

FREE SAMPLE LESSON · MODULE ONE

LOOKING AT METABOLIC HEALTH MAY BE THE ANSWER

From the course **Mental Health, Metabolic Nutrition and Ketosis**, with Cyndi O'Meara, founder of The Nutrition Academy.

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WELCOME TO MODULE ONE

Thankyoufor downloading this samplelessonfrom **Mental Health, Metabolic Nutrition and Ketosis**. It is Module One of the course, exactly as our students experience it, written by The Nutrition Academy founder Cyndi O'Meara.

In this lesson you'll look at why researchers and psychiatrists are beginning to see mental health through the lens of metabolism, light and lifestyle, and why that is such good news. You'll also read an excerpt from Cyndi's 1998 book *Changing Habits Changing Lives*, and see how far the science has come since.

IN THIS LESSON

- Mental health as a metabolic and circadian issue
- Vitalism versus mechanism
- The gut-brain axis and the vagus nerve
- The doctors leading the shift
- Food, mood and the brain (from 1998)
- Metabolic flexibility and ketones
- Anthropology, light and nature
- Where to start



CYNDI O'MEARA

NUTRITIONIST AND FOUNDER OF THE NUTRITION ACADEMY

Cyndi O'Meara is a leading nutritionist, filmmaker, best-selling author, TEDx speaker and founder of Changing Habits, The Changing Habits Farm and The Nutrition Academy. Her greatest love is to teach, educating people to make better nutritional and environmental choices.

MODULE ONE · LOOKING AT METABOLIC HEALTH MAY BE THE ANSWER

A NEW WAY OF SEEING MENTAL HEALTH

Manicdepression, known asbipolardisorder, hasbeen treatedwith drugs and psychotherapy, but a new study based out of Edinburgh University is seeing the mental health disorder as something quite different. Rather than treating it as a mental health issue it is now being seen as a metabolic and circadian health issue. And that's good news.

520,000 people or 1 in 50 have a diagnosis of bipolar in Australia, in the UK the number is around 1,000,000 and the US above 7,000,000. Approximately 2.3% of the population across these three nations have the condition. In the last decade this has increased exponentially.

VITALISM VERSUS MECHANISM

Bipolar is extremes in energy, mood and focus, oscillating between highs and lows. At The Nutrition Academy we have the philosophy of Vitalism, which dictates that the human body is an innate intelligence: give it all the right ingredients and take away interference and it can be the healthiest and most resilient it can be, both physically and mentally. On the other hand, mental health is viewed in the opposing way with the philosophy of mechanism, where the body is made up of parts: diagnose and then treat the sick part (brain and mind) with medications and cognitive behaviour therapy without any thought for the rest of the body or environment.

BETWEEN THE HEAD AND THE BODY

I don't know if you have noticed but between the head and the body there is a giant neck. This neck is part of the transport system of cell-made chemicals for communication, feedback and stimulation. It also has a nervous system that is controlled by the brain that sends electrical impulses to every part of the body, and then a feedback loop telling the brain what it needs to do for the body to be at homeostasis, physically and mentally. There is also the gut-brain axis, which shows the health of the gut is very much in alignment with the health of the body and mind and thought processes.

The vagus nerve, one of the cranial nerves, carries signals back and forth from the brain to the digestive system, thoracic (heart) and abdominal cavity. Vagus is Latin for wandering, as it makes its way through the body communicating back and forth to the brain about the body's vital organs, including all systems. It provides a feedback loop.

When we treat the mind, brain or head as a separate entity not attached to a body or an environment, as psychiatry has traditionally done, then we miss out on valuable resources to help the person suffering from a mental health disorder and/or bipolar to get well.

THE RESEARCH LEADING THE SHIFT

This new study out of Edinburgh, spearheaded by Dr Iain Campbell, who is afflicted with bipolar and has lost family members to the mental health disorder, is redefining the disease as a metabolic disorder and thereby looking at the ketogenic diet and circadian health. In

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other words, they are beginning to see a link between mental health and physical health and environmental stimulus like light and sunshine.

