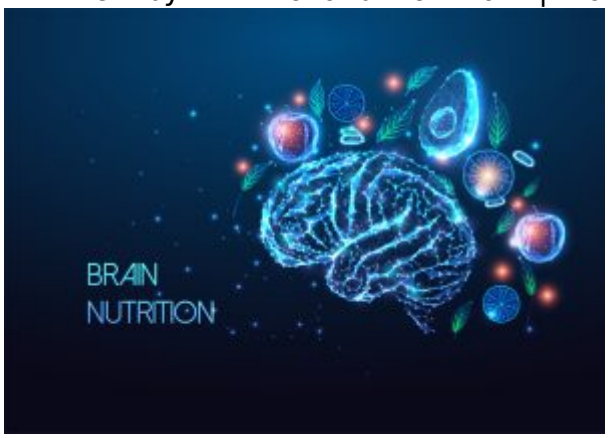
# ENCORE: The Food-Mood Connection: Optimizing Mental Health Through Nutrition

written by Dr. Ronald Hoffman | March 18, 2026




Can what you eat impact your mental well-being? Dr. Georgia Ede, author of “Change Your Diet, Change Your Mind,” details how a whole-foods, ketogenic, or even carnivore diet could benefit your mental health. Check it out!