



# Your Free Guide What is Nutrition for Mental Health?

## Your Diet Shapes Your Mind

Imagine your body and mind as two sides of the same coin. What nourishes one, impacts the other deeply. At Terra Dusa, we believe in the extraordinary power of wholeness. That's why we're extending our FNPI® approach to nutrition. We see what you eat as a window into your emotional world. Think of food as fuel for your body and soul. By tending to both your physical and emotional needs, you're setting the stage for lasting, positive change. It's time to nourish not just your body, but also your mind. Let's embark on this journey together to discover the incredible connection between what you eat and how you feel.

### Topics:

- Why Choose Nutrition for Mental Health?
- Your Intro Session Series with Mindy
- Your Intro Session Preview
- **BONUS:** Mindy's "Build a Mental Health Meal" worksheet!
- Our Innovative Approach: FNPI®
- Products & Services Offered at Terra Dusa
- What are People Saying?

**Book Now**

*contact us!*

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# Why Choose Nutrition for Mental Health?

You've tried therapy. You've experimented with medication. Maybe you've even explored alternative treatments. But what if the key to unlocking your mental well-being was as simple as changing what you eat?

It might sound too good to be true, but a growing body of research suggests that nutrition plays a pivotal role in our mental health. While traditional methods like therapy and medication are essential tools, incorporating dietary changes can offer a powerful complement – **or even a primary approach** – to managing symptoms.



## Why Nutrition?

Your brain is an incredibly complex organ that relies on a steady stream of nutrients to function optimally. When your diet is rich in essential vitamins, minerals, and antioxidants, your brain has the building blocks it needs to support mood regulation, cognitive function, and overall mental well-being.

- **Targeted Nutrient Support:** Certain nutrients have been linked to specific mental health benefits. For instance, omega-3 fatty acids found in fatty fish, flaxseed, and chia seeds have shown promise in reducing symptoms of depression and anxiety. B vitamins, abundant in leafy greens and whole grains, play a crucial role in brain function and energy production.
- **Gut-Brain Connection:** Your gut and brain are intimately connected through the gut-brain axis. An unhealthy gut microbiome has been associated with various mental health conditions. By nourishing your gut with fiber-rich foods, fermented foods, and probiotics, you can support a healthy microbiome and potentially improve mental well-being.
- **Inflammation Reduction:** Chronic inflammation has been linked to various mental health disorders. A diet rich in anti-inflammatory foods like fruits, vegetables, and whole grains can help reduce inflammation throughout the body, including the brain.
- **Sustainable and Holistic Approach:** Unlike many medications, dietary changes offer a long-term, holistic approach to mental health. By focusing on nourishing your body, you're investing in overall well-being, which can lead to lasting improvements in mood, energy levels, and cognitive function.



## Is Treating your Mental Health through Nutrition right for you?

There are many ways in which the state of your mental health can appear in how you nourish yourself. If any of the items below resonate with you, then Nutrition Therapy may be right for you!

Do you...

### ✓ Struggle to maintain consistent meal times?

Periods of inconsistent times between meals can lead to large swing in mood. Skipping meals or erratic meal times are linked to anxiety and depression

### ✓ Open your fridge and struggle to make a meal with what you have?

Being unable to meal plan with what you currently have can be a sign of lowered executive functioning. Gaining this skill will help strengthen other skills as well, such as: financial planning, time management, self-discipline, goal setting, waste reduction, & many more.

### ✓ Feel shame about your food choices?

Addressing your relationship with food can reveal a lot about the relationship you have with yourself and others. Learning to overcome food shame can lead to increase confidence & motivation in other areas. Imagine trusting your body's intuition and seeing food as a source of pleasure, not stress.

### ✓ Wake up fatigued and have low energy?

When your body doesn't feel good, your mind doesn't feel good. Chronic low energy can lead to and be a sign of depression. And can be a sign of low nutritional intake, or overconsumption of high sugar content and overly processed foods.

### ✓ Have chronic gut issues?

Constant stress and anxiety can manifest as stomach and gut issues. Improving your eating habits can help you identify the sources of high stress and bring relief.

### ✓ Feel unsure of what a "Balanced Plate" looks like?

Deficiencies in specific nutrients can create emotional dysregulation, brain fog, memory impairment, reduced executive function, chronic fatigue, or pain. Learning to balance your plate can help improve these symptoms.



