

# NUTRITIONAL PSYCHIATRY – ESSENTIAL FOR FOSTERING MENTAL HEALTH

## Abstract

Right food is equal to right mood is the notion that we hear. In this chapter how nutrition impact ones mental wellbeing and mental illness were discussed. .Oxidants, which has been demonstrated to have a detrimental influence on mood and mental health, can harm the brain if it isn't fed with a diet that can promote good neurotransmitter function. Many recognized mental health issues, including depression, schizophrenia, dementia, anorexia nervosa, and attention deficit hyperactivity disorder (ADHD), are strongly influenced by nutrition.

**Key words:** Diet, dietary factors, lifestyle, nutritional psychiatry, mental health, sleep, cognitive; mood, anxiety

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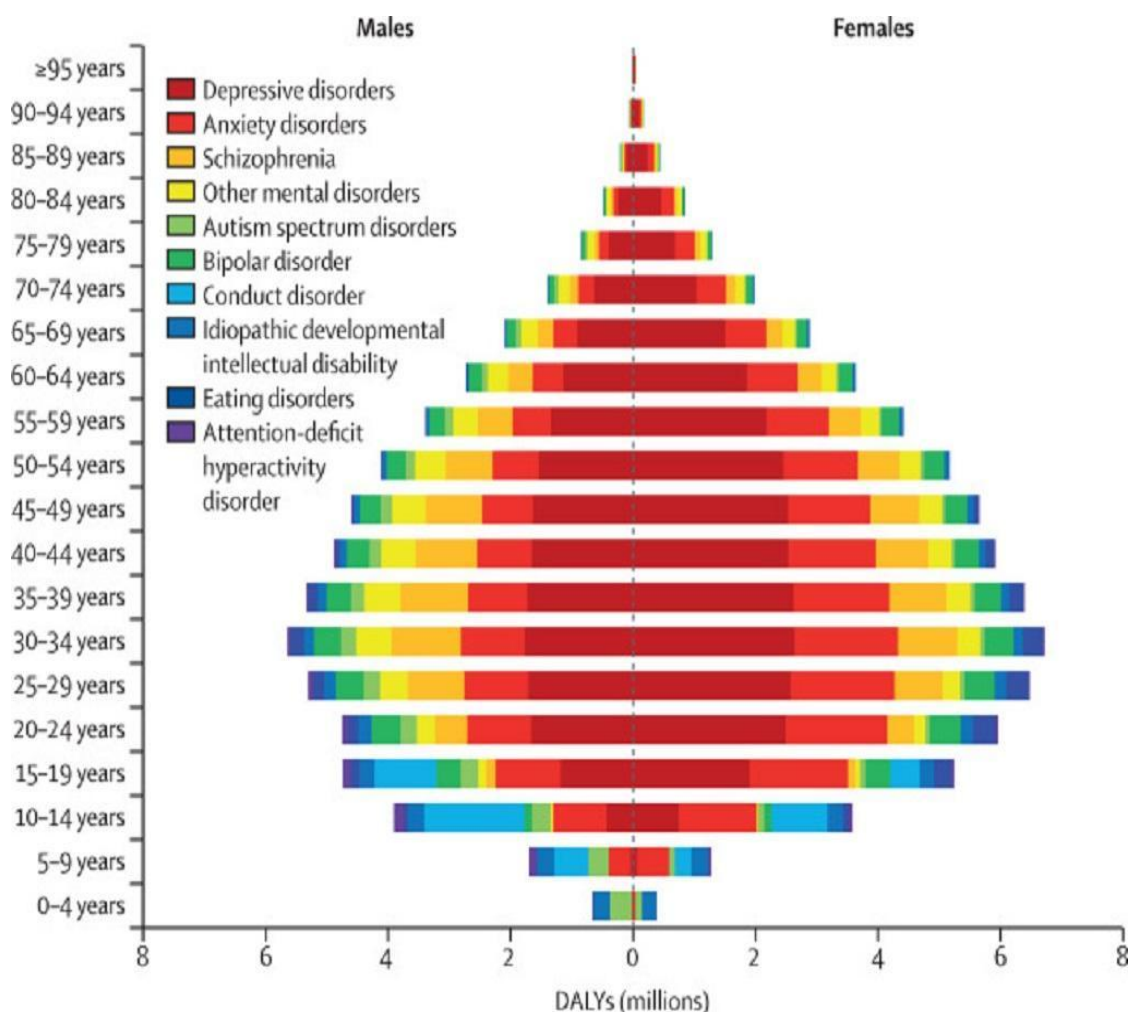
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## I. INTRODUCTION

Psychiatric illnesses have traditionally been viewed as brain diseases, with just a small portion of the body or certain organs being involved in their pathogenesis. The notions of Traditional Chinese Medicine, Ayurveda, and Hippocratic Medicine, which all accorded a large role to the body—particularly the digestive system and diet—in influencing mental processes—have stood out against this brain-centered strategy. One in eight persons worldwide suffer from a mental illness.



**Source:** Lancet Psychiatry

1. Mental diseases are frequently characterized by a variety of abnormal beliefs, perceptions, emotions, behavior, and interpersonal relationships. Mental illnesses include things like depression, bipolar disorder, schizophrenia, dementia, and developmental conditions like autism.
2. Significant disruptions in thinking, controlling emotions, or behavior are signs of mental illnesses.