It's exciting times as I see an awakening to holistic health management that I didn't see 45 years ago when I started my nutrition training. In fact, if you mentioned diet for any disease including mental health disorders you would be told that diet has nothing to do with the presenting condition of the patient. I would be so frustrated by this narrative and because I wasn't a doctor I was seen as someone who didn't know what I was talking about and out on the fringe of modern science.

I am now seeing more research showing that by looking holistically at the condition, body, mind and environment, significant leaps can be made in the long-term prospects of cure and prevention without the use of medications for the rest of the person's life, or with a combination of medication, diet and lifestyle.

THE ACCIDENTAL NUTRITIONIST

Psychiatrist Dr Georgia Ede has written the book *Change Your Diet, Change Your Mind* (2024), a powerful plan to improve mood, overcome anxiety, and protect memory for a lifetime of optimal mental health. She discusses that through her four years at medical school she had a couple of hours of nutrition education, and specialising in psychiatry for four years there was no discussion or study on diet affecting the brain and mind and mental health.

Her main tools were cognitive behavioural therapy and medications, and they were not working for many of her clients. She had been a psychiatrist for 20 years and she viewed anything about nutrition and psychiatry with pure scepticism. Rather, she viewed the brain as a bunch of neurotransmitters that could be manipulated with medications. Her colleagues had practices filled with people they were not helping, and they began to view mental illnesses as a chronic, mysterious and incurable malady.

She knew that medications had their part to play in helping with mental health, but they came with side effects and often the medications were layered for three or four diagnosed mental health conditions, which compounded the side effects.

Her curiosity got the better of her, but only when she had her own health problems in her early 40s. Being curious, she tried different foods and ended with a diet that was based on meat with few plants. She had never felt better in her life. Dr Ede studied nutrition through Harvard, then trawled through as many nutrition journals, archives and periodicals as she

could to learn more about the outdated, unscientific ideologies of low fat, red meat, dairy, margarine, ultra-processed foods, low sugar, low calorie, saturated fat and the cholesterol phobia, and came to the realisation that the modern diet was not only making people physically sick but was affecting their mental health. She calls herself the accidental nutritionist and believes that Nutritional Psychiatry is the way forward.

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> I was genuinely shocked to learn that there is absolutely no science (or logic) behind recommendations to eat plant-based diets, balanced diets, high-fiber diets, low-cholesterol diets, or diets containing whole grains, low-fat dairy products, or rainbows of fruits and vegetables. At best, these ideas represent well-intentioned guesses based on deeply flawed, unscientific food questionnaires; at worst, they are intentional distortions of the facts designed to protect professional reputations or serve political and commercial agendas, not to protect and serve public health.
>
> DR GEORGIA EDE, PSYCHIATRIST

I couldn't agree with her more. I love when I see this not only in doctors and specialists but when parents, teenagers, and all ages finally get that the modern SAD (Standard Australian Diet or Standard American Diet) is making us sicker mentally and physically. And don't expect the government is going to turn the ship around; the change will be a grassroots movement, with people like Dr Iain Campbell, Dr Georgia Ede and Dr Chris Palmer propelling the movement back to a more real food, ancestrally based eating regime.

These two amazing professionals who have changed their paradigm are beginning to change the paradigm of many of their colleagues and patients. They are not the only ones making waves in psychiatry. There is a plethora of groups advocating metabolic psychiatry using ketosis, as you will read about throughout this course.

WATCH: INTERVIEWS WITH THE EXPERTS

- Dr Georgia Ede – interview one (YouTube)
- Dr Georgia Ede – interview two (YouTube)
- Dr Iain Campbell – interview (YouTube)

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WE HAVE COME A LONG WAY

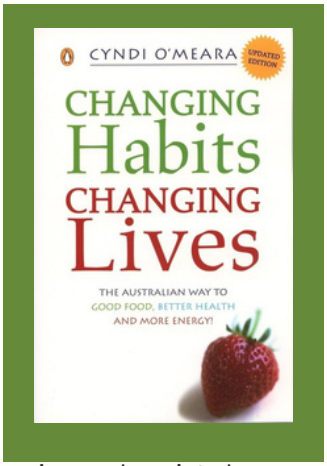
The firstbook I readon moodsand diet was backin the 1980s. This is what I wrote back in 1998 after reading the book. Back then it was about making the right neurotransmitter for the activity of the brain. Foods were used to propel either dopamine, the alerting neurotransmitter, or serotonin, the calming neurotransmitter. In short, proteins increase moods, carbohydrates calm moods. In reality, when the metabolism is flexible this is easily done, but with the ultra-processed, carbohydrate-dominant diet the metabolic flexibility no longer exists, and most people are hard-wired to only using glucose (carbohydrates) for brain metabolism, therefore being slumped into a state of low motivation.

