



MIND MATTERS

EDITORIAL

Guest Editor



NUTRITION MATTERS!

I am delighted at the opportunity to edit a special issue on 'Nutrition and Mental Health,' a topic that is often talked about but with less clarity. The causes of mental health problems are multifactorial and complex. There is a multitude of factors that regulate mental health and one primary factor is - FOOD. In ancient India, our forefathers stressed upon the link between mental health and food and related diseases to a deranged pattern of food consumption. Modern researchers also emphasize that **'optimizing nutrition is a safe and viable way in the prevention, development, and management of mental health disorders, such as depression, anxiety, schizophrenia, attention deficit hyperactivity disorder (ADHD), dementia etc.'**

But unfortunately, in modern times, we have compromised our traditional eating habits due to fad diets, ignorance and negligence which has toppled our metabolism relatively. Nutritional psychology studies point out that 'intake of instant processed foods and untimely eating behaviour negatively impact cognitive functions like memory, concentration and attention which lead to mental fatigue, impaired decision-making and slowdown in reaction time'. Conversely, a balanced diet with right doses of micronutrients can lead to good physical, emotional, mental and spiritual health. **"Eat wholesome and live awesome"**.

The topic is complex and vast. The science is fast emerging with evidence based research. We have tried to present an array of versatile topics, which will not only demystify myths but will also highlight the age old wisdom **"Aham Annam" meaning "You Are; What You Eat"**



Dr. Sripriya Saji Ph.D.
Nutritionist & Counselling Psychologist,
Kerala.

NUTRITION AND MENTAL HEALTH

"NUTRITIONAL PSYCHOLOGY- THE BURIED TREASURE"

As a young graduate, it was surprising to listen to my grandmother, who was not much formally educated, teaching my cousin, then a young mother, how to deal with postpartum blues. She chanted a few proverbs from **"Siddha, the ancient Indian system of medicine which is an offshoot of Dravidian culture"**, and taught her a holistic combination of diet, lifestyle, exercise, and yoga. She was sharing the knowledge that almost every Indian family inherits. **Ancient Indian medical system always related nutrition with physical well-being as well as mental health.** Reading about traditional interdisciplinary methods of Diet and mental health relationships led me to exploring Nutritional Psychology, Nutritional Neurosciences, and Nutritional Psychiatry, which are emerging fields. The core principle among all these three disciplines is the interdependent relationship between food and mind, scientifically called as Diet-Mental Health Relationship (DMHR) in nutritional psychology.

With nearing two decades of practice in nutrition and psychological counselling, I have treated people with behavioural, emotional, and cognitive problems, with micronutrients. I see clients with mental health symptoms who are actually deficient in micronutrients. I realize, that people do not eat what they are supposed to, but actually eat harmful food like HFSS (foods rich in High Fat, Salt, and Sugar), carbonated beverages, and fad diets from unauthentic sources.

Do we know that poor nutrition mimics mental illness?

Our brain is an organ that requires different amounts of complex carbohydrates, essential fatty acids, amino acids, vitamins, minerals, and water. This is essential for the molecular talk between neurons, in establishing consistent, and integrated coordination between mind and body. The flamboyant architecture of the central nervous system, its intricate infrastructure that connects with the sympathetic and parasympathetic nervous system has the right proportion of complex molecules as the building blocks. While lack of proper nutrients damages this architectural domain which is the hardware of our brain, intake of unhealthy substances changes the molecular language of neurotransmitters which corrupts the software. For example, the deficiency of amino acids leads to decreased neurotransmitters dopamine and serotonin, resulting in low mood and aggression. Suma, a 44 years old IT professional was referred

schedules, of skipping breakfast, lunch with little vegetables, evenings with oily, spicy snacks, and a heavy disproportionate dinner. Her son was fussy, rebellious, daughter performing poorly in academics, her husband a procrastinator and her in-laws fighting age-related cognitive decline. She was going through the phase of premenopausal stress. Checking the biochemical parameters, I found all of them deficient in some areas. I advised them a wholesome diet plan and within a short span, they reported good improvement in attention, decision-making, resilience, coping strategies, empathy, learning, memory, and personality.

Many research articles have published scientific evidence on school children that report 'hungry children behave worse in school, with poor attention span'. Studies prove that diets high in essential fatty acids and low in saturated fats slow the progression of memory loss and other cognitive problems. Unequal intake of omega-3 and omega-6 fats can lead to bipolar mood disorders, premenstrual dysphoric disorder, anxiety, and depression.



