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Autore	Mohamed Wael
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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.

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.