When the brain uses ketones instead of glucose it changes the entire metabolism of the brain.

FROM THE ARCHIVES

CHANGING HABITS CHANGING LIVES

AnexcerptfromCyndiO'Meara's1998 book.



Just think about this: over the past 30 years the rate of depression and anxiety has increased enormously, more so in the last 5 years. In the western world alone depression is the most debilitating and expensive illness, costing billions of dollars a year. One in five Westerners have some form of mental illness and around 6% suffer serious depression. Considering most people have more today and more convenience than they ever had just 30 years ago, you have to wonder why the increase. Is it the pressures of the world, or is it a result of the foods we eat affecting the brain chemicals that balance mood, which in turn help with coping skills?

Since 1990 antidepressant prescriptions have skyrocketed. The explanation for this huge increase is: PROZAC.

Prozac is a selective serotonin reuptake inhibitor (SSRI). It works by preventing the brain from reabsorbing serotonin, a neurotransmitter that plays an important role in

the regulation of mood. So it would be wise to find out what foods affect the level of serotonin in the brain and what affects other important brain-enhancing hormones, in order to start to manipulate and use foods to enhance or calm moods.

There are three main chemical neurotransmitters in the brain which help send messages from one cell to the next. They are dopamine, noradrenalin and serotonin. Dopamine and noradrenalin are the brain chemicals that keep us alert; they have a tendency to make us think more quickly and they increase motivation, mental acuity and productivity. Serotonin on the other hand is the calming brain chemical; it produces a relaxed, more focused, less anxious, less stressed, more euphoric feeling. Levels of these neurotransmitters are directly related to the foods we eat.

Now I can see you all reading with anticipation to find out what foods increase or decrease these chemicals, as there are always times in our life when we wish to have one or the other mood. It's quite simple really; proteins – such as meat, fish, eggs, fresh shelled nuts, yogurt, cheese, legumes and complementary proteins – cause an increase in the brain chemicals for alertness (dopamine and noradrenaline), while carbohydrates – such as wheat, rye, millet, oats, rice, bread, pasta and starchy vegetables – cause an increase in the brain-calming chemical, serotonin.

TYROSINE AND TRYPTOPHAN

The brain synthesises these mood brain chemicals (neurotransmitters) from the amino acids tryptophan and tyrosine. (Amino acids, which are the building blocks of protein, are also present as individual amino acids in carbohydrates.) As tyrosine is the precursor to dopamine and noradrenaline, and tryptophan creates serotonin, you would think that an indulgence of protein with these two key precursors would cause all three chemical neurotransmitters to increase in the brain, thus causing calmness with alertness at the same time. But not so; once again the ingenuity of the body has made it so this does not happen.

The more protein you eat the greater the tyrosine levels in your blood, thus causing an increase in the alertness chemicals in the brain (dopamine and noradrenaline). But this is not true for tryptophan. Tryptophan, tyrosine and four other amino acids enter the brain through the blood brain barrier (BBB), competitively, via the same mechanism. When we eat a protein, tyrosine and the four other amino acids become plentiful while tryptophan becomes scarce, therefore very little tryptophan

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can pass through the BBB. But when we eat a meal of carbohydrates, tyrosine and the other four amino acids become scarce, while tryptophan found in carbohydrates becomes the dominating amino acid, thus passing through the BBB easily with very little competition.

