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Michele Chevalley Hedge, Nutritionist & Health Writer
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The Science of Workplace Wellbeing:

The impact of the Gut Biome on Mental Health & Brain Performance



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Creatively
Think

Strategically
Think

Adapt and
be Flexible

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Intelligence



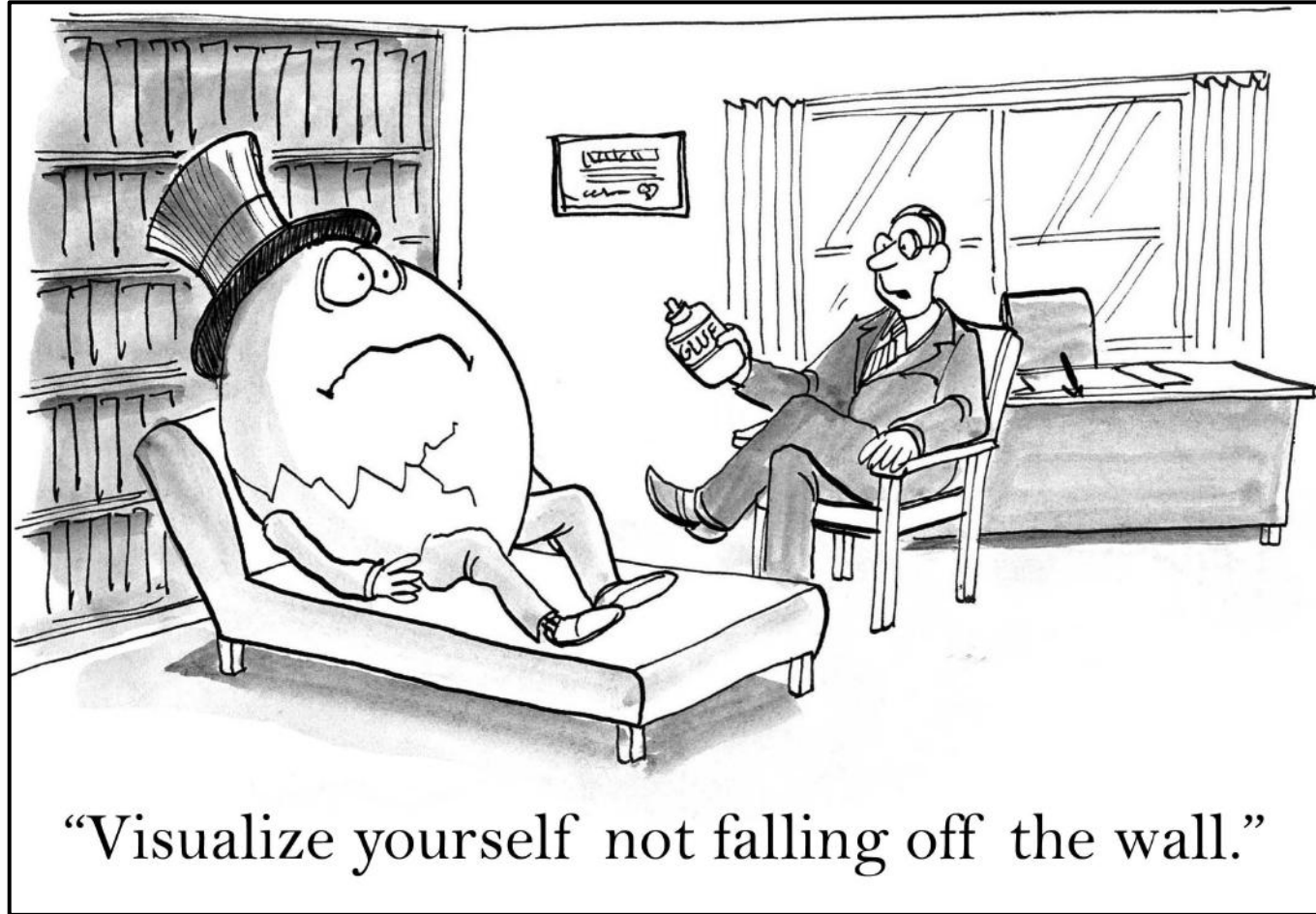
Improve Data
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Clients with New
Technology

