



Eat2beNICE

Effects of Nutrition and Lifestyle on Impulsive, Compulsive, and Externalizing Behaviours

H2020 - 728018

D 4.4– Learning Modules online on website

Dissemination level	Public
Contractual date of delivery	31.08.2019
Actual date of delivery	22.08.2019
Type	Websites, patents filing, etc.
Version	1.0
Workpackage	WP4 – Public health aspects, policy recommendations, and dissemination
Workpackage leader	Jan Haavik, UiB

This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 728018 .

This report reflects only the author's views and the Commission is not responsible for any use that may be made of the information it contains.

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Executive Summary

One of Eat2BeNice's key goals is to educate the public, health professionals, the food industry, and policy makers about the ground-breaking research and findings we are working on about optimizing nutrition, lifestyle and mental health with therapeutic solutions. Our online classes launched on August 1, 2019 and there are now six classes published and six will become available until end of August (<https://newbrainnutrition.com/learn-online/>).

1. Deliverable report

Press release (<https://newbrainnutrition.com/press/>):

„New Brain Nutrition.com releases Online Video Classes on nutrition and mental health taught by experts from the European Union’s Eat2beNICE funded project. Membership and access is FREE.

New Brain Nutrition.com has just released FREE online classes for health professionals and the public focused on the connections between nutrition, lifestyle and mental health. New Brain Nutrition.com is the dissemination website for the EU Horizon 2020 funded project called Eat2beNICE, a consortium of 18 European medical and research partners which is conducting extensive research and multi-year clinical research on the mental health effects of the Mediterranean Diet, an elimination diet, therapeutic broadband supplementation, and probiotic therapy.

The online courses are available 24 x 7 for viewing convenience. Each class consists of an introduction, teaching video, and a short quiz which tests learner knowledge following the video presentation. Certificates of Completion are available for those who achieve 75% correct answers on the quiz.

The Eat2beNICE Project involves Universities across Europe from the Netherlands, Germany, Spain, Sweden, England, Hungary, Estonia and Norway. Almost 90 research scientists are involved in the project, which include PhDs, medical doctors, psychologists, psychiatrists, neuropsychiatric experts, microbiologists, and many other disciplines. The project runs through 2022.

The following faculty have recorded video sessions which are being released through August 2019:

- 1.The Gut-Brain Axis and speed networking and influence between the gut and brain, Alejandro Arias Vasquez, PhD, Radboud University Medical Center (RUMC), Nijmegen, The Netherlands.
- 2.Vitamin-mineral supplements as potential non-pharmacological treatment for ADHD, Julia Rucklidge, PhD, University of Canterbury, ChristChurch, New Zealand.
- 3.The VANTASTIC study and why broadband supplements are thought to improve impulsive, compulsive and aggressive behaviour, Alexander Häge, MD, Zentralinstitut Fur Seelische Gesundheit (CIMH), Mannheim, Germany.
4. Using neuroimaging to study impulsivity and compulsivity, and the effect of nutrition on the brain and behavior, Daan van Rooij, PhD, Radboud University Medical Center (RUMC), Nijmegen, the Netherlands.
5. How stress in early life influences development in healthy infants, and how the gut microbiota may play a role in this, Carolina de Weerth, PhD, Radboud University Medical Center (RUMC), Nijmegen, the Netherlands.
6. The elimination diet as potential non-pharmacological treatment for ADHD. Nanda Rommelse, PhD, Stichting Karakter (KAR), Nijmegen, the Netherlands.
7. Clinical aspects of hyperactivity, impulsivity and aggression and how physical exercise and nutrition may influence these behaviours. Silke Matura, PhD, Johann Wolfgang Goethe – Universität Frankfurt Am Main (GUF), Frankfurt, Germany.
8. The PROBIA study and the link between probiotics, microbiota and aggressive, impulsive and hyperactive behavior, Josep Antoni Ramos-Quiroga, MD, PhD, MSc, Fundacio Hospital Universitari Vall D’Hebron – Institut De Recerca (VHIR), Barcelona, Spain.
9. The PREDIMED study and how the Mediterranean diet is linked to mental health and wellbeing. Mònica Bulló Bonet, PhD. Centro De Investigacion Biomedica En Red (CIBER), Madrid, Spain.
10. Epidemiological studies that link diet, exercise and other lifestyle factors to impulsive behaviours, Henrik Larsson, PhD, Karolinska Institutet, Orebro University, Örebro, Sweden.



11. The role of gut microbiota in mental health. Clara Belzer, PhD, Wageningen University (WU), Wageningen, the Netherlands.