CHOOSE YOUR MOOD BY CHOOSING YOUR FOOD

CALMING CARBOHYDRATES

All carbohydrates are not equal in their ability to offer mood-altering results. The best way to consume carbohydrates is in the form of whole grains and complex carbohydrates. Oats, millet, cracked wheat, buckwheat and rice are prime examples. Whole grains are broken down over a long period of time, keeping a constant flow of serotonin in our brain. Complex carbohydrates include root vegetables and sweet fruits. To experience the maximum effect of carbohydrates on your mood, it is important to eat them without any protein.

PEPPY PROTEINS

If you're feeling sluggish, protein power can produce the effects you want. Protein encourages the production of dopamine and noradrenalin, which produces alertness, mental energy and faster reaction time. The effects from eating protein last about 2–3 hours. To maximise the “arousal” effect of a protein meal, limit the intake of fat and carbohydrates. If you are not a good sleeper it is important to not eat protein for several hours before bedtime or you may experience difficulty falling asleep.

NEUTRAL FRUIT AND VEGETABLES

Most fruits and vegetables are mood-neutral foods, so you can consume them without them affecting your mood. So if you're feeling the way you want to feel, a meal of fruit or a healthy salad might be the best option.

SABOTAGING FATTY FOODS

As for fatty foods fried in vegetable oil, they cause havoc with moods. An overburden of bad fats means digestion overload and an increase in inflammation, causing a large portion of blood flow to leave the brain and be shunted to the digestive tract to help with the digestion and absorption, thus causing a condition I call “brain fag”. The brain simply stops working at peak efficiency and goes into slow mode, causing tiredness, forgetfulness, lack of concentration and all other

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mind-confusing, unwanted feelings. (By the way, a very large indulgent meal will also give the same symptoms.)

ANTAGONISING ALCOHOL

Difficulty walking, blurred vision, slurred speech, slowed reaction times, impaired memory; clearly, alcohol affects the brain and our moods. Alcoholism destroys the brain but current research shows that moderate alcohol consumption increases blood flow to the brain, which seems to be showing a link to improved mental function. The results of the research show some specificity in the association between alcohol consumption and cognitive ability. Research at University College London has found that those who drink only one glass of wine a week have significantly sharper thought processes than teetotallers.

EXHILARATING CAFFEINE

While caffeine is an addictive drug it can also be a very useful tool for changing moods and states of alertness. Scientists have developed various theories to explain caffeine's wake-promoting and mind-altering power; it seems to interfere with the chemical adenosine, which is a natural sleeping pill made by the body. Caffeine has been shown to enhance mood and increase alertness; in moderate amounts it's potent for athletes, students, brainstorming committees and the like. Used wisely, and not as an hourly pick-me-up, caffeine taken as tea or coffee can alter brain performance and be a very useful tool.

OUTSTANDING OMEGA-3 FATTY ACIDS

Omega-3 fatty acids found in oily fish, like salmon and mackerel, as well as many nuts, like walnuts, can help stave off depression. Recent research has revealed that Omega-3 is excellent for improving concentration and energy levels.

HELPFUL HERBS

Herbs have been used for centuries, not only for flavour in cooking but as natural remedies too. Ginger can lift the spirit, cinnamon counteracts exhaustion, camomile helps with nervous tension, while peppermint can be taken to help calm nerves and relieve anger. Basil is thought to clarify the mind, so try a large batch of pesto stirred through some healthy pasta to give your mind clarity.

VITAL VITAMINS AND MINERALS

B vitamins play an important role in brain function. B6 helps to convert tryptophan

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into serotonin, vitamin B1 helps build and maintain healthy brain cells and folic acid is also an essential brain food. Zinc is a mineral that helps keep the senses sharp as well as encouraging a healthy immune system; it is critical for proper growth and development of the nervous system.

STIMULATING SUNLIGHT

The sun inhibits a hormone in the brain called melatonin. This hormone creates a calmness in the brain and gets the body and mind ready for sleep. It is a hormone that is needed at night, so when the sun goes down the hormone is produced, but during the day exposure to sunlight will help keep melatonin at bay and enhance the alert state of the brain as well as help get rid of the blues.