Comply with
New Privacy,
Technology,
Learning





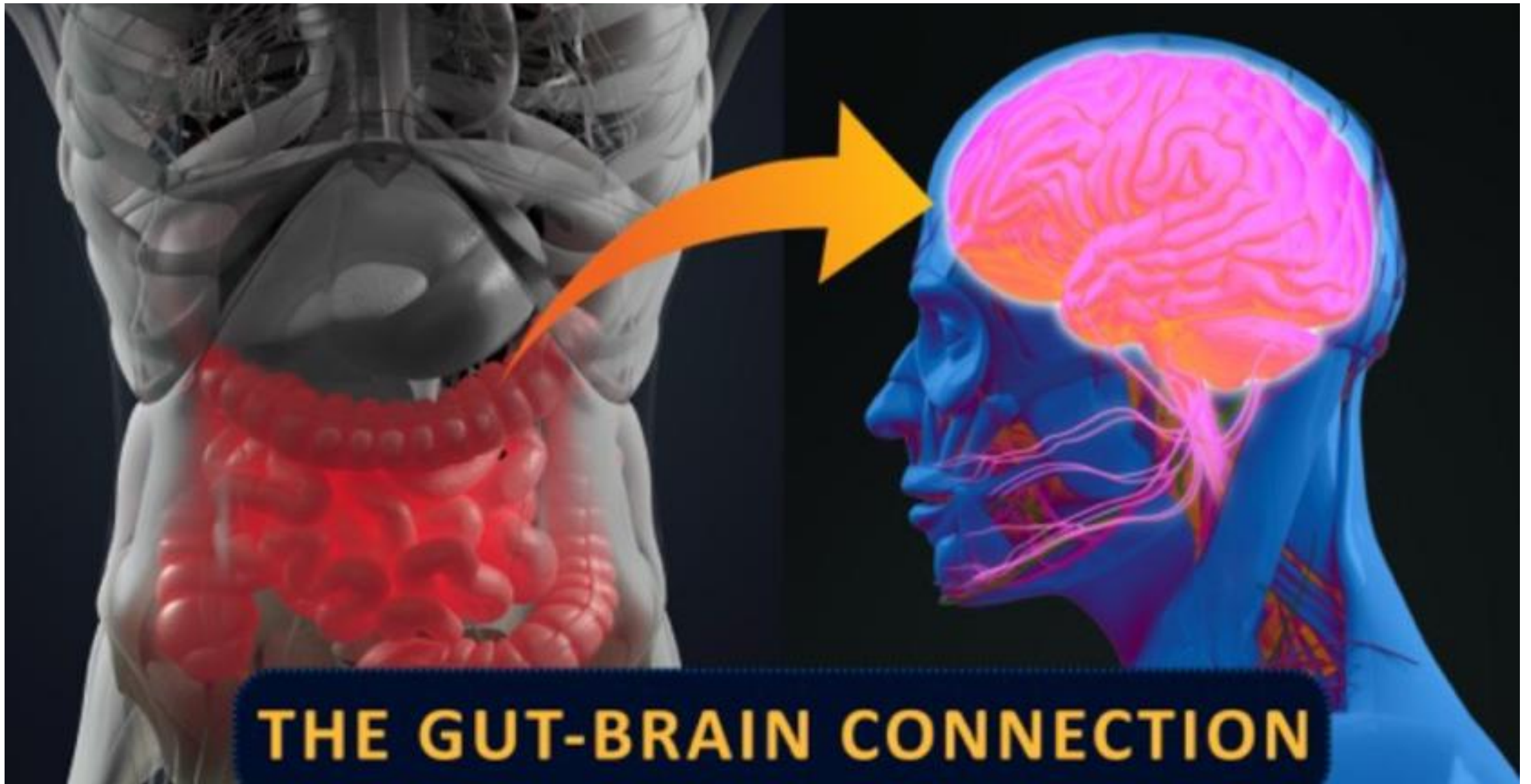
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THE GUT-BRAIN CONNECTION





Junk Food Is Literally Shrinking Your Brain

A recent study out of Australia has found that people with poor diets tend to have smaller hippocampi, an area of the brain responsible for memory, learning, and mental health.

