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Mental Health, Precision Nutrition, & Lifestyle Medicine: Translating Evidence to Clinical Practice

BANT AGM and Conference 2022

Saturday, 21 May, 2022 | Virtual Event

Featuring leading educators and clinicians who are experts on emergent scientific and clinical evidence in the specialist area of nutritional psychiatry, lifestyle psychiatry, precision nutrition, personalized medicine, and integrative medicine.

The focus of the conference is the translation of evidence for nutrition and lifestyle factors to preventative and management approaches for mental health, in particular anxiety, depression, and behavioural disorders, to practical strategies that can be implemented in clinical practice.

Key health specialties and subspecialty disciplines include psychiatry, neurology, endocrinology, precision health, nutritional medicine, nutrigenomics, lifestyle medicine, integrative medicine, and preventive medicine.

Conference details and registration (link to > https://www.nmi.health/bant-agm-conference-2022/)

Our Speakers:

Professor Felice Jacka, PhD

Keynote Speaker

Nutritional Psychiatry: Supporting a New Approach to Mental Healthcare

See bio here (link to > https://www.nmi.health/bant-agm-conference-2022/#speaker1)

Professor Julia Rucklidge, PhD

Innovation to Disruption: Building a Better Brain with Nutrition

See bio here (link to > https://www.nmi.health/bant-agm-conference-2022/#speaker2)

Dr Joseph Firth, PhD

Introducing ‘Lifestyle Psychiatry’: Principles, Evidence & Implementation of Health Behaviours in Mental Healthcare

See bio here (link to > https://www.nmi.health/bant-agm-conference-2022/#speaker3)

Dr Jonathan Prousky

Regulating the Stressed Brain with Integrative Nutrition and Lifestyle Modification

See bio here (link to > https://www.nmi.health/bant-agm-conference-2022/#speaker4)

Dr Nina Fuller-Shavel

Precision Health and Integrative Medicine Approaches to Supporting Trauma Recovery

See bio here (https://www.nmi.health/bant-agm-conference-2022/#speaker5)

Dr Miguel Toribio-Mateas

Mind, Brain, and Microbes: The Impact of the Gut Microbiota on Human Health and Behaviour

See bio here (link to > https://www.nmi.health/bant-agm-conference-2022/#speaker6)

Dr James Greenblatt

ADHD Redefined: A Functional and Integrative Approach to Successful Management

See bio here (link to > https://www.nmi.health/bant-agm-conference-2022/#speaker7)

Justine Bold, BA (Hons)

Mental Health, Gluten, and Personalised Diet Therapy

See bio here (link to > https://www.nmi.health/bant-agm-conference-2022/#speaker8)

Dr Drew Ramsey

Talk-Feed Your Mental Health

See bio here (link to > https://www.nmi.health/bant-agm-conference-2022/#speaker9)

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