OVERBOARD OVEREATING

Overeating also creates mood changes. Let me give you an example: what do you want to do straight after Christmas dinner? The usual answer is, have a siesta. What has happened is that the digestive system is overloaded, so some of the blood from the brain, arms and legs is shunted to the digestive system to help in the process of delivering the nutrients from the digested food to the rest of the body. That's why when you eat too much food you want to either sleep or you find it hard to get physically motivated.

USING THE FOOD-MIND-MOOD CONNECTION

While the peak performance of the physical body is important for athletes, many times the mind is the edge that makes the difference. Using the foods which cause alertness in the brain can make all the difference between winning and losing.

If you are someone who finds it hard to sleep at night, to help improve your sleep patterns it would be beneficial to have protein for lunch and carbohydrates for dinner. Stop drinking all caffeine drinks at midday, don't eat any protein after lunch and make sure you sleep in a dark room. Just see what a difference it makes when your brain is calmed down.

If you want the upper hand at a business meeting then eat smart. To keep your brain sharp and alert it is important to stick to the food mind mood principle. Two basic rules are: eat very little fat and eat your protein first. So a good business lunch would be: a clear soup (hold the bread and butter), then fish (without sauce) and a salad and steamed vegetables (hold the alcohol). For dessert have fruit salad; sorry, no cake or puddings. Watch what your lunch partner eats and see

who has the upper hand by the end of the meal.

Sitting down listening to a speaker, either at a conference, university lecture or school, can sometimes become tiring. Usually, during the morning sessions most people are alert and full of questions, but after lunch the yawns start and the heads start to nod. The food that is offered at lunch is often starchy, full of breads, cheeses and other foods that cause drowsiness. My suggestion is: at morning tea don't touch the sweet pastries; just have a cup of coffee and some fruit if they are on offer. Then at lunch choose one type of meat and the salad, with coffee and fruit again for afternoon tea. Using this strategy should make a difference by keeping you alert all day, allowing the brain to take in the information needed.

To allow shift workers to work to the best of their ability it is important to manipulate the foods you eat to match with when you want to sleep and want to be awake. Make sure throughout your shift you eat foods to increase alertness, and then when you are ready to sleep eat foods that increase the brain-calming chemicals in your brain. It is also very important that when you sleep you are in a dark room. The darker the room, the more abundant melatonin is to help you sleep and heal.

With this awareness of the Food-Mind-Mood Connection, you can use your food as a powerful tool to enhance performance in all areas of life, from improving sports performance to helping with insomnia and having the edge in business meetings. Parents can also use these principles to help children manage their busy lives.

It intrigues me that the typical western diet is carbohydrates for breakfast and lunch and then proteins for dinner. If your moods and your sleeping patterns are not working for you, then try changing and manipulating the foods you eat in order to change the brain neurotransmitters that best suit your needs.

From the time you wake up until approximately 4 hours before bed, try and consume some type of protein. For breakfast include eggs or fish, or consume a complementary protein such as porridge and walnuts, or toast and nuts. Avoid refined breakfast cereals and starchy breakfasts like toast and jam. Snacks for morning and afternoon tea should not be muffins, cakes or cookies but rather nuts, yogurt or a mix of crackers and nut butters, or hummus and other protein dips. Lunch should also have some protein like salmon, beef or chicken with vegetables. Then at night is when you can have pasta, rice and other high carbohydrate meals.

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ACTION STEPS FOR THIS WEEK

- Eat proteins in the morning to increase brain-enhancing chemicals.
- Snack throughout the day on nuts, yogurt and proteins.
- At night eat carbohydrates without any influence of proteins.

CYNDI'S NOTE, TODAY

WHEN WE KNOW BETTER, WE DO BETTER

Intheory, whatyou havejust readworks when usinghigh-qualityfoods rather than ultra-processed foods, and when metabolic flexibility is efficient: proteins increase dopamine and carbohydrates increase serotonin. In 2025 we now have the science that shows exactly what happens when we change the metabolic activity of the brain from a glucose-driven metabolism to a ketone-driven metabolism.

METABOLIC FLEXIBILITY

The ability to easily flip between using glucose (from carbohydrates) and ketones (from fats and proteins) for energy for body and brain.

