New Brain Nutrition News - July 2020
Stress, depression, and aggression, and how nutrition can help

New Website - Check it out!

Our new website newbrainnutrition.com highlights the connections between gut microbiota, diet, and exercise to formulate nutrition and lifestyle recommendations for brain health. Learn online from the videos, dictionary, recipes, and scientific research.
Successful Steering Committee Meeting

The Steering Committee (SC) of the Eat2beNICE research consortium recently met online due to the COVID-19 crisis to update the project on how to continue clinical research and patients trials during the pandemic. Research papers are beginning to be published on study findings!

We love them. We know you do too. These are the three fan favorites:

Learn online: The role of the gut-brain axis in neurodevelopmental disorders
Project video: The Eat2beNICE project explained

How healthy food & lifestyle contribute to mental health

Cooking for your brain: Grilled sardines with lentil fennel salad
EXPERT BLOGS

Read in and find out: These are some expert blogs about stress & depression that people are reading now:

**Depression, aggression, and Vitamin B1 thiamine supplements as a new treatment**
by Anna Gorlova

**Stress-induced food addiction – how everyday life stressors alter our dietary habits**
Treating food intolerance and allergies with the elimination diet

by Laura Friederike Müller

WHAT QUESTION 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, and we will try to answer them! Email us at info@newbrainnutrition.com

ABOUT 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.
This project has received funding from the European Union’s Horizon 2020 research and innovation programme under grant agreement No 728018. This newsletter reflects only the authors’ view and the European Commission is not responsible for any use that may be made of the information it contains.

Copyright © Eat2beNICE 2020
concentris research management gmbh
All rights reserved.