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New Brain Nutrition News - August 2020

Stress, depression, and aggression, and how nutrition can help



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Happy August! We hope you are enjoying your summer time as much as possible during COVID-19 challenges. We have fascinating facts to share with you about your lifestyle, nutrition, and mental health!

[VIDEO HIGHLIGHTS](#)

We are proud to present our complete list of online classes which you can watch when you want to learn about:

- The clinical studies we are doing to improve patients' lifestyle habits and health
- [Learn online here](#)

BLOGS FROM OUR EXPERTS

Our research team of scientists are continually publishing **informative blogs** about nutrition and mental health. Here are three blog posts of interest for you that were just published in July:



Mobile apps for individuals with ADHD

by Prof. János Réthelyi



How physical exercise may reduce ADHD symptoms

by Dr. Jeanette Mostert

Omega-3 fatty acids now in baby formula to mimic mother's milk

by Dr. Manuel Schlipf



NEWS

We have a new research publication out! Dr. Lizanne Schweren and her colleagues analysed data of 121008 individuals to identify how diet quality, stress, and mental health are related. [Read it here.](#)

Eat2beNICE has four ongoing clinical trials to learn more about nutrition and lifestyle effects on mental health:

1. The Elimination Diet - eliminating certain types of food from your intake
2. The Mediterranean Diet - eating what experts find to be a healthy diet
3. Including probiotic formulas in the diet
4. Including multi-vitamin doses in the diet

Due to COVID-19, all in-patient visits to clinics were postponed in spring. At some locations, these trials are now starting up again, taking into account all necessary precautions. Our team of 100 scientists are still completing research and analyzing existing data to date. [We'll be posting updates on our research here.](#) And of course, we will keep informing you via this New Brain Nutrition (NBN) Newsletter.

WHAT QUESTIONS DO YOU HAVE?

New Brain Nutrition aims to provide you with the scientific answers to questions about lifestyle, nutrition and mental health. Let us know what questions you have, then we will try to answer them!

Email to info@newbrainnutrition.com

ABOUT Eat2beNICE

New Brain Nutrition is the public dissemination product of Eat2beNICE. We are an EU-funded medical consortium that studies the connections between gut microbiota, diet, and exercise to formulate nutrition and lifestyle recommendations for brain health. [Read more about the project here.](#)

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