

Viridian Nutrition in collaboration with  
The Natural Dispensary brings you...

# Recent Advances in Nutritional Therapy for Mental Health



**A FREE EDUCATIONAL EVENT FOR PRACTITIONERS**  
BANT approved Continuing Professional Development (CPD) equivalent to 4.5 hours\*

Anxiety, depression, insomnia, mental fatigue, behavioral issues, cognitive decline, and memory loss are some of the most common yet poorly managed issues in health care.

We are now at a tipping point where the evidence for the age-old idea that food is medicine and has an impact on mental health is overwhelming.

This special event is an important primer in the foundations and latest research into nutritional therapy for the prevention, management and enhancement of brain health with a unique focus on evidence-based practical solutions for mood, fatigue, behavior and cognition.

Friday 11th September 2015  
9.30am - 4.30pm

Cavendish Conference Centre  
22 Duchess Mews  
London  
W1G 9DT

## Discover:

- Why nutrition is fundamental to brain health, and how modern diets have changed our brains.
- The latest research on whole foods and food bio-actives for mental health, and how they can reduce stress, improve mood and sharpen memory and cognition.
- Insights into the functional role of the gut-brain connection, food sensitivities, and mitochondrial function in mental illness.
- Practical solutions for ADHD, behavioural issues, depression, anxiety, psychiatric illness, memory loss and dementia.

## Each attendee will receive:

Drinks and refreshments during morning and afternoon breaks, product samples, seminar notes, extensive background information and a valuable educational opportunity.

**Book your place today - Please contact Tom Welch on  
01327 878050 or by email on [tom@viridian-nutrition.com](mailto:tom@viridian-nutrition.com)**

\*Pending

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## Program:

Registration: 9.30am

Session 1: 10.00 - 12.00pm  
**Brain Foods: Whole Foods and Dietary Approaches for Mental Health & Cognition**  
*Benjamin Brown*

Lunch: 12.00 - 1.00pm

Session 2: 1.00 - 2.30pm  
**Functional Nutritional Therapy Clinical Assessment and Case Studies**  
*Robyn Puglia*

Break: 2.30 - 3.00pm

Session 3: 3.00 - 4.00pm  
**Brain Mitochondrial Metabolism and Psychiatric Illness**  
*Benjamin Brown*

Question Time: 4.00 - 4.30pm

## Speakers:

**Benjamin Brown, ND**

Ben is a leading expert on nutrition for mental health. He has published research in the area of nutrients for enhancing brain mitochondrial metabolism and reversing brain degeneration. He is an international speaker, teaches nutrition, Technical Director at Viridian Nutrition, and regularly writes for industry magazines and scientific journals. Ben has a unique ability to make scientific information easy to understand and immediately useful.



**Robyn Puglia, FdSc DiplON mIFM**

Robyn is a Clinical Nutritionist with a specialised interest in the Functional Medicine approach to health. Robyn is very involved with the field of Coeliac Disease, Gluten-Reactive Disorders and Autoimmune Disease. Her passion for the healing power of food, has led her to work with complex cases, involving multiple diagnoses, and chronic health issues such as ME, auto-immune diseases and fibromyalgia.



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The leading brand of ethical vitamins