

1. Record Nr.	UNINA9910869164703321
Titolo	Nutrition and Psychiatric Disorders : An Evidence-Based Approach to Understanding the Diet-Brain Connection // edited by Wael Mohamed, Firas Kobeissy
Pubbl/distr/stampa	Singapore : , : Springer Nature Singapore : , : Imprint : Springer, , 2024
ISBN	9789819726813
Edizione	[1st ed. 2024.]
Descrizione fisica	1 online resource (511 pages)
Collana	Nutritional Neurosciences, , 2730-6720
Disciplina	616.9041
Soggetti	Nutrition Nervous system - Diseases Neurosciences Neurological Disorders Neuroscience
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Chapter 1_Neuroanatomy and Neuropathology of Psychiatric Disorders -- Chapter 2_Biochemical and Neuropharmacology of Psychiatric disorders -- Chapter 3_Human Nutritional Neuroscience: Fundamental Issues -- Chapter 4_Central Nervous System Regulation of Eating and brain functions -- Chapter 5_Implicated pathways in diet and mental illness -- Chapter 6_Nutrition, the immune and inflammatory systems, and mental illness: what is the interplays -- Chapter 7_the impact of Gut microbiota on mental health -- Chapter 8_Towards better science-based advice on nutrition -- Chapter 9_Chocolate: food for mood -- Chapter 10_Measuring mood in nutritional research -- Chapter 11_The connection between what we eat and our brains throughout the whole life journey -- Chapter 12_Diet and Psychosis -- Chapter 13_Effects of Coffee and Caffeine on Mood and Mood Disorders -- Chapter 14_Deficiencies in vitamins and disease-specific diets impacting on mental health -- Chapter 15_Ketogenic Diet, Mediterranean Diet and Mental health -- Chapter 16_Myths about Diet and Mental Health -- Chapter 17_Psychopharmacology of psychiatric disorders and Food Intake -- Chapter 18_Supplements Effective in the Treatment of Mental

Health Conditions -- Chapter 19_Diet and Sleep disorders -- Chapter 20_Nutritional interventions Vs pharmacological interventions -- Chapter 21_The Western Diet Puzzle: Connecting Metabolic Dysfunction to Cognitive and Neurological Consequences -- Chapter 22_Nutritional Psychiatry: the present state of the evidence.

Sommario/riassunto

The book explores the intricate relationship between nutrition, brain function, and psychiatric disorders. The first section of the book delves into the neurobiological aspects of psychiatric disorders, including the neuroanatomy, neuropathology, biochemical and neuropharmacology factors that play a role in the development of these disorders. It also discusses the impact of human nutrition on brain function and the implications of nutrition and metabolism on psychological functioning. The next section focuses on the diet-brain connection, exploring nutritional psychiatry and the current state of evidence, the role of the microbiome, and the effects of certain foods such as chocolate and coffee on mood and mood disorders. The chapters also examine the impact of diet on mental health and cognition across the lifespan and provides a case study of the relationship between diet and psychological health. In the final section, the book delves into the nutritional treatment of psychiatric disorders, including the psychopharmacology of psychiatric disorders and food intake, and multidisciplinary approaches to psychiatric treatment.. Overall, this book offers a comprehensive and evidence-based examination of the complex relationship between nutrition, brain function, and psychiatric disorders, and provides a foundation for further research and development of effective nutritional interventions for the treatment of these disorders. .
