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[(Linking Nutrition to Mental Health: A Scientific Exploration)] [Author: Ruth Leyse-Wallace Phd Rd] published on (February, 2008)

Ruth Leyse-Wallace Phd Rd

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To truly live well-to feel good, engage in productive activities, enjoy fulfilling relationships with other people, and be able to adapt to change and cope with adversity-Americans must start addressing mental health with the same urgency as physical health. With that in mind, registered dietitian Dr. Ruth Leyse-Wallace gathers breakthrough scientific research from around the world to demonstrate how powerfully nutrition can affect our mental well-being as much as our physical well-being. Dr. Leyse-Wallace reports on the latest and most compelling findings about the ways in which diet, supplements, genetics, and health conditions can make a difference in mental health. She explores how the short-term and long-term intake of vitamins, minerals, essential fatty acids, proteins, carbohydrates, medications, alcohol, and caffeine can potentially influence mental functioning, and she explains her emerging Theory of PsychoNutriologic Person. Far greater than an evidentiary summary, "Linking Nutrition to Mental Health" gives tailored recommendations to individuals, healthcare providers, and scientists for putting these groundbreaking research discoveries into practice to achieve a vastly improved quality of life.

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