Modern eating is heavily weighted towards refined carbohydrates; after all, that is the direction of the dietary guidelines across most western countries. This of course has changed in the 2026 USA dietary guidelines, where the emphasis is back to real foods and animal-based proteins, whole dairy, fruits and vegetables. A large percentage of people consuming the standard Australian Western diet do not have metabolic flexibility but rather have insulin resistance, prediabetes or diabetes and metabolic disease. Therefore a strict evolutionary diet regime will help bring them back to flexibility.

Diet is just the beginning; there are other lifestyle factors to address, including sleep, physical activity, grounding, connection and sunshine.

> THE TRICK IS TO LOOK AT EVERYTHING.

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LOOKING THROUGH THE LENS OF ANTHROPOLOGY

Vitalism is notthe only guiding principle of TheNutritionAcademy and TheFunctional Nutrition Course, which means we look at everything. Anthropology and cultural anthropology are the second half of the guiding principle.

Dr Iain Campbell not only shows that the ketogenic diet is helpful in bipolar disorders, but that circadian health and light may also play a key role. Let's look anthropologically at how this may be crucial in changing the health outcomes.

FIRSTLY, THE KETOGENIC DIET

Throughoutthehistory ofmanthere has been an ebb and flow to the food supply. As hunter-gatherers, food was usually plentiful in the summer with lots of plants like fruit (carbohydrates), whereas as the winter came on, the plants became scarce and animals (fat and protein) became the main fare. Of course, this is a generalisation, as there were many factors that changed this, such as the altitude, latitude and longitude the human lived at, which would dictate the foods that were available in the area throughout the seasons. Closer to the equator there were more plants; the further away from the equator and/or the higher in altitude, the fewer plants.

The human body evolved to live with these extremes by being able to use carbohydrates, fats and proteins as sources of energy and building blocks. If one of the macronutrients was missing, the body changed the fuel it used. If it was carbohydrates, then the main energy was glucose to fuel the mitochondria to make energy. If fats and protein were all that was available, then the body would use ketones as its main source of fuel. The brain also was fed by glucose and ketones depending on what was being eaten.

It's interesting to note that when your brain is fuelled by ketones you are more adventurous and curious. This was important as animals moved and migrated, and we had to have energy, adventure and curiosity to survive. Whereas when the brain is fuelled by glucose we are more subdued, calm and happy to just sit. This was also advantageous to our survival, as plants don't move and we would stay around a tree until all the produce was eaten.

Due to the changing seasons, migrations and food availability there was a constant changing and adaptation to these different fuels. This is how it was. But with the modern supermarket we can eat carbohydrates all day, every day, all year, our whole life, without having to adapt and change our energy source. Our body needs the ebb and flow of

macronutrients as a source of information about the environment, about seasons, about sunlight availability. All these match the body to receive the right signals for health, longevity and perpetuation of the human species. Without it we would not have survived to now.

Yes, we can live on carbohydrates and ultra-processed foods, but are we really living when the WHO predicts that by 2048 between 88% and 90% of the world population will die from a chronic disease? This means that if we continue to treat chronic disease like bipolar with a medication, as opposed to a more vitalistic approach, then we live with the condition for the rest of our lives with pain, reduced function and mental health issues, to name a few, and that to me is no way to live.

LIGHT, NATURE AND THE OUTDOORS

Anthropology also shows an outdoor life punctuated by the sun rising and the sun setting, with different light frequencies communicating with the cells of the body throughout the day.

Nature also was a part of our anthropological times; plants and the ground contribute significantly to the body's requirements for minerals and ions. For instance, we know plants give us oxygen, but if you sit under or brush by a giant tree fern magnesium is given off; all plants circulate certain minerals and release them to the soil or air. As you walk through a forest, sporebiotics surround you, which then help the keystone microbes in your microbiome, and when you walk barefoot on the natural ground, ions pass through the soles of your feet to fuel the electron transport chain to transform food into energy, as well as fuel the communication of all your cells.



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When science catches up and proves these two amazing philosophies, such as this research on bipolar disorder and mental health with the ketogenic diet and light, I know that the guiding principles of The Nutrition Academy will stand the test of time.

