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Nota di contenuto	Chapter 1. Practical Applications and Future Directions -- Chapter 2. Designing Nutritional Interventions for Mental Health -- Chapter 3. Nutrition and Neuroinflammation -- Chapter 4. The Effects of Intermittent Fasting on Cognitive Function and Mental Health -- Chapter 5. The Impact of Plant-Based Diets on Mental Health (Vegetarian diet) -- Chapter 6. New Developments in Nutritional Neuroscience in the Age of Digitalization -- Chapter 7. The Role of Diet in Neuroplasticity and Brain Resilience -- Chapter 8. Phytomedicine Interventions in Mental Health: Mechanisms and Implications -- Chapter 9. Nutrition and Dementia: Impact and Interventions -- Chapter 10. Dietary Influences on Headache: Mechanistic approach -- Chapter 11. Management of Headaches through Dietary Regimens --

Chapter 12. The Dual Role of Diet: Reducing Pain and Boosting Mental Health -- Chapter 13. Nanotechnology in Nutrition: Exploring Its Impact on Diet and Mental Health -- Chapter 14. Interactions Between Common Foods and Prescription Medications -- Chapter 15. Dietary Patterns and Mental Health.

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### Sommario/riassunto

This authoritative and science-backed volume explores the profound ways in which nutrition shapes our thoughts, emotions, and healing processes throughout life—from childhood to late adulthood. Offering a culturally inclusive and integrative approach, the book bridges functional foods, personalized nutrition, and mental wellness, providing groundbreaking insights into complex issues such as substance use disorders and chronic pain. Rich with the latest scientific findings, it examines the gut-brain connection, the role of antioxidants, omega-3 fatty acids, micronutrients, probiotics, and the impact of food additives on cognitive and emotional health. Whether you're a healthcare professional, researcher, or health-conscious reader, this comprehensive resource equips you with practical strategies and future-focused perspectives to transform mental health through dietary wisdom.

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