

JULIA RUCKLIDGE'S FREE ONLINE COURSE ON NUTRITION AND MENTAL HEALTH

Details at:

<https://www.edx.org/course/mental-health-and-nutrition>

Module 1: Nutrition and Mental Health: Why now?

Module 2: Introduction to nutrients relevant to brain health.

Module 3: Dietary patterns and mental health

Module 4: The factors which influence the supply of nutrients to the brain

Module 5: Supplementation and treatment for mental health problems: The evidence

Module 6: The bigger context: What can we do to build a better brain?

This course is self-paced and can be begun at any time. Julia estimates that people would spend between 2-6 hours per week if they begin a new module each week.

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