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The Essential Diet: Eating for Mental Health (Paperback)

By Dr Christina Bjorndal

Natural Terrain Inc., 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Essential Diet: Eating for Mental Health is your guide to healthy and simple recipes that will change how you feel physically, mentally and emotionally. The recipes on these pages are meant to support you in your mental health by ensuring you are eating the correct amount of the essential nutrients required for mental well being. When you address mental health with the proper nutritional foundation, the likelihood of feeling depressed or anxious decreases. In addition, by following the recipes outlined in The Essential Diet, you will have: More energy Improve digestion Reduce risk factors for other chronic health conditions (eg Type 2 diabetes, heart disease) Learn to love healthy eating, find the joy in cooking and feel better in your life! Dr. Christina Bjorndal is a licensed Naturopathic Doctor. A graduate of the University of British Columbia and the Canadian College of Naturopathic Medicine (CCNM), she is the owner of the Natural Terrain Naturopathic Clinic, a multidisciplinary health clinic in Edmonton, Alberta. In clinical practice, her focus is on mental health - anxiety, depression, anorexia, bulimia, bipolar disorder (types 1 or...



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