By [Munchies Staff](#)

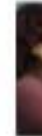
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20 Freezer-Friendly Recipes That



[RESEARCH ARTICLE](#)[OPEN ACCESS](#)[OPEN PEER REVIEW](#)

A randomised controlled trial of dietary improvement for adults with major depression (the 'SMILES' trial)

Felice N. Jacka  , Adrienne O'Neil, Rachelle Opie, Catherine Itsiopoulos, Sue Cotton, Mohammedreza Mohebbi, David Castle, Sarah Dash, Cathrine Mihalopoulos, Mary Lou Chatterton, Laima Brazionis, Olivia M. Dean, Allison M. Hodge and Michael Berk

BMC Medicine 2017 15:23 | DOI: 10.1186/s12916-017-0791-y | © The Author(s). 2017

Received: 31 August 2016 | Accepted: 11 January 2017 | Published: 30 January 2017

Conclusions

These results indicate that dietary improvement may provide a treatment strategy for the management of this highly prevalent mental disorder.....

The possible therapeutic impact of dietary changes on existing mental illness is largely unknown. Using a randomised controlled trial design, we aimed to investigate the efficacy of a dietary improvement program for the treatment of major depressive episodes.



DOH

DONUT

ILL MY

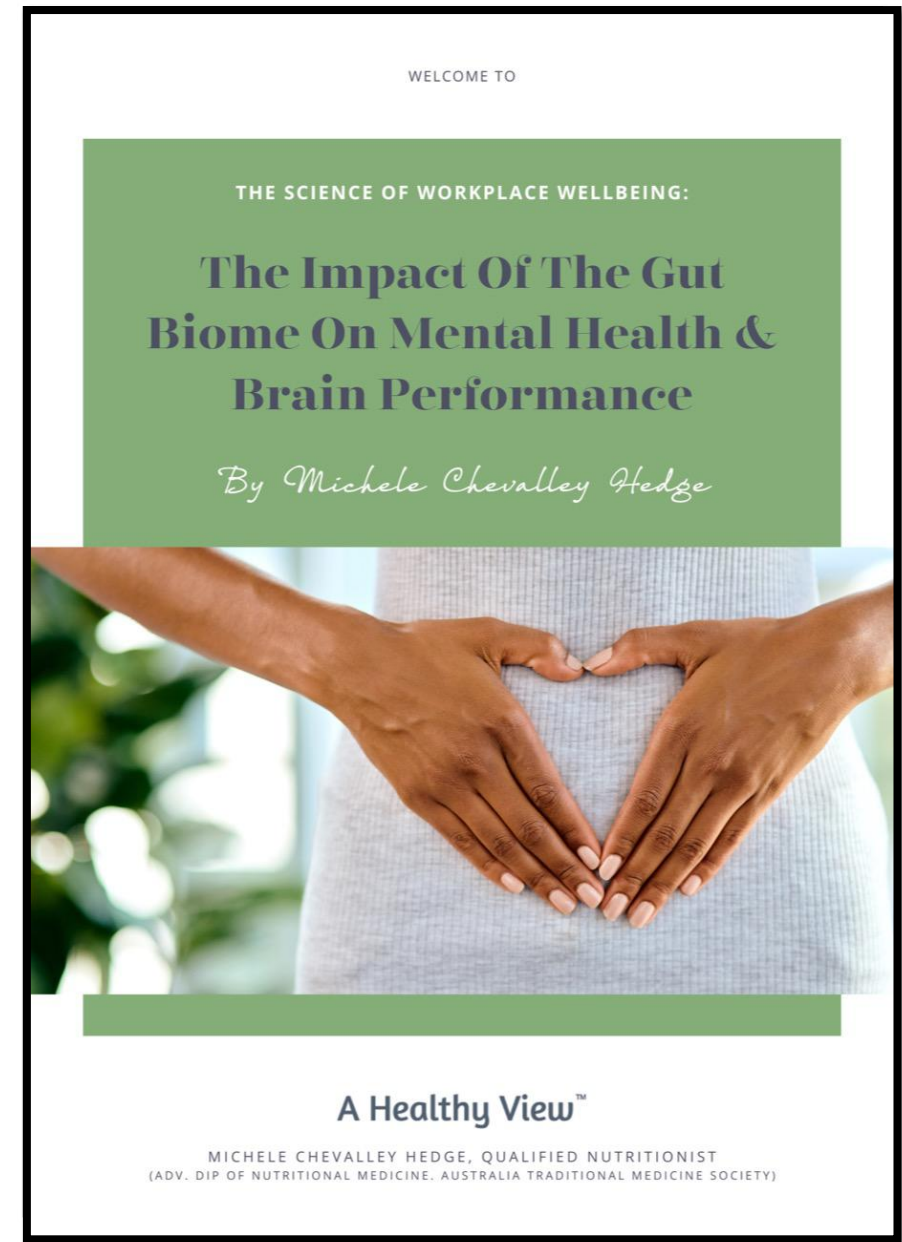
WIBE



Head on over to your
Worksheets for this Workshop.
Lots of pearls of wisdom &
Facts that you want to store in
that healthy brain of yours.



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Brain Hack #1



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Brain Hack #2

**Don't stop eating
sweet potatoes
only to....**



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35% LESS LIKELY TO HAVE
DEPRESSIVE DISORDER

32% LESS LIKELY TO HAVE
ANXIETY DISORDER

Brain Hack #3



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Brain Hack #3.5



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Brain Hack #4



+Dunken K Bliths

Intermittent Fasting

Improves Brain Function



Intermittent metabolic switching, neuroplasticity and brain health

[Mark P. Mattson](#),^{1,2} [Keelin Moehl](#),¹ [Nathaniel Ghena](#),¹ [Maggie Schmaedick](#),¹ and [Aiwu Cheng](#)¹

