

# FOOD FOR THE BRAIN



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▶ **FOOD FOR THE BRAIN CONFERENCE 2008**

## FOOD FOR THE BRAIN INAUGURAL CONFERENCE

**FANTASTIC SPEAKERS, AMAZING INFORMATION... TALKS WERE OF EXCELLENT QUALITY, VERY STIMULATING AND INFORMATIVE.. OUTSTANDING SPEAKERS WITH REAL PASSION".**

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If you missed Food for the Brain's conference you can now order the AUDIO CONFERENCE. 12 hours of cutting-edge information with presentation notes to transform your practice and bring your knowledge up to date.

The AUDIO CONFERENCE contains the following presentations:

### SESSION 1 - MAXIMISING CHILDREN'S POTENTIAL

'Fitting Children to Labels' - Introduction and opening address

**Dr Rona Tutt OBE**

'Essential fats, School Performance and Behaviour – UK Update'

**Dr Madeleine Portwood**

'Optimum Nutrition for Learning and Behaviour'

**Dr Natalie Sinn**

'The Gut and Brain Axis – Do We Have the Guts to be Happy?'

**Michael Ash**

**FORUM WITH SPEAKERS**

### SESSION 2 – NUTRITION, BRAIN FUNCTION & DEVELOPMENT

'Seafood Deficient Diets: Neurodevelopmental and Psychiatric risks'

**Dr Joe Hibbeln**

'Methylation, Mind and Memory'

**Professor Helga Refsum**

'Redox Imbalance and the Metabolic Pathology of Autism'

**Professor Jill James**

'Sunlight, vitamin D and the Brain'

**Deborah Colson**

**FORUM WITH SPEAKERS**

### SESSION 3 – NEW FRONITERS IN



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### DO YOU NEED HELP?

Come to the **Brain Bio Centre**, our outpatient clinic, specialising in the 'optimum nutrition' approach to mental health problems.

### Find out about nutrition for:

- 👉 ADHD/hyperactivity
- 👉 Autism
- 👉 Bipolar Disorder
- 👉 Dementia/Alzheimer's
- 👉 Depression
- 👉 Dyslexia/Dyspraxia
- 👉 Schizophrenia

### Conference Programme

For details of Conference Programme [click here](#)

### Conference Speakers

For details of Conference Speakers [click here](#)

*"A diet lacking essential nutrients or containing ingredients that are detrimental, is likely to have adverse consequences for*

## ALZHEIMER'S, DEPRESSION & ADDICTION

'Is Alzheimer's A Preventable Disease?'

**Professor David Smith**

'Folate and depression'

**Professor Philip Cowen**

'Intravenous and Oral Nutrient Therapy for Addiction'

**Dr David Miller**

'Omega 3 Fats, Depression & Addiction'

**Dr Joseph Hibbeln**

**FORUM WITH SPEAKERS**

## SESSION 4 – NUTRITIONAL MEDICINE IN PSYCHIATRIC DISORDERS

'Treating depression and anxiety without Medication'

**Dr Hyla Cass**

'Integral Medicine – A Functional Approach to Mental Illness'

**Patrick Holford**

**FORUM WITH SPEAKERS**

Each presentation is supported by access to on-line pdfs of the presentation handouts. The 2 CD set contains MP3 files for each session, which can be downloaded onto your computer/MP3 player/ ipod via media player / itunes, or alternatively you can burnt your own CDs. All details are sent with your order, all for **only £49.99**.

For more information about the speakers [click here](#)

All proceeds go to the Food for the Brain Foundation.

*brain function, mental health and behaviour... evidence of the links between nutritional status and childhood disorders, depression, aggressive and anti-social behaviour merits further publicly funded research... Because of the major potential benefit for the fields of education, crime, health and well-being of vulnerable sections of society, we believe **more research is urgently needed in this area** and we recommend that more Government resources are devoted to this." **The Associate Parliamentary Food and Health Forum, 2008***