



Nutrition and Mental Health: A handbook

Professor Michael Crawford, Oscar Umahro Cadogan, Dr Alexandra J. Richardson

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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.

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