

Special Issue

New Insights into Nutritional Psychiatry

Message from the Guest Editors

Nutritional psychiatry is a subspecialty of psychiatry that recognizes the connection between a person's diet and mental health. It is becoming increasingly accepted that what we eat has a direct impact on our physical and mental well-being and that proper nutrition is essential for optimal mental health. Nutritional psychiatry recognizes the importance of nutrition in managing mental health and provides tools and guidance to help people make changes to their diet that can positively affect their mental health. The main premise of nutritional psychiatry is that food is medicine and can be used to improve mental health. Research indicates that a poor diet can contribute to the development and progression of mental illnesses, and proper nutrition can be used to help treat or even prevent mental health problems. Eating a nutritious, balanced diet can not only help improve existing mental health problems, but it can help to prevent them from occurring in the first place.

This Special Issue aims to bring together research that focuses on the relationship between dietary choices and mental health. Original research articles and reviews are welcome.

Guest Editors

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Message from the Editor-in-Chief

You are invited to contribute a research article or a comprehensive review for consideration and publication in *Brain Sciences* (ISSN 2076-3425). *Brain Sciences* is an open access, peer-reviewed scientific journal that publishes original articles, critical reviews, research notes, and short communications on neuroscience. The scientific community and the general public can access the content free of charge as soon as it is published.

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