Common mental health problems, where I have used nutritional psychology as the first line of psychotherapeutic intervention are- attention deficit, hyperactivity, poor memory, concentration, depression, anxiety, angry behaviour, procrastination in children. Among adults- mood swings, depression, anxiety, stress, and aggressive behaviour. In women's mental health -postpartum psychosis, pre and post-menstrual, menopause, anxiety, headaches, body aches, joint pains.

"A dearth of good dietary choices leads to an increase in mental health issues, which, in turn, lead to poor eating habits. Until we solve nutritional problems, no amount of medication and psychotherapy is going to be able to stem the tide of mental issues in our society" says Dr. Uma Devi Naidoo, in her book "This is your brain on Food". She is a Harvard-trained Psychiatrist, honoured and recognized by the American Psychiatric Association as the first Nutritional Psychiatrist.

I am happy that the buried ancient wisdom is emerging with modern scientific evidence in nutritional psychology and psychiatry. Though nutrition may not be an absolute replacement for medical psychiatry, yet it will definitely be the best, healthier, and most economical interventional approach to begin with.

-Dr Sripriya Shaji Ph.D.
Counselling Psychologist & Nutritionist, Srisha
Counselling, Kozhikode, Kerala



NUTRITION AND MENTAL HEALTH

AYURVEDA : THE INDIAN TRADITION OF FOOD

Do we know about Ayurveda and its principles that outlines the effects of various types of food on the human body as well as mind?

According to Ayurveda, food is divided into 3 categories - Sattvik, Rajsik and Tamsik. Sattvik food is pure, fresh, balanced in spice and flavor, properly cooked, includes fresh fruits, vegetables, whole grains, natural sweeteners like jaggery, and ghee. Such food is nourishing and energizing for the body and mind. It keeps our thoughts and emotions clean and balanced.

Rajsik food is royal in nature. It includes well cooked, spicy food, pickles, rich and fatty food, which is fit for a feast. Such food releases lots of energy. Sometimes when our body is not prepared for digesting such heavy and rich food, we may experience over thinking, uncontrolled thoughts and emotions and connected thoughts which create conflicts in the mind and lead to mental distress.

Tamsik food consists of food that is left over or kept overnight, which is not freshly cooked, it consists of non-vegetarian food, and also hard drinks. Such food leads to depressive, discontent and melancholy thoughts, anger and aggression, greed and envy. Thus regular consumption of such food should be avoided.

Ayurveda also explains about the Tridoshas, which happen due to the imbalance of the 3 vital fluids of the body. These fluids are Vaat, Pitt and Kaph.

Vaat is air, and a person with an imbalance of this element is very airy in his thoughts and emotions. Means he/she may show a quick change in emotions and jump from one conversation topic to the other. Like the wind their moods, likes and dislikes, goals in life keep changing frequently. They show instability of thoughts and emotions.

Pitt is the bile. It leads to a fiery temperament. People with Pitt predominance are quick in thought and action, they get angry easily and if uncontrolled it may lead to strained relationships. They take quick decisions sometimes without thinking and later suffer the consequences. They are high on energy and cannot tolerate if someone around them is slower than them in thought or action.

Kaph is the phlegm element of the body. People who have kaph imbalance are slow and sluggish in thoughts and actions. They don't like change or any activity that requires them to exert mental or physical effort. They feel melancholy and dissatisfied but lack the energy to make changes to their behavior or attitude.

**-Dr. Geetanjali Jha
Co-Editor.**

WATER - THE ELIXIR OF MENTAL HEALTH

Meera, a class 12 student, preparing for her professional course entrance exams, experienced fatigue, palpitations, and restlessness. She brushed them away attributing them to 'normal' exam anxiety. But when she also had problems like inability to focus on her studies, decreasing concentration, forgetfulness, gradual lack of clarity and reasoning, and increased hunger and thirst her parents consulted a physician. After screening for diabetes and hyperthyroidism, which turned out to be normal, the consultant referred her to a psychologist. While talking to her I understood that she drank less water to avoid frequent use of the toilet which would disrupt her studies. Moreover, in school the number of toilets were less with a long queue. And she preferred carbonated drinks to normal water.

Apart from school goes, many working women who travel long distances for work consume less water because of the lack of public toilets on the way, and some offices may not have toilets for women. Office goes working in air-conditioned rooms for long hours consume less water because they don't sweat and they don't feel thirsty. Hence become dehydrated.