WHERE TO START

Are you prepared to wait for more science, or can you take the leap now and make changes in your lifestyle that emulate, in this modern world, a more hunter-gatherer lifestyle? It doesn't mean you have to live in the woods and catch and gather your food; you just have to emulate the principles.

There are so many factors to consider, but for starters, if you do suffer from a mental health disorder, begin with a diet change. A diet that gets you into ketosis is a great place to start.

ONCE YOU HAVE FOUND A BALANCE IN ENERGY

- See the sunrise and the sunset
- Get out into the sun in the middle of the day, even under the shade of a tree
- Go barefoot on natural ground
- Take a hike in the forest, woods or rainforest
- Swim in a creek or the ocean
- Create good sleep patterns
- Reduce screen time 2 hours before bed

CIRCADIAN HEALTH AND BIPOLAR

In March 2024 The Nutrition Academy held a Melbourne Summit. We invited respected circadian rhythm researcher Dr Sean Cain from Monash University to present. His talk echoed the research by Dr Iain Campbell and his question on circadian health and bipolar. Dr Campbell notes that bipolar disorders become more severe in the autumn and winter, when the sun is moving toward the equator and less light and more night is inevitable. Dr Sean Cain shows the individuality of light sensitivity in humans; in other words, we are all different.

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Cyndi O'Meara at The Health & Nutrition Summit

GO DEEPER WITH PROFESSOR SEAN CAIN

- The circadian rhythm of life (Monash Lens)
- Video one (YouTube)
- Video two (YouTube)
- Video three (YouTube)

Considering the anthropological principle, most people lived in locations of constant environmental change: their skin colour changed, their light exposure changed, and their wake and sleep cycle changed. There may be genetic factors involved, and with the constant migration of modern humanity to climates unlike their climates of origin, Dr Campbell may scientifically show that for some people more outside time and nature time may be the one catalyst that shifts their bipolar severity in the autumn and winter. I look forward to following his work.

THE BIGGER PICTURE

There are many scientists and doctors now discovering that we cannot fix the mind and body with a lifelong prescription of medication. All we do is mask the symptom and never get to the root cause. Most of the things I've talked about don't cost any more money; they are far cheaper than a lifetime prescription of medication with dubious side effects. There are times for medication, but diet and lifestyle must become the overarching treatment for mental and physical health issues.

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If you are a professional or an individual who wants to help your clients or take responsibility for your own health, then arming yourself with the proven principles of our functional nutrition course can help your clients and/or yourself become the best you can be. Education is the key, but more importantly, putting it into action is what makes the difference. In this course we will teach you not only the principles behind the ketogenic diet and how it affects mental health disorders, but also how to do it and how to test yourself for ketones in the body.

REFLECT ON THIS LESSON

1. What did you notice about the difference between treating the mind on its own and looking at the whole body and environment?
2. Which of the lifestyle factors (sunlight, nature, sleep, grounding, screen time) could you change this week?
3. Looking at what you eat in a typical day, how often does your body get the chance to use something other than glucose for fuel?

UP NEXT IN THE FULL COURSE

In Module Two we look at the traditional approach to mental health: diagnosis criteria, medications and cognitive behavioural therapy. The full course then takes you through

ketosis, leptin, fats and cholesterol, Vitamin N (nature), the foods for excellent mental health, and how to track your progress and make it a way of eating for life.

01	Looking at Metabolic Health May Be the Answer	08	Fat, Blood Cholesterol Readings and Heart Disease
02	The Traditional Approach	09	The Importance of Vitamin N – Nature
03	Why Does Our Body Go Into Ketosis?	10	Foods for Excellent Mental Health and Ketosis
04	Keto – Its True Beginnings	11	Who Else Could Benefit?
05	Why Don't You Just Take a Ketone Body Supplement?	12	Tracking Your Progress
06	Keto Snacks	13	Eating for Life
07	Leptin – The Master Hormone	+	Bonus: Declutter Your Life and Pantr y

This lesson is general education only and is not medical advice. Please speak with your doctor or health professional before making changes to your diet or medication, particularly if you have a diagnosed mental health condition.

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MENTAL HEALTH, METABOLIC NUTRITION AND KETOSIS

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$297

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