

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!

Expand your knowledge and your team's expertise – book your Lunch and Learn today by contacting jlamarche@equipenutrition.ca.