The science says that dehydration can cause imbalance of electrolytes, like sodium, potassium and cause fatigue, irritability, short temper, and delirium. At the same time, it can also worsen existing mental health problems.

The human brain is composed of about 75% of water. Thirst impulse should not be ignored as a habit. It may lead to dehydration causing decreased perfusion to organs including the brain. It also decreases the level of serotonin, a mood-boosting hormone. **Dehydration can also cause memory impairment due to electrolyte imbalance, cognitive decline due to altered osmolarity; poor attention due to deranged volume and tonicity of blood, and at extreme states coma.** Around 2000 ml of water should be necessarily consumed daily in order to stay hydrated in any normal individual. The quantity may differ in underlying renal, cardiac, or endocrine disorders. **Stay hydrated; stay healthy**

**-Dr Sripriya Shaji Ph.D.
Counselling Psychologist & Nutritionist,
Srisha Counselling, Kozhikode, Kerala**

STRESS EATING

Each one of us tries to adapt to stressful situations through various coping strategies. While some may be positive that help us overcome the problem and build our mental strength; some may actually decline our character. **As it is generally believed negative coping strategies need not always be smoking or alcoholism, it can also be excessive craving for food and over-eating.**

The interaction between mood, emotions, and food is complex. When subjected to stress that could be physical or emotional, the nervous system commands the adrenal glands to pump out the hormone cortisol. This is a steroid hormone that regulates metabolism, immune response, and the body's response to stressful situations. Physiologically, during the time of stress, which is a hyper-metabolic state, under the influence of cortisol, which also triggers hunger, the liver releases stored glucose for rapid energy consumption



Whenever there is this need for immediate high-calorie foods, people fall for high fat, salt, and sugar (HFSS) or comfort foods like chocolate and carbonated drinks, which are low in nutrients. In the long run, this results in deficiency of micronutrients and obesity.

According to a study from the Johns Hopkins Department of Psychiatry and Behavioral Sciences, "afternoons and evenings may be a high-risk period for overeating, when paired with stress exposure and binge eating."

How to cope with stress eating?

- Adequate water intake as hunger triggered by stress can be corrected with proper hydration.
- Eat on time and avoid eating untimely meals.
- Avoiding comfort foods. And eat what is required.
- Practice mindful eating. Take only what is required in proportion.
- Focus on managing stress with proper coping strategies.

**-Sreethma PR
Dietician, Diabetes Educator, District
Hospital, Nilambur.**



NUTRITION AND MENTAL HEALTH

AUTISM & NUTRITION

Autism is a disorder that affects the way a person's brain works. It is the most common mental disorder affecting about 1 in 160 children worldwide. Autism affects each individual in different ways that are mild to moderate varying symptoms, level of functioning, and challenges. There is no known cure for autism. Treatment is personalized that is it may include helping individuals cope with their symptoms through education and skill development, self-help, socialization, and play. Limited food intake or having food preferences or aversions is common among children with autism. They may also have gastrointestinal symptoms like constipation, diarrhoea, or abdominal pain. As a result, sometimes they are low in certain nutrients. Some of these nutrients have been studied to see if giving supplements

of these may help with autism symptoms. However, more research is needed. **Before giving your child any of the following supplements, consult your child's dietitian or health care provider first.**

Multivitamin and mineral supplements:

Most kids with Autism don't eat a well-balanced diet as they are **picky eaters**. Some results have shown a multivitamin and mineral supplement may help improve sleep and digestive problems in children with autism.

Omega-3 Fats:

Some research studies have found omega-3 fats supplements may **help reduce anxiety in children and teens with autism**, however it did not help reduce other symptoms of autism like communication and irritability.

The Gluten-Free, Casein-Free Diet:

One of the most used diets by parents of

children with Autism. Some research has shown that this diet may improve some symptoms of autism-like hyperactivity and communication. **Gluten is the main protein in wheat and other grains such as rye and barley. Casein is the main protein in dairy products such as cow's milk, cheese, yogurt, and ice cream.**

Before putting your child on a special diet speak to a registered dietitian, as a **complete Nutrition assessment** is a must. And they can ensure that the child gets complete nutrients, with **reduce mealtime stress** to overcome eating challenges.

