



Diet in Brain Health and Neurological Disorders: Risk Factors and Treatments

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Message from the Guest Editor

The role of nutrition in health and disease has been appreciated from time immemorial. Around 400 BC, Hippocrates wrote “Let food be thy medicine and medicine be thy food.” In the 12th century, Moses Maimonides wrote “any disease that can be treated by diet should be treated by no other means.” Now, in the 21st century, we are bombarded by claims in the media of “superfoods,” wondrous nutritional supplements, and special diets that promise to cure or prevent disease, improve health and restore functioning. Much of the focus has been on neurological disease, brain health and psychological functioning.

The hyperbole aside, there has been considerable progress in our understanding of the contribution of specific nutrients and dietary patterns to brain development, physiology, and functioning.





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Message from the Editor-in-Chief

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