

DR. BO JONSSON

Title of the Lecture:

Nutritional and Integrative Aspect in Depression and Bipolar Disorder

Affective disorders (depression and bipolar disorder) are commonly treated with pharmacological drugs and psychotherapy. Nutrition and other lifestyle treatments are less accepted treatments and often neglected, even though their research base and clinical experience have been growing since several decades.

The presentation will summarize nutrition research and discuss integrative approaches in affective disorders.