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## New Brain Nutrition News - July 2020

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



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### New Website - Check it out!

Our new website [newbrainnutrition.com](https://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.

Professionals and public learning how lifestyle, nutrition, genetics, and gut microbes contribute to mental health

[LEARN MORE](#)

## 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!



## VIDEOS

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**

# The Gut-Brain Axis and Neurodevelopmental Disorders (ND)

A Professional Education Activity for Healthcare Providers



**Alejandro Arias-Vasquez, PhD**  
Radboud University Medical Centre  
Departments of Psychiatry &  
Human Genetics

[www.eat2benice.eu](http://www.eat2benice.eu)  
<https://newbrainnutrition.com>



**Jonathan Marx, MBA**  
Host

**NEW  
BRAIN  
NUTRITION**

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**Project video: The Eat2beNICE project explained**

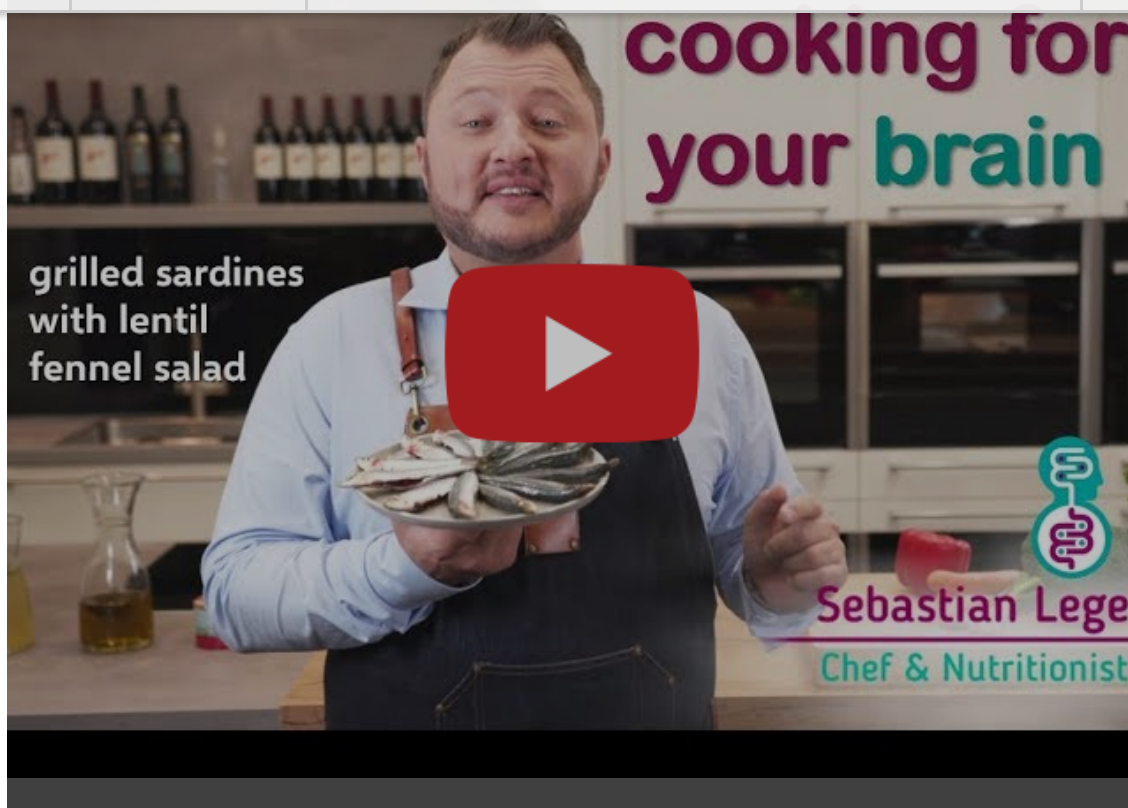


How healthy  
**food & lifestyle**  
contribute to  
**mental health**



**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](mailto: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](#).

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