

WHOLE BODY PSYCHIATRY: Nutrition for Mental Health

Friday, February 27, 2015

Mental health is not all in our minds. Nutrition is an oft-ignored - yet incredibly effective - way to manage mental illness, including schizophrenia, says Hedaya, MD, ABPN, DFAPA, founder of the National Center for Whole Psychiatry and clinical professor of psychiatry at Georgetown University School of Medicine. Now, Dr. Hedaya practices what he calls "whole psychiatry". New patients undergo a four-hour workup, in which Hedaya examines all the factors that have combined to cause a break in a person's mental health. Unlike his colleagues in mainstream psychiatry, he conducts extensive lab work to look for disruptions in basic body systems that might manifest as mental illness, while also looking into psychological, social and spiritual factors.

<https://experiencelife.com/article/whole-body-psychiatry-nutrition-for-mental-health/>