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Nutritional Therapies for Mental Disorders

Guest Editor:

Dr. Francisco Bolaños-Jiménez
INRAE, UMR1280 Physiologie des
Adaptations Nutritionnelles,
Université de Nantes, Nantes
Atlantique Université, 44096
Nantes, France

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Message from the Guest Editor

Dear Colleagues,

Major depression, bipolar disorder, schizophrenia, and obsessive compulsive disorder (OCD) are among the most common mental disorders that currently plague numerous countries and have a big impact on patients' daily life. Changes in lifestyle related to nutritional habits might ameliorate psychiatric symptoms via changes in systemic inflammation, oxidative stress or in microbiota composition. For example, the intake of the essential amino acid tryptophan, which is further converted into serotonin, melatonin and kynurenine has a positive influence on depression, sleep, and behavior. In light of the tight association between nutrition and mood and the widespread use of nutrient supplements, it is especially important to evaluate the effects of dietary modifications on the development of psychiatric symptoms on a clinical as well as experimental level.

This Special Issue will publish selected articles that deepen our knowledge of specific and innovative aspects of diet, food, nutrition, on mental disorders and associated somatic comorbidities.



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1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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