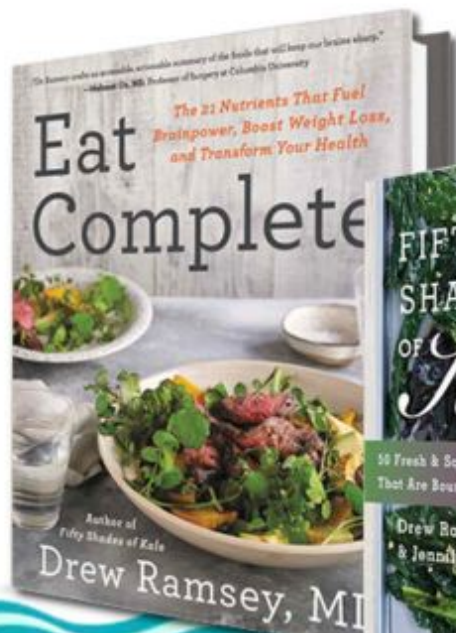


Xiaojue Hu, MD



Emilie Berner, MA, IHC, health
coach and chef

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Feed Your Mental Health! Build Your Mental Fitness

The Brain Food Clinic
Nutritional Psychiatry Clinician Training

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