## II. 5 NUTRIENTS NEEDED FOR OPTIMAL BRAIN FUNCTION

<b>Nutrient</b>	<b>Brain Function</b>	<b>Deficiency</b>	<b>Foods recommended</b>
Vitamin D	As a crucial hormone for brain function, vitamin D controls the synthesis of dopamine, noradrenaline, and adrenaline.	Fatigue, muscular weakness, hair loss, back pain, slow skin healing, bone discomfort, and mood swings are just a few symptoms of vitamin D deficiency.	eggs, fatty fish (like sock-eyed salmon or trout), mushrooms, fortified foods (like brown rice), goat cheese, and gluten-free oats.
Vitamin B	The major supplement for mood regulation is B12, and B9.	Vitamin B complex deficiency causes depression, anxiety, and mood swings. It is associated with a disruption in the nervous system as well as the circulatory system	dark green vegetables, beans, peas, citrus fruits, and legumes (such as lentils and garbanzo beans).
magnesium	Magnesium acts as a mood booster, muscle relaxer, stress reducer, and sleep aid.	An excess of symptoms including agitation, anxiety, irritability, disorientation, sleeplessness, headache, hallucinations, and depression are exacerbated by a magnesium deficit.	Include almonds, pumpkin seeds, and dark organic chocolate (plus 72%) in your diet at least three times every day to help reduce stress.
Omega-3 fatty acids	Omega-3 fatty acids are essential for brain function, supporting mental sharpness, and positive mood.	Fatigue, poor memory, dry skin, heart issues, mood swings or sadness, and poor circulation are all signs of an omega-3 fatty acid deficit.	Oily fishes are great sources of omega-3 fatty acids. These healthy fats can also be found in flaxseeds and walnuts.
Probiotics	Live bacteria and yeast known as "probiotics" aid with healthy digestion, stress management, mood enhancement, and emotional stability by naturally	Probiotic diseases including ADD/ADHD, anxiety, depression, schizophrenia, and Alzheimer's disease have been linked to an unhealthy gut.	Organic yogurt, kefir, sauerkraut, kimchi, non-GMO miso, and pickles are examples of probiotic foods.

	occurring in the human gastrointestinal system.		
Selenium	Selenium contains potent antioxidants, which can protect our brain cells and tamp down inflammation.	<ul style="list-style-type: none"> <li>• Irritability</li> <li>• Depression</li> </ul>	Fish, garlic, sunflower seeds, brazil nuts Whole grains, , eggs, legumes etc.
Amino acids	Amino acids are required for the production of proteins that assist your brain in controlling your mood.	Antioxidant glutathione protects against cellular damage caused by free radicals and heavy metals in the environment.	Amino acids rich foods like meats, eggs, nuts, legumes, and seafood.
Zinc	Zinc helps in regulating mood and cognition	<ul style="list-style-type: none"> <li>• Confusion</li> <li>• Blank mind</li> <li>• Depression</li> <li>• Loss of appetite</li> <li>• Lack of motivation</li> </ul>	Oysters, nuts, seeds Fish, legumes, whole grains.

The six cornerstones of nutritional psychiatry provide the basis for treating mental illness with diet.

1. **Eat balanced diet, Be complete:** The 80/20 rule states that 80% of your diet should be made up of whole, healthy foods that are high in fiber. Whole grains, legumes, nuts, seeds, fruits, vegetables, and protein are all included in this. 20% of the meal allows for some leeway.
2. **Eat a Rainbow diet:** Eat a rainbow of colorful plant foods to maximize nutritious content. Different colored plant foods provide various nutrients that are beneficial to the brain. Aim to have 75% whole, low-glycemic-index vegetables, which includes green leafy vegetables, cucumbers, radishes, eggplant, mushrooms, and tomatoes. The remaining 25% meal should consist of high-quality protein sources like salmon, grass-fed beef, sardines, chickpeas, and lentils, as well as healthy fats like olive oil, walnuts, or hemp seeds. These meals are crucial for tissue maintenance, reducing inflammation, and promoting mental wellbeing.
3. **The Greener, the Better:** In nutritional psychiatry, it is known that greens are healthy for the mind as well as the body. Folate is a crucial nutrient found in greens that helps keep our neurons functioning properly and reduces the occurrence of depression symptoms. Leafy greens include spinach, swiss chard, collard greens, arugula, romaine, and dandelion greens.
4. **Listen to Your Body Intelligence:** If something doesn't make you feel well after ingesting it, you should probably avoid it. Pay attention to how specific foods impact your symptoms of mental health and listen to your body.

5. **Consistency and Balance are the Secret:** Our brains follow us throughout our entire lives. Making long-lasting dietary and lifestyle changes is essential to enhancing our mental health rather than depending on quick fixes or miracle diets.
6. **Avoid Foods That Cause Anxiety:** This is essential for the effectiveness of the actions mentioned before. Meals that promote inflammation and anxiety, such as those containing added or refined carbohydrates, processed foods with nitrates, industrial seed oils (soy, maize, and grapeseed), and meats, are bad for mental health.

Adopting nutritional psychiatry and its tenets can help a lot of people achieve or maintain positive mental health in the face of significant obstacles as the COVID-19-linked negative mental health rates rise and the hidden and parallel epidemic persists.

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