Health professionals and members of the public may register for the online courses, blogs, downloads by completing a simple registration form at the following link: <https://newbrainnutrition.com/membership/>

Inquiries may be initiated by email to info@newbrainnutrition.com. Please include an email and phone number for quick response.”

Please see also Annex 1 for further details.

2. Acknowledgement and Disclaimer

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Annex I
Online Class Launch

NEW BRAIN NUTRITION

Powered by
The European Union Horizon 2020
research programme No 728018




Online Class Launch
August 1, 2019
Work Package 4

Six Online Courses Launched August 1, 2019

A second six set of online courses will launch through August 31, 2019

Your Courses

Enrolled




The PROBIA Study and the link between probiotics, microbiota, and aggressive, impulsive and hyperactive behavior.

The PROBIA Study is another clinical trial being conducted by Eat2beNICE. The Study helps link levels of probiotics and microbiota to behaviors such as aggression, impulsivity and hyperactivity.

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Enrolled



Clinical Aspects of Hyperactivity, Impulsivity, and Aggression, and how physical exercise and nutrition may influence these behaviors

[SEE MORE...](#)

Enrolled



The Elimination Diet as potential non-pharmacological treatment for ADHD

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Enrolled



The VANTASTIC Study and Why Broadband Supplements are Thought to Improve Impulsive, Compulsive, and Aggressive Behaviours

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Enrolled



Vitamin-mineral supplements as potential non-pharmacological treatment for ADHD

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Completed



The Gut Brain Axis and Neurodevelopmental Disorders

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This post is also available in: 

New Brain Nutrition Press



August 1, 2019 - New Brain Nutrition releases Online Video Classes on Nutrition and Mental Health

New Brain Nutrition.com releases Online Video Classes on nutrition and mental health taught by experts from the European Union's Eat2beNICE funded project. Membership and access is FREE.

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Press Release on
August 1, 2019
about NBN
Online Classes
was picked up by
449 news sites.

Welcome to New Brain Nutrition. You can enjoy FREE Online Courses when you [Log In or Join](#) here.

This post is also available in: 



JOIN TODAY!

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Receive email notices and access to:

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Your information is confidential. We respect your privacy. We will not share or sell your information to anyone. We will use your contact information to let you know of updates to our research, new blogs, and new online classes when we create them. New Brain Nutrition complies with EU's GDPR privacy guidelines effective May 25, 2018. Thank you! We look forward to sharing great information and education with you soon!!

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☐ Health Professional
☐ Member of Government
☐ Member of Industry
☐ Researcher / Scientist

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2. I agree with your Privacy Policy and Terms and Conditions.

[Privacy Policy](#) [Terms and Conditions](#)

☐ Yes I agree. *

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on this page**

Welcome to New Brain Nutrition. You can enjoy FREE Online Courses when you [Log In or Join](#) here.

This post is also available in: 

New Brain Nutrition is connecting nutrition and lifestyle with mental health.

Do you wish to learn which foods, vitamins and minerals you should eat to help your brain function at its best throughout the day?

Are you suffering from mental health tendencies (ie anxiety, depression, impulsivity, compulsivity, ADHD, aggression, addiction) that keep you from living the best life you can live?

We can help! We are conducting ground-breaking research in mental health, and are producing evidence-based blogs, videos, cooking shows, recipes and online courses that we expect will improve peoples overall well-being.

Home Page with Login Banner and Navigation Tab

FREE Online Classes Begin 1 July 2019

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The Gut-Brain Axis
The Mediterranean Diet
The Elimination Diet
Using Probiotics
Vitamin and Mineral Supplements
Stress Reduction

Course Welcome Page and Link to Video Learning

Course Status: Not Started

This post is also available in: 

The PROBIA Study and the link between probiotics, microbiota, and aggressive, impulsive and hyperactive behavior.

The PROBIA Study is another clinical trial being conducted by Eat2beNICE. The Study helps link levels of probiotics and microbiota to behaviors such as aggression, impulsivity and hyperactivity.

Josep Antoni Ramos Quiroga, MD



Dr. Ramos Quiroga is Head of the Psychiatry Department, Principal Investigator of the VHIR and Associate Professor of the Faculty of Medicine of the Autonomous University of Barcelona. His interests are disorders of neurodevelopment, such as attention-deficit hyperactivity disorder (ADHD) and Tourette's disorder. The other area of interest he has is eHealth and innovation around medicine and the application of new technologies.

In this Course, there is one lesson and then a quiz. Enjoy this information on the application of probiotics and microbiota to effect behaviors.

Please share and like us:




Course Content

Lessons		Status
1	The PROBIA Study and the link between probiotics, microbiota, and aggressive, impulsive and hyperactive behavior.	