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The publisher's final edited version of this article is available at [Nat Rev Neurosci](#)

This article has been corrected. See [Nat Rev Neurosci. 2020 June 30; : .](#)

See other articles in PMC that [cite](#) the published article.

Abstract

Go to: 

During evolution, individuals whose brains and bodies functioned well in a fasted state were successful in acquiring food, enabling their survival and reproduction. With fasting and extended exercise, liver glycogen stores are depleted and ketones are produced from adipose-cell-derived fatty acids. This metabolic switch in cellular fuel source is accompanied by cellular and molecular adaptations of neural networks in the brain that enhance their functionality and bolster their resistance to stress, injury and disease. Here, we consider how intermittent metabolic switching, repeating cycles of a metabolic challenge that induces ketosis (fasting and/or exercise) followed by a recovery period (eating, resting and sleeping), may optimize brain function and resilience throughout the lifespan, with a focus on the neuronal circuits involved in cognition and mood. Such metabolic switching impacts multiple signalling pathways that promote neuroplasticity and resistance of the brain to injury and disease.



Brain Hack #6

EIGHT BENEFITS OF HIIT

(HIGH-INTENSITY INTERVAL TRAINING)

AND HOW IT CAN IMPROVE
YOUR MENTAL STATE

Brain Hack #7



Brain Hack #8



6 am - Exercise

8 am - Breakfast Nutrition

1 pm - Lunch Nutrition

Stress Hacks

6 pm - Dinner Nutrition

Stress Hacks

9 pm - Off Blue Lights

10pm - Sleep



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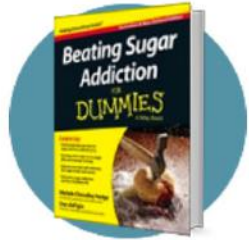


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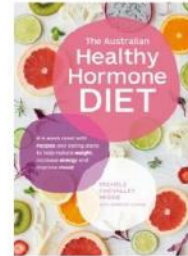


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Beating Sugar Addiction For
Dummies



The Australian Healthy Hormone
Diet Book



Eat Drink and Still Shrink



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