

HELIOS NEWSLETTER

PHONE: 586-863-4000
FAX: 586-863-4004
EMAIL: INFO@HELIOSPSYCH.COM



HOW NUTRITION CAN IMPACT MENTAL HEALTH

NUTRITION PLAYS A SIGNIFICANT ROLE IN MENTAL HEALTH BY DIRECTLY INFLUENCING BRAIN STRUCTURE, NEUROTRANSMITTER PRODUCTION, AND OVERALL NEUROLOGICAL FUNCTIONING.

THE BRAIN REQUIRES A STEADY SUPPLY OF NUTRIENTS SUCH AS:

-
-
-
-
-

**OMEGA-3 FATTY ACIDS,
B VITAMINS,
IRON,
MAGNESIUM,
AND AMINO ACIDS**



TO REGULATE MOOD, COGNITION, AND EMOTIONAL RESILIENCE.



DIETS HIGH IN:

- **PROCESSED FOODS,**
- **REFINED SUGARS,**
- **AND UNHEALTHY FATS**

**HAVE BEEN ASSOCIATED WITH
INCREASED INFLAMMATION AND
OXIDATIVE STRESS, WHICH CAN
NEGATIVELY AFFECT BRAIN FUNCTION
AND ARE LINKED TO HIGHER RATES OF
DEPRESSION, ANXIETY, AND COGNITIVE
IMPAIRMENT.**

IN CONTRAST, **NUTRIENT-DENSE DIETS RICH IN WHOLE FOODS—SUCH AS:**

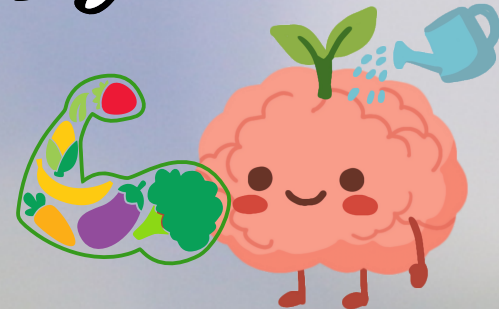
- **FRUITS,**
- **VEGETABLES,**
- **LEAN PROTEINS,**
- **WHOLE GRAINS,**
- **AND HEALTHY FATS**

**SUPPORT STABLE BLOOD SUGAR LEVELS AND
PROMOTE OPTIMAL NEUROTRANSMITTER
BALANCE, HELPING TO REGULATE MOOD
AND ENERGY.**

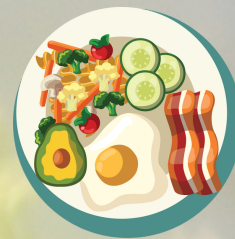




ADDITIONALLY, NUTRITION IMPACTS MENTAL HEALTH THROUGH THE GUT-BRAIN AXIS, A BIDIRECTIONAL COMMUNICATION SYSTEM BETWEEN THE GASTROINTESTINAL TRACT AND THE BRAIN.



A HEALTHY GUT MICROBIOME, SUPPORTED BY FIBER-RICH FOODS, PROBIOTICS, AND FERMENTED PRODUCTS, CONTRIBUTES TO THE PRODUCTION OF NEUROTRANSMITTERS LIKE SEROTONIN AND REDUCES SYSTEMIC INFLAMMATION.



POOR DIETARY PATTERNS CAN DISRUPT GUT HEALTH, LEADING TO INCREASED STRESS RESPONSES AND EMOTIONAL DYSREGULATION.

OVERALL, MAINTAINING BALANCED NUTRITION IS A FOUNDATIONAL COMPONENT OF MENTAL WELL-BEING, COMPLEMENTING PSYCHOLOGICAL AND MEDICAL INTERVENTIONS BY SUPPORTING BRAIN HEALTH, EMOTIONAL STABILITY, AND STRESS MANAGEMENT.

- KASSANDRA WHITE PMHNP