## Bonus: Treating your Mental Health through Nutrition has minimal side effects!

### Research Supporting the Link Between Diet and Mental Health

While more research is needed, studies have shown promising results:

- A 2019 study published in the American Journal of Clinical Nutrition found that increased fruit and vegetable intake was associated with a reduced risk of depression. [https://ajcn.nutrition.org/article/S0002-9165\(22\)01165-0/fulltext](https://ajcn.nutrition.org/article/S0002-9165(22)01165-0/fulltext)
- Research has linked the Mediterranean diet, rich in whole grains, fruits, vegetables, and healthy fats, to improvements in mood and cognitive function. <https://pubmed.ncbi.nlm.nih.gov/24196402/>
- Studies have also explored the role of specific nutrients, such as omega-3 fatty acids, vitamin D, and zinc, in supporting mental health. <https://www.apa.org/monitor/2023/06/nutrition-for-mental-health-depression>

It's important to note that nutrition is not a magic bullet for mental health. For some individuals, traditional treatments may still be necessary. However, incorporating dietary changes into your overall wellness plan can be a powerful tool for enhancing mental well-being and supporting recovery.

If you're considering making dietary changes to support your mental health, set up your **Free Consultation** with our in-house Nutritionist, Mindy Antimie. Her informative Intro Sessions will help you create a personalized plan that meets your specific needs.

### Remember:

Nourishing your body is a form of self-care. By making conscious choices about what you eat, you're investing in a brighter, healthier future.



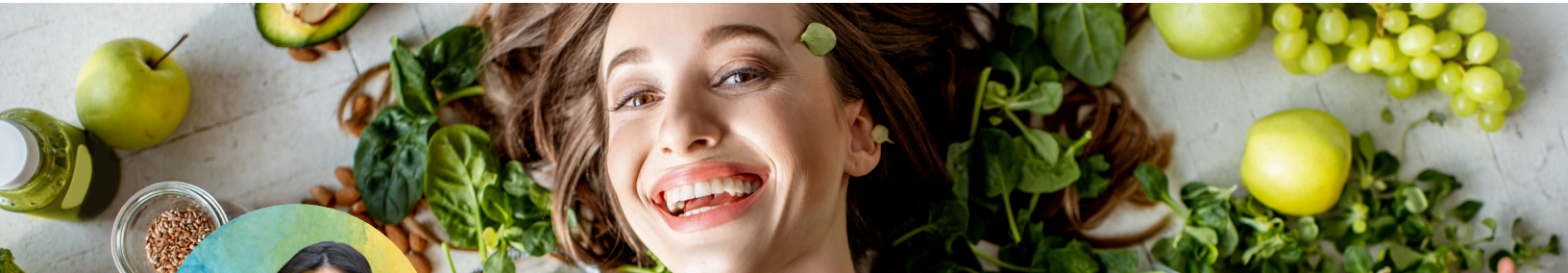
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*Learn More about Me!*



# Treat your Mental Health with Food!

## your Intro Session Series



# Hi!

I'm Mindy Antimie, your new  
Mental Health Nutritionist!

I'm excited to start this journey with you! To kick things off, let's schedule three weekly sessions of about an hour each (55 mins) so we can gather momentum. **Think of these as building blocks for a stronger, healthier you.** These sessions will be our chance to get to know each other and dive deep into your unique health story. We'll explore different facets of your well-being, from your physical energy levels to your emotional balance, these include:

- Current eating patterns
- Food beliefs and culture
- Physical activity
- Health status and any diagnoses you have
- Family health history
- Thoughts and feelings regarding food and body image
- Gastrointestinal symptoms
- Lifestyle habits such as sleep, work, and stress

This is just the beginning, we'll dive deep into understanding your nutrition and health status. Together, we'll uncover what truly nourishes you and create a personalized plan to help you thrive.

I'll be there to listen, learn, and share educational insights from nutritional neuroscience, the wisdom of Intuitive Eating, and the empowering concept of Health at Every Size.