**-Mrs. Sushila Sharangdhar
Registered Dietician & Certified Diabetes Educator
Managing Director- Prime health consultants,
Mumbai**

DIETARY SUGGESTIONS IN FEW DISORDERS

Food intake and food quality have an impact on brain function, which makes dieting a modifiable variable to target mental health, mood, and cognitive performance. Let us have a look at some changes in the food we can make easily to improve our management of common mental health issues.

ADHD: A Supplementation diet of vitamins and minerals is beneficial. Also 'An Elimination diet' meaning a diet free of artificial colors, preservatives, and sweeteners has proven to be beneficial in children with attention deficit hyperactivity disorder.

AUTISM: Gluten Free/Casein Free (GF/CF) Diet

Gluten is the protein have been found to be problematic for many children on the spectrum. Including these elements in diet can affect the physical and cognitive functions of a child's body. It can help in reducing inattentiveness and hyperactivity, improving attention, decrease digestive disturbances and much more. Diet based on rice, vegetables and Coconut oil, Sesame oil, Olive oil is advisable.

DEPRESSION: Adherence to a healthy diet i.e. high consumption of fruits, vegetables, nuts, and legumes; moderate consumption of poultry, eggs, and dairy products; and only occasional consumption of meat—is associated with a reduced risk of depression. Diets with a high glycaemic index and load (eg, diets containing high amounts of refined carbohydrates and sugars) need to be avoided.

SCHIZOPHRENIA: Food rich in omega 3 fatty acids should be part of regular intake e.g. Walnut, Chia seeds, Flax seeds, Pumpkin seeds, Dates, Soya bean, Cauliflower, Spinach, Broccoli, Seed oils.

The growing research evidence, in the emerging field of Nutritional Psychiatry, shows the gut-brain axis has a prominent role. And the role of dietary interventions undoubtedly has a greater impact on mental health along with medical management.

**-Dr. Sagar Chiddarwar,
Consultant Psychiatrist, President - Psychiatric Society Nagpur.**

FOODS TO RECOMMEND FOR CLIENTS STRUGGLING WITH MENTAL HEALTH.

INCLUDE FOODS THAT ARE BENEFICIAL TO BRAIN

FUNCTION:

- WHOLE GRAINS
- VEGETABLES
- OILY FISH
- EGGS
- BEANS
- TURKEY
- SEEDS
- FRUIT

AVOID THINGS THAT HAVE A NEGATIVE IMPACT:

- CAFFEINE
- ALCOHOL
- TOBACCO
- EXCESS SUGAR



IMPACT OF FOOD CRAVINGS ON MENTAL HEALTH

Food craving is an intense desire for specific food and most of us experience cravings at one time or another in our life.

Types of cravings

• "Selective desire" is a desire for eating the same food over and over again, which is associated with emotions like recalled memories of loved ones, joyful moments, and pleasure.

• "Non-selective desire" is craving for a food that is tempting us at that particular moment and has to be consumed immediately. It could be the smell, sight, or even sound of food that is served that tantalizes our senses.

• Compulsive obsession is due to uncontrollable acts like pica eating (eating chalk pieces, raw rice, and red oxide stones during pregnancy and anaemia). Apart from malnutrition, people suffering from intellectual disabilities, schizophrenia and obsessive-compulsive disorder (OCD) may also have this disorder as a coping mechanism.

• Hypoglycaemic cravings are not only due to decreased blood sugar in diabetic patients but also in persons on restrictive fad regimes, untimely eating, and alcoholics.

Food cravings are essentially an imbalance between the two hormones leptin and serotonin. Cravings may also be a sign that our body is trying to replenish low nutrient levels as in pica eating where there is micronutrient deficiency. It is not just a lack of psychological control. When it comes to hypoglycaemic cravings and non-selective cravings, we often take high fat, sugar, and salt (HFSS) or junk foods, which are rich in calories but yield no nutrients. It not only makes one obese but also causes low mood, mood fluctuations, irritability, anger, anxiety, depression, and cognitive impairments like difficulty in learning and concentration, chronic fatigue, and brain fog.

How to reduce cravings-

- Eat a wholesome balanced diet and practice mindful eating.
- Do check your micro-nutrient levels, such as Vitamin B, C, D, Iron, etc.
- Get an individualized diet plan from a qualified dietitian.
- If you have a problem, accept it and work on it.

