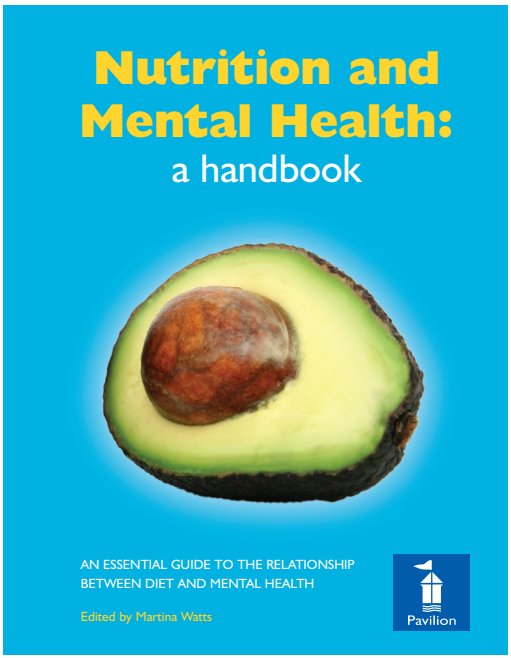
Nutrition and Mental Health:
a handbook



Vital information for: carers, trainers, managers and professionals working within mental health both in social and health care fields within the public, private and voluntary sectors.

The role of nutrition is fundamental to human health and well-being. It is, however, often overlooked when treating people with mental health problems.

This handbook explains the science behind nutrition and its effects on mental health, in a clear, accessible way. It helps readers to think about the complex and dynamic relationship between mental health, diet and nutrition. It explores how mental health and mental illness related factors, dietary factors and other social, biological and environmental factors interact to affect mental well-being. Leading health practitioners have contributed their own valuable insights, experiences and nutritional strategies to create an informed, up-to-date and fully referenced resource.

Nutrition and Mental Health offers all those working in the mental health sector advice and support on using nutritional approaches to improve the lives of people who are experiencing mental health problems. It is presented in a clear, understandable format, with a glossary and summary chapter, designed to be useful for those with little previous nutritional knowledge, as well as more experienced practitioners, carers and health care professionals.

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