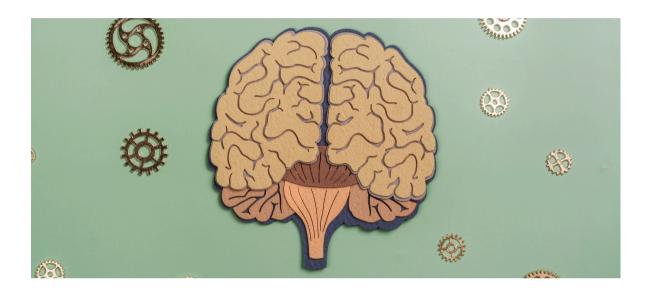
Mental Health and Nutrition

The Link Between Depression, Gut Microbiota, and Mental Well-Being:
The Importance of a Multidisciplinary Approach



- How are dysbiosis and depression connected?
- What role do gut bacteria play in depression?
- What does research say about the nutritional management of depression to improve mental health?

Find out how TeamNutrition can support your patients with:

- Our KoalaPro health app and its exclusive Support+ service.
- A food diary powered by artificial intelligence.
- The integration of our referral form.
- And more!

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