**Eager to start? Here's what you can expect during our intro series!**





# Your Intro Session Preview with Mindy Antimie



You can expect these educational components in our first 3 sessions:

## 1 The Neuroscience of Nutrition

Our 1st session, we will review how nutrition affects your mental health, from a scientific level and from a personal perspective. This includes a teaching component that educates you on how macronutrients (carbohydrates, protein, fat) and micronutrients (vitamins and minerals) affect your brain, energy, and ultimately your mood. This is the neuroscience of nutrition.

## 2 Intuitive Eating

In our 2nd session I will introduce the 10 Principles of Intuitive Eating. This is the overarching goal that I will weave into our future sessions together. I will explain why these principles are effective for long-lasting change and foster a positive relationship with food and body image.

## 3 Health at Every Size

In our 3rd meeting I will introduce you to the concept of Health at Every Size and the research behind this approach. If we feel we are a good fit for each other, we will form a starting point of where to begin our work and set expectations for length and frequency of sessions, which we can adjust as time goes on and needs change.

*Let's get started!*

**Book Now**





# Mindy's free gift to you!

## Build a Mental Health Meal

### Bonus Item!

We've included a worksheet for you to use in your own Mental Health Nutrition Journey!

### How to use this Template:

- Use the description box for each type of food to get ideas on how to build out your plate. For example, you may write in "chicken" for protein, "beans" for fiber, "kombucha" for fermented foods, and "electrolytes in water" for hydration. You can even try adding in more detail like "teriyaki marinated chicken" or "roasted broccoli with garlic." This exercise helps to visualize the components that create a balanced plate that is focused on improving mental health.



Worksheet on  
Next Page!





# Build a Mental Health Meal

Pick one or more options from each box below and write them in to the corresponding line to fill out a balanced plate!

Fiber \_\_\_\_\_

Probiotic \_\_\_\_\_

Protein \_\_\_\_\_

Hydration \_\_\_\_\_

## Fiber

Any plant that is not highly processed will have fiber! Vegetables, fruit, nuts, seeds, whole grains, potatoes, corn, beans, lentils all contain different amounts of fiber. Aim to include multiple sources with each meal to feed your gut microbiome and increase your happiness!

## Probiotic

Fermented foods contain natural probiotics. These include kefir, some yogurts, tempeh, miso, sauerkraut, kimchi, kombucha, apple cider vinegar, some pickles, and other fermented vegetables. Add each meal for a happy gut and mood.

## Protein

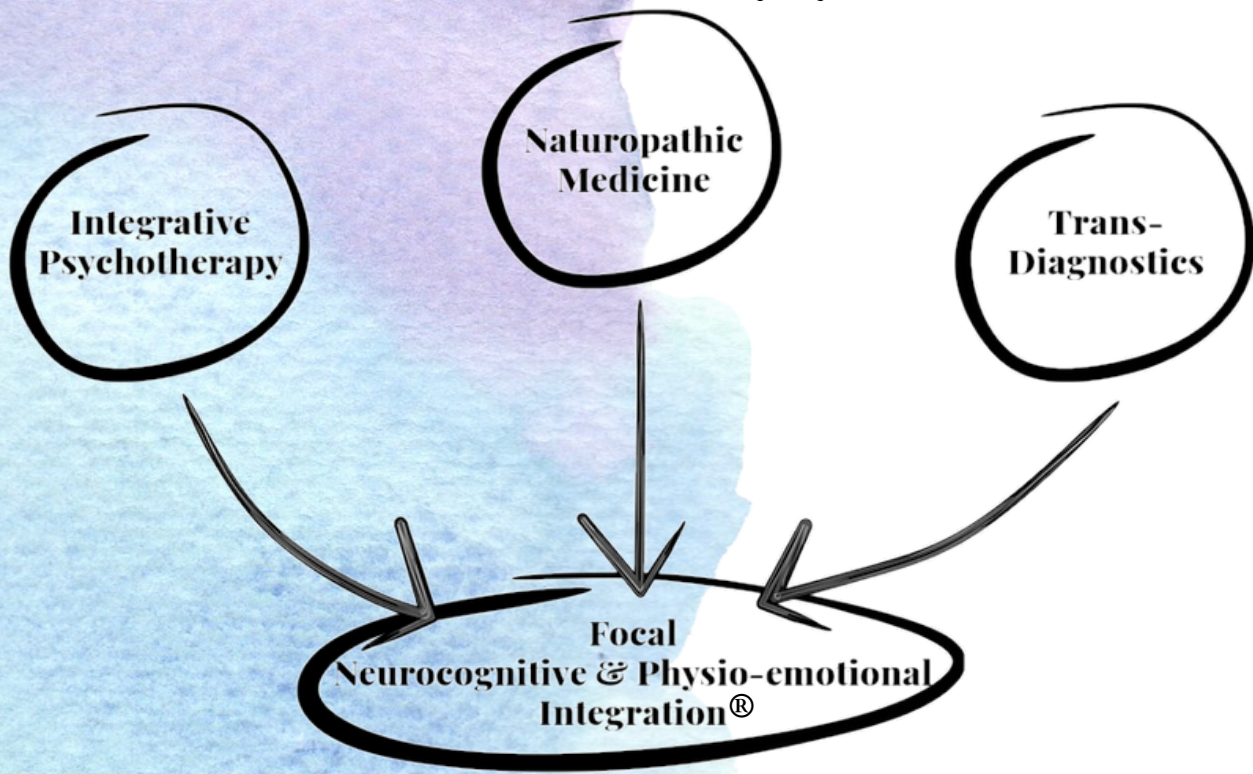
All animal foods and many plants have protein. Meat, chicken, fish, seafood, Greek yogurt, cottage cheese, protein powders, tofu, tempeh, are all high in protein. Include with each meal and snack to regulate your mood, hormones, and neurotransmitters all day.

