

# Nutrition Essentials for Mental Health

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## Synopsis

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Diet is an essential component of a client's clinical profile. Few therapists, however, have any nutritional training, and many don't know where to begin. In *Nutrition Essentials for Mental Health*, Leslie Korn provides clinicians with a practical guide to the complex relationship between what we eat and the way we think, feel, and interact with the world.

Where there is mental illness there is frequently a history of digestive and nutritional problems. Digestive problems in turn exacerbate mental distress. It's not unusual for a deficit or excess of certain nutrients to disguise itself as a mood disorder. Indeed, nutritional deficiencies factor into most mental illness - from anxiety and depression to schizophrenia and PTSD - and dietary changes can work alongside or even replace medications to alleviate symptoms and support mental wellness.

*Nutrition Essentials for Mental Health* offers the mental health clinician the principles and practices necessary to provide clients with nutritional counseling to improve mood and mental health. Integrating clinical evidence with the author's extensive clinical experience, it takes clinicians step-by-step through the essentials for integrating nutritional therapies into mental health treatment. Throughout, brief clinical vignettes illustrate commonly encountered obstacles and how to overcome them.

**PLEASE NOTE:** When you purchase this title, the accompanying PDF will be available in your Audible Library along with the audio.

## Reader's comments

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