

DEPRESSION, NUTRITION & MENTAL ILLNESS

Monday, January 9, 2012

Indian Journal of Psychiatry-2008

"On the basis of accumulating scientific evidence, an effective therapeutic intervention is emerging, namely nutritional supplement/treatment. These may be appropriate for controlling and to some extent, preventing depression, bipolar disorder, schizophrenia, eating disorders and anxiety disorders, attention deficit disorder/attention deficit hyperactivity disorder (ADD/ADHD), autism, and addiction."

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2738337/>