## Hydration

Of course water is the foundation of hydration. Other beverages that hydrate you include tea and sparkling water. Some people may benefit from enhancing their water by adding electrolytes for better absorption. This increases energy levels all day.



# Check out Our Innovative Approach!



## FNPI®

A unique & individualized plan that extends beyond diagnosis and into developing tools for creating a new healthful life experience. This Theoretical Orientation acknowledges that seeking growth does not mean you are "broken" and that you as a person with habits, patterns, tendencies--*make sense*. Work with the questions: *What happened? How were you affected? How does it make sense? And--How do we move forward?*

Education & understanding is key. Learn about the responses within the human spectrum of normal from multidisciplinary study--neuroscience, psychology, behavioral, physiological and naturopathic. Apply concepts and recognize that there is no mind-body separation to release what has become stored as negative cycles, rigid coping mechanisms, and sympathetic survival based responses.

Mental Health is more than just in your head. Engage your power of choice with an innovative & dynamic, all encompassing approach. Which can be applied across all mental health conditions including Trauma & Traumatic Stress, while maintaining resolution, not symptom maintenance, in mind. Set up your [free consultation](#) and learn more, today!



# Check out Our Products & Services

## Holistic Mental Health Therapy

- FNPI® approach to Trauma & Traumatic Stress
- Therapy for Entrepreneurs & High Performers

## Spirituality & Mindfulness

- Spirituality & Mindfulness Coaching
- HeartMath® & Breathwork Training
- Ketamine Assisted Psychotherapy
- Psychedelic Integration Therapy
- Shamanic Healing

## Naturopathic & Integrative Health

## Nutrition For Mental Health

## Physical Therapy & Movement

## Terra Dusa Academy


- Self-Therapy & Self-Care online courses

## Products

- InnerTone(TM)
- Terra Dusa Challenge Coin
- Aspects of the Self Mini-Deck

Learn More!  
[www.TerraDusa.com](http://www.TerraDusa.com)





Bringing *innovative* design, compassion, vision, and creativity into the healing arts, Dr. Soto meets people at the intersections of mind, body, heart and soul. Their deep commitment to healing is highlighted by the unique approach they take to each individual.



Harvey Schwartz, PhD  
Co-Founder & Psychedelic Psychotherapist  
Polaris Insight Center

## Want to know what *People are saying?*

"You were the first person to show me that there was life beyond depression"

- Alex D., Seattle

"This feels real. I've done CBT with other Therapists and other work, but, none of it felt real. The work we are doing now, this is real, everything you [Dr. Soto] have said, I feel it, it's real. It's like you've lived it."

-Wayne H., Sammamish

"Thank you for being one of those few awesome providers that actually gets it."

- Tiffany E., Seattle

"I compare your therapy to a carefully planned demolition of stuck patterns."

- Jared B., Seattle

Check out more *Reviews & Testimonials* on our Website, Social Media and Google Reviews!