Video Presentation and Follow-Up Quiz to earn Certificate of Completion



This post is also available in: 

Please watch this video for this course.
You can enlarge the screen as you wish for easy viewing.

NUTRITION

The PROBIA study and the link between probiotics, microbiota and aggressive, impulsive and hyperactive behavior



J. Antoni Ramos-Quiroga

WP2 Nutritional Interventions: **PROBIOTICS**




Barcelona, May 27th, 2019

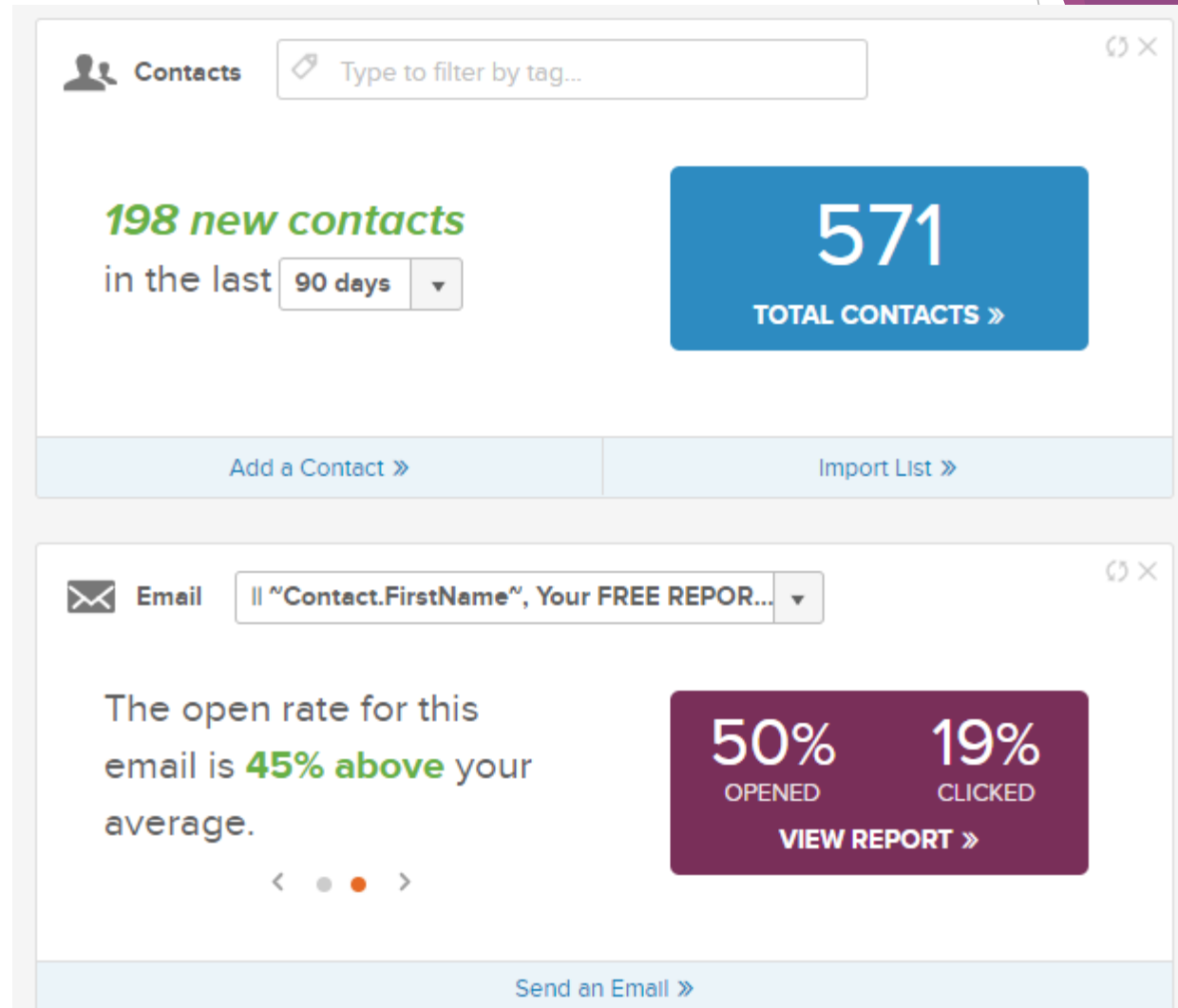
After watching this lesson proceed to the Quiz below.

Please share and like us:



Quizzes		Status
1	The PROBIA Study and Probiotics	

New opt-ins and Open rates have risen dramatically with the announcement of online classes.





Thank You Everyone!

A Fabulous Start in 2019!!

Together, we are a powerful dissemination team.