

Functional Nutrition for Mental and Cognitive Health

Module 1: Introduction to Functional Nutrition and Mental Health

- Core principles of functional nutrition as they apply to mental health
 - The role of neurotransmitters and the gut–brain connection
 - Common nutrient deficiencies that impact mood and cognition
 - How to use food diaries, symptom trackers, and mental health assessments
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Module 2: Amino Acids & Micronutrients in Neurotransmitter Synthesis

- How neurotransmitters (dopamine, serotonin, GABA, acetylcholine) are formed
 - The role of amino acids and key micronutrients in neurotransmitter synthesis
 - Foods and supplements that support neurotransmitter balance
 - How to recognize and track neurotransmitter imbalances
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Module 3: Essential Fatty Acids and Brain Health

- The importance of Omega-3s (DHA, EPA, ALA) for brain function and mental health
 - Signs and symptoms of essential fatty acid deficiency
 - How to implement EFA-rich meal plans and choose high-quality supplements
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Module 4: Micronutrients for Mental and Cognitive Health

- Critical vitamins and minerals linked to brain health
 - How micronutrients support enzymatic and neurotransmitter functions
 - Nutrient-dense foods that improve mental health
 - Intake tracking and lab testing for micronutrient status
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Module 5: Gut–Brain Axis

- How gut integrity and the microbiome affect emotional well-being
 - The gut’s role in serotonin production
 - Foods and supplements to support digestive health (probiotics, fiber, prebiotics)
 - Gut assessment tools and gut-healing protocols
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Module 6: Anti-Inflammatory Nutrition for Mental / Cognitive Health

The link between chronic inflammation and mood disorders

- Cytokines, neuroinflammation, and Omega-3s
 - Anti-inflammatory dietary strategies
 - Supplements that reduce inflammation and practical meal planning
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Module 7: Blood Sugar Balance

- How glucose and insulin fluctuations impact mood and anxiety
 - Blood sugar-balancing foods and supplements
 - Monitoring blood sugar and adapting meals
 - Cortisol, glucose, and emotional regulation
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Module 8: Hormonal Balance

- Thyroid, adrenal, and reproductive hormone effects on mental health
 - Cortisol, estrogen, progesterone, and cognition
 - Nutrition and supplement strategies for hormone balance
 - Symptom-based hormone imbalance checklists
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Module 9: Methylation

- How methylation influences neurotransmitter production and detox pathways
 - Key components: folate cycle, methionine cycle, SAMe, homocysteine
 - Foods and supplements that support methylation
 - Lab testing and personalized methylation protocols
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Module 10: Toxic Overload

- How heavy metals, mold, and environmental toxins affect the brain
 - Liver detoxification, bile flow, and lymphatic health
 - Dietary, antioxidant, and supplement-based detox support
 - Assessing toxic load and reducing environmental exposures
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Module 11: Sleep and Mental Health

- Circadian rhythms and sleep-related neurotransmitters
 - Nutritional and supplemental sleep support (magnesium, melatonin, glycine)
 - Dietary and lifestyle sleep strategies
 - Building a personalized sleep hygiene protocol
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Module 12: Mitochondria & Mental / Cognitive Health

- The role of mitochondria in brain energy, mood, and cognition
- Mitochondrial dysfunction in depression, anxiety, burnout, ADHD, and neurodegeneration
- Key nutrients for mitochondrial health
- Nutrition, lifestyle, and supplement strategies to improve mitochondrial function