



NUTRITIONAL AND LIFESTYLE SUPPORT FOR EMOTIONAL AND MENTAL HEALTH

WITH PRACTICAL CLINICAL APPLICATIONS

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SESSION 1

THE AMERICAN MENTAL HEALTH CRISIS: A CURRENT STATE OVERVIEW

- Identifying patients expected to have mental/emotional challenges
- Current mental health options available to patients

SESSIONS 2-3

MEDICINE'S BLINDSPOT: THE REASON YOU MIGHT NOT BE GETTING WELL

- Upper and lower GI digestion roles and amino acids availability for neurotransmitter production, enzyme support and nutrients to support bile, and microbiota on nutrient absorption and immune support
- Macronutrient digestion and nutritional support to aid in neurotransmitter production
- Define the role of the microbiota in nutritional absorption
- Explore the role of nutrients, herbs, pre-biotics, pro-biotics, and phytonutrients

SESSION 4

THE OMEGA-3 INDEX: WHAT'S YOUR NUMBER?

- Omega-3 fatty acids health effects, Omega-3 Index blood test development, validation, prognostic value, and impact of supplemental Omega-3 fatty acids on Omega-3 Index
- Underlying concern of Omega-3 to Omega-6 ratio in the population
- Role of Omega-3 to Omega-6 testing to help improve the ratio
- Deep dive into the benefit of the Omega-3 Index

SESSIONS 5-6

COPPER AND ZINC BALANCING: A DEEP DIVE

- Zinc deficiency, zinc dependent enzymes, zinc taste test, and impact of zinc on multiple brain levels of neurotransmitters
- Underlying concern and possible causes of zinc deficiency in the population
- Role of zinc in efficient conversion of dietary B-6 into PLP (pyridoxal-5-phosphate-the activated form of B-6 in the body and brain)
- Important relationship between zinc and copper, as well as the role of copper in the synthesis and balance of certain neurotransmitters
- Vitamin C with relation to oxidative reactions and oxidative stress in mental health
- Concern with pyrrole and its resultant impact on zinc and PLP

SESSION 7

TO B OR NOT TO B. THERE IS NO QUESTION: VITAMIN B & MENTAL HEALTH

- B-6 deficiency health effects, and impact of B-6 on neurotransmitters
- Underlying concern and possible causes of B-6 deficiency in the population
- Historic applications of B-6 and B-3 with relation to mental health
- Neurotransmitters which require Vitamin B-6 for efficient synthesis
- Possibility of overdose with Vitamin B-6

SESSION 8

METHYL/FOLATE IMBALANCES: OVERALL HEALTH & MENTAL HEALTH IMPLICATIONS

- Potential impact of methylation status on mental health, factors that influence abnormalities in methylation, and impact of genetic or acquired imbalances in methyl and folate on levels of neurotransmitters.
- Underlying concern and possible causes of hyper and hypo-methylation in the population
- Helping normalize imbalances in methylation with potential nutrients
- Important relationship between serotonin and a deficiency of methionine and SAMe.