**-Soniya K Joseph,
Dietitian, Lisa Hospital,
Thiruvambady, Kozhikode.**

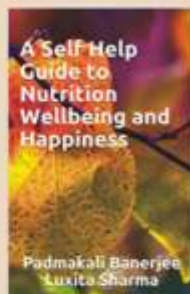


NUTRITION AND MENTAL HEALTH

BOOK REVIEW

"A Self Help Guide to Nutrition Wellbeing and Happiness"

By Prof. Padmakali Banerjee and Dr Luxita Sharma



If you are curious about how nutrition works to maintain people's mental health "A Self Help Guide to Nutrition Wellbeing and Happiness" is an excellent choice. Researchers throughout the world have turned their attention toward the facets of food intake and mental health. The consumption of healthy foods can enhance mental well-being in a dose-response fashion, and there is a clear link between healthy nutrition and happiness. This book focuses on how the brain affects nutritional status, psychological health, and wellbeing. The science behind eating food, the positive impact of food on mental well-being is discussed along with the role of nutrition during stress, sleep, and behavioral issues. The book broadly discusses the role of nutrigenomics in well-being and how the good food enhances good mood and emotions. This book also focuses on eating disorders, a dietary and lifestyle modification guide for a healthy mind. Each chapter of the book has described the role of particular nutrients like carbohydrates, proteins (amino acids), fats (essential fatty acids), vitamins (both water and fat-soluble), and minerals (iron, zinc, selenium, magnesium, and others) along with antioxidants in the different mental health situations such as insomnia, stress, anxiety, depression, dementia, autism, Alzheimer, schizophrenia and so on. At the end of the book, some diet plans are also recommended as case studies, and we can say it is more practical than theoretical knowledge alone because many books deal with the studies but do not provide the solution. This book will definitely hold the interest of readers. It is very thought-provoking and very engrossing. I would recommend it. I think anyone can learn from this book how nutrition copes with the mental situation and brings happiness. It has 252 pages, priced at Rs. 250 in Kindle and free in Kindle edition and available at Amazon.

-Ed Team.

MINDFUL EATING

Mindful eating is not recognised and is often ridiculed. However, *it is a psychotherapeutic intervention derived from centuries-old practices of mindfulness, observed in many religions in the Indian subcontinent.* Mindfulness is completely living in the present moment, acting with awareness and being alert about the consequences of a particular act performed at that instant. Applying mindfulness while eating food is mindful eating. It is knowing **what, when, where, why and how to eat** not only to nourish ourselves but also to stay healthy. It is also enjoying the experience of eating food with heart, mind and soul and savouring it. Counting the calories, we take through apps is not mindful eating but just calculative eating.

How do we fall into mindless eating or distracted eating? Some tend to eat while they feel restless or anxious as a means of venting out their emotions, called emotional eating. Or it can be binge eating, an act of relaxation while watching television or driving or chatting with friends. Sometimes it can also be timeless eating where people grab something to eat only to fill their stomach and move on. Whatever may be the cause, studies point out that mindless eating leads to irritability, mood swings, poor decision making, lack of concentration and weight gain.

Basically, food should boost our energy and keep our minds calm and serene. Moreover, self-regulatory behaviour on our eating habits will also make us an emotionally stable person.

Tips for Mindful Eating:

• **Eat food only when hungry.** Listen to your stomach and not your tongue.

• **Sit down and eat.** Walking or eating in a hurry can negatively affect your digestion and wellbeing.

• **Enjoy real, natural and wholesome foods** and minimize processed foods, added colours and preservatives.

• **Eat in moderation,** make sure you feel light after meals.

• **Slow down.** Savour every bite to the fullest, chew well and enjoy which would also help indigestion.

• Don't eat your food when **ANGRY**, as your digestive power will be less.

• **Avoid multitasking** like watching TV or using a mobile phone while eating.

-Mrs. Uma Kalyani, MSc, R.D
Registered Dietitian and Yoga Trainer,
Uma's Nutriyoga, Trivandrum



TABLE OF ESSENTIAL VITAMINS & MINERALS

The effects of various Vitamins/Minerals and where to find them.

