

Functional Nutrition for Mental Health

Module 1: Introduction to Functional Nutrition and Mental Health

- Core principles of functional nutrition as they apply to mental health
- The role of neurotransmitters and the gut-brain connection
- Common nutrient deficiencies that impact mood and cognition
- How to use food diaries, symptom trackers, and mental health assessments

Module 2: Amino Acids & Micronutrients in Neurotransmitter Synthesis

- How neurotransmitters (dopamine, serotonin, GABA, acetylcholine) are formed
- The role of amino acids and key micronutrients in neurotransmitter synthesis
- Foods and supplements that support neurotransmitter balance (e.g., 5-HTP, tyrosine, B-complex)
- How to recognize and track neurotransmitter imbalances

Module 3: Essential Fatty Acids and Brain Health

- The importance of Omega-3s (DHA, EPA, ALA) for brain function and mental health
- Signs and symptoms of essential fatty acid deficiency
- Top dietary sources of Omega-3s (fatty fish, chia seeds, walnuts)
- How to implement EFA-rich meal plans and choose high-quality supplements

Module 4: Micronutrients for Mental Health

- Critical micronutrients (vitamins and minerals) linked to brain health
- How these nutrients support enzymatic and neurotransmitter functions
- Nutrient-dense foods that improve mental health
- How to use intake trackers and lab testing for micronutrient status

Module 5: Gut-Brain Axis and Mental Health

- How gut integrity and microbiome health affect emotional well-being
- The connection between serotonin and the gut
- Foods and supplements to support digestive health (probiotics, fiber, prebiotics)

- How to assess gut health and implement gut-healing protocols

Module 6: Anti-Inflammatory Nutrition for Mental Health

- The link between chronic inflammation and mood disorders
- The role of cytokines and Omega-3s in brain inflammation
- Anti-inflammatory dietary strategies and food choices
- Supplements that reduce inflammation and how to create an anti-inflammatory meal plan

Module 7: Blood Sugar Balance for Emotional Stability

- How insulin and blood sugar fluctuations impact mental health and stress hormones
- Foods and supplements that promote balanced blood sugar
- How to monitor blood sugar and adapt meals accordingly
- The relationship between cortisol, glucose, and emotional regulation

Module 8: Hormonal Balance and Mental Health

- The effects of thyroid, adrenal, and reproductive hormones on mental health
- The roles of cortisol, estrogen, and progesterone in mood and cognition
- Nutrition and supplement strategies for hormonal balance
- How to identify hormone imbalance symptoms using practical checklists

Module 9: Toxic Overload and Mental Health

- How heavy metals, mold, and environmental toxins affect the brain
- The liver's role in detoxification and the importance of lymphatic health
- How to support detox with diet, antioxidants, and supplements
- Tools for assessing toxic load and reducing environmental exposures

Module 10: Methylation and Mental Health

- How methylation influences neurotransmitter function and detoxification
- Key components of the methylation cycle (e.g., MTHFR gene, SAMe, homocysteine)
- Foods and supplements that support optimal methylation
- Lab testing recommendations and personalized protocols

Module 11: Sleep and Mental Health

- How circadian rhythms and sleep neurotransmitters affect mental health
- How nutrition and supplements (e.g., magnesium, melatonin) influence sleep
- Strategies to improve sleep quality through dietary and lifestyle habits
- How to build and implement a personalized sleep hygiene protocol

Module 12: Creating a Personalized Mental Health Nutrition Plan

- How to assess individual needs using intake forms and symptom questionnaires
- Steps to develop a comprehensive nutrition and supplement plan
- How to integrate lab results, safety considerations, and ongoing evaluation
- Tools to create and refine your long-term mental health support strategy