



FOOD FOR THE BRAIN

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We can help you with:

Addiction Recovery / Abstinence Support
Autism
Dementia/Alzheimer's
Dyslexia/Dyspraxia

ADHD/Hyperactivity
Bipolar Disorder
Depression
Schizophrenia/Psychosis

Our clinic specialises in the 'optimum nutrition' approach to mental well-being. Our team can work with you to identify any nutritional or biochemical imbalances which may be contributing to your symptoms - we provide you with a tailored programme to correct these issues to restore your health. Click on the above links for more information on individual conditions and how they can be influenced by nutrition.

Find out more ...

<p>Read the Books If this is your first introduction to Optimum Nutrition, a good place to start is by reading these recommended books</p> <p>Click here</p>	<p>Make an Appointment Our clinic is based in Richmond, London and to make an appointment is as easy as clicking here.</p> <p>Click here</p>	<p>Brain Bio Centre in the Media Listen and see for yourself what has been said about the Brain Bio Centre and how it can really help</p> <p>Click here</p>

HOW THE BRAIN BIO CENTRE APPROACH HELPED ME ...

Read testimonials from previous clients to learn how nutrition made a difference to their lives.

WHAT WE DO

Download our free Information Pack and find out about the Brain Bio Centre's consultation process.

WHO WE ARE

Meet our team of clinical nutritionists, psychiatrists and scientific advisors

FREQUENTLY ASKED QUESTIONS

Find answers to frequently asked questions.

CONTACT US

If you still have any queries, or would like to book an appointment, **contact us**.

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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](#)

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