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## Nutritional Intervention in Mental Health

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### Message from the Guest Editors

Nutrition supports our bodies with what is needed for growth and development. The bricks of life, represented by macronutrients and micronutrients, not only have effects on growth and functionality, but they also play important roles in the neuropsychiatric development of children and adolescents and maintain functionality in adult daily life. The dietary behaviour of neuropsychiatric patients is poorly understood, and it is thought that it may favor the disease rather than the healing process, or vice versa. Patients with mental health problems might need a personalized composition of their daily meals. Special diets might be helpful. The role of the microbiome in the context of neuropsychiatric disorders may also be important, as recent research results have begun to demonstrate. The most recent discoveries made and research carried out in this field will hopefully help patients with neuropsychiatric diseases.

This Special Issue will focus on the relationship between nutrition and neuropsychiatric diseases/development as a promising field of research, new discoveries, and nutritional help.



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# Special Issue



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