



## ALCHEMY BY THE SEA

INSTITUTE FOR RADIANT HEALTH

### FOOD & MOOD BOOKLIST

#### **Books on Nutritional Psychology, Food & Mood, and Insulin Resistance**

- *The Psychobiotic Revolution* – Scott C. Anderson, John F. Cryan, Ted Dinan  
(Gut microbiome and mental health)
- *This Is Your Brain on Food* – Uma Naidoo, M.D. (How diet impacts depression, anxiety, ADHD, and cognitive function)
- *The Mind-Gut Connection* – Emeran Mayer, M.D. (Understanding the gut-brain axis and its influence on mood)
- *Gut and Psychology Syndrome (GAPS)* – Natasha Campbell-McBride, M.D.
- *Brain Maker* – David Perlmutter, M.D.
- *The Mind-Gut Connection* – Emeran Mayer, M.D.
- *Metabolical: The Lure and the Lies of Processed Food, Nutrition, and Modern Medicine* – Robert Lustig, M.D. (Insulin resistance and mental health implications)
- *Why We Get Sick: The Hidden Epidemic at the Root of Most Chronic Disease—and How to Fight It* – Benjamin Bikman, Ph.D. (Understanding insulin resistance and brain health)
- *Brain Energy* – Christopher Palmer, M.D. (How metabolic dysfunction contributes to mental illness)
- *Nutritional Psychiatry: Your Guide to an Evidence-Based Whole Foods Approach to Mental Health* – Felice Jacka, Ph.D. (Nutritional interventions for mood disorders)
- *The Anti-Anxiety Diet* - Ali Miller
- *Brain Maker* - Dr. David Perlmutter