Vitamin B1	Poor concentration & attention	Wholegrains, vegetables
Vitamin B3	Depression	Wholegrains, vegetables
Vitamin B5	Poor memory, stress	Wholegrains, vegetables
Vitamin B6	Irritability, poor memory, stress, depression	Wholegrains, bananas
Vitamin B12	Confusion, poor memory, psychosis	Meat, fish, dairy products, eggs
Vitamin C	Depression	Vegetables, fresh fruit
Folic Acid	Anxiety, depression, psychosis	Green leafy vegetables
Magnesium	Irritability, insomnia, depression	Green vegetables, nuts, seeds
Selenium	Irritability, depression	Wheatgerm, brewer's yeast, liver, fish, garlic, sunflower seeds, Brazil nuts, wholegrains
Zinc	Confusion, blank mind, depression, loss of appetite, lack of motivation	Oysters, nuts, seeds, fish

NUTRITION AND MENTAL HEALTH

FACT FINDING

► **1833** - Karl Wernicke and Sergei Korsakoff independently identified a syndrome (associated with Beriberi i.e., deficiency of vit. B1), which showed amnesia (memory deficit) & other neurological signs. Similar findings were noted in other studies conducted for other deficiency conditions.

► **2003** - 4 out of 5 research studies show a strong correlation between high sugar, high saturated fat & worse long-term outcome of schizophrenia. Source: Science Direct

► **2009** - A randomised placebo-controlled trial conducted in adult ADHD patients showed that subjects receiving micronutrients (15 pills a day with 36 nutrients) showed significant improvement in symptoms than those who received placebo within 8 weeks. Source: Rucklidge et al, BJ of Psychiatry

► **2014** - A similar trial shows almost 50% reduction in symptoms of post traumatic disorders with no changes in subjects receiving placebo. Source: Rucklidge et al, BJ of Psychiatry

► **2017** - A research paper that reviewed meta-analysis of multiple clinical trials; 'few-food diet' along with elimination of artificial colours & flavours shows significant changes in symptoms of ADHD. Trials are going on to find out efficacy of PUFA (poly-unsaturated fatty acids) as an adjuvant in ADHD patient's diet. Source: National Library of Medicine

► **2020** - Similar research paper was published focusing on Autism & ASD (autism spectrum disorder); which states that high energy & low nutrition diet deteriorates the condition. This paper is a summary of many trials conducted in past 40 years. Source: National Library of Medicine

► **2018** - A study conducted in Kokan region of western India showed that girls having low calcium & iron intake were classified as psychologically impaired as per the Youth Paediatric Symptom Checklist. Source: Frontiers in Public Health

► **2020** - A study states that females with low level of vitamin B6 & males with low levels of vitamin B12 had increased risk for depression while those with higher levels had lower risk. Source: National Library of Medicine

There are numerous studies (completed & ongoing) having strong evidence for the relation between dietary quality (and potential nutritional deficiencies) and mental health. -Julia Rucklidge, clinical & nutrition psychologist.

-Dr. Aabha Pimprikar,
President DAGMHI RID 3030 India
Co-editor Mind Matters

TESTIMONIALS

Radha, Assistant Professor, Govt. College of Engineering & Technology.

"After my two children grew up I was left alone. My husband departed several years ago. I developed insomnia and fainted. In the hospital casualty, they put me in psychiatric care and sent to psychological intervention. After listening to me, my psychologist asked about my eating habits and I was like, what?? Finally, she made me realize that I am not eating well. My practice was to wake up and eat breakfast if hungry or some samosa chai by 10 am. Then lunch is a bowl of mixed rice either curd or dal with an omelette or pickle with absolutely no vegetables. Dinner is mostly bread and jam or just a mug of milk. I have no interest in fruits but used to keep my fridge filled with cakes. But she taught me how food works on the brain and she said my nightmares are "hypoglycaemic nightmares". And she also corrected my micronutrient deficiencies through food. From there she advised me on mindfulness, not just the way to live; but also, for eating. I took 6 months of continuous support. Post-retirement I am planning to help people in this area."

A Gynaecologist.

"I could not stand my little girl drowning in depression and poor body image. I discussed with my psychiatrist friend. We were referred to a psychologist. I had no hopes when she said nutrition is the first intervention. But when the blood reports came it raised my brows, yes my daughter's micro nutrients are deficient. Her vitamin D is just 7 and her Hb is 8. Two weeks after healthy eating, my daughter dressed up and said come let's go for a review. That was the moment I started trusting in nutrition and mental health concepts. I send almost all my patients with PCOS/PCOD, menstrual issues, and whomsoever complaints of chronic pain and fatigue to first meet a dietitian and psychologist as the first line of intervention. I urge every parent and professional to religiously follow "Let food be thy medicine".

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