



Understanding nutrition, depression and mental illnesses.

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Abstract:

Few people are aware of the connection between nutrition and depression while they easily understand the connection between nutritional deficiencies and physical illness. Depression is more typically thought of as strictly biochemical-based or emotionally-rooted. On the contrary, nutrition can play a key role in the onset as well as severity and duration of depression. Many of the easily noticeable food patterns that precede depression are the same as those that occur during depression. These may include poor appetite, skipping meals, and a dominant desire for sweet foods. Nutritional neuroscience is an emerging discipline shedding light on the fact that nutritional factors are intertwined with human cognition, behavior, and emotions”.

Biography:

Rana Mahima is currently working as the Lecturer at Department of Food Science and Nutrition, Subharti University, India. She completed M.Sc., Ph.D. and her specialization is in Food and Nutrition. She is having more than 3 years experience.



Recent Publications:

1. Anthropometric changes with aging and their association with different health complications, Mahima Rana, Pragya Upadhyaya, Gita Bisla.
2. Epidermal growth factor preserves myelin and promotes astrogliosis after intraventricular hemorrhage, Mahima Rana
3. Disruption of Interneuron Neurogenesis in Premature Newborns and Reversal with Estrogen Treatment, Mahima Rana

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