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

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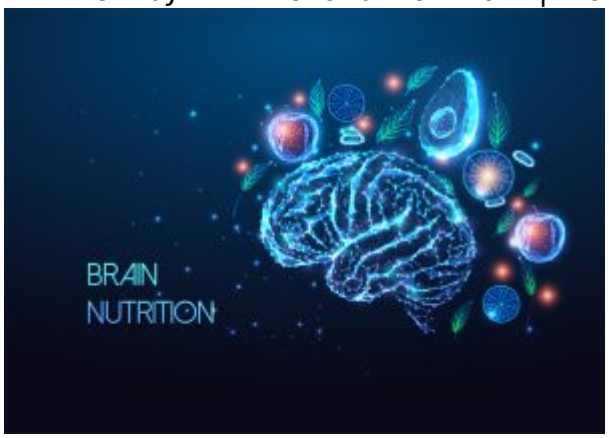


Can what you eat impact your mental well-being? Dr. Georgia Ede, author of “Change Your Diet, Change Your Mind,” details how a whole-foods, ketogenic, or even carnivore diet could benefit your mental health. Check it out!