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Author Bio

Jason Pawloski is a registered dietitian and fitness trainer with 15 years of experience helping people achieve their goals for physical health and mental well-being. Throughout his professional career, Jason has frequently witnessed the link between what you eat and how you feel. In *Foods for Thought* Jason helps readers understand the complicated relationship between gut health and mood. He simplifies what it means to “eat healthy” and encourages readers to get started on the journey to a healthier mind, body and lifestyle.

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Understanding the Impact
of **DIET** and **LIFESTYLE**
on **MENTAL HEALTH**

JASON PAWLOSKI MS, RDN

Book Summary

Foods for Thought helps you understand the established links between diet, lifestyle, and some of the most troubling mental illnesses.

Digestion problems? Looking to lose weight? Are you tired of the usual food choices leaving you drained and finally feel ready for healthful changes? Understanding nutrition — and the role food plays in physical and mental health — can be incredibly confusing. But it doesn't have to be that way!

What if you could change your diet, improve other areas of your wellness, and then find striking improvements in your digestive health and mental well-being?

Jason Pawloski, MS, RDN, cuts through the confusing, ever-shifting and often conflicting, dietary recommendations from the news and social media. After 15 years of helping thousands of people as a personal trainer and registered dietitian, Jason takes you on a journey to lifestyle changes and helps you eat healthy for your brain and mental well-being. Not your conventional approach towards diet here.

By combining expertise as a clinician with the insight and knowledge gained from working in behavioral health, Jason offers a distinct approach.

Foods for Thought introduces you to difficult topics — depression, chronic inflammation, gut-brain axis, ketogenic diet, intermittent fasting — and helps you find which foods and eating patterns are important for your health and lifestyle.

In this book, you'll learn what matters most when it comes to

- understanding how different foods impact mental health
- nourishing your brain and your “second brain”
- calming the fires of chronic inflammation and depression
- healing your gut
- promoting your mental health and well-being

You *can* find lasting and powerful improvements in your health! When you take the right steps towards meaningful changes, relief is possible.

Excerpt – from Introduction

“Before talking about food, let’s take a moment to recognize that improving overall health — and in particular mental health — is not always as simple as eating healthy and exercising regularly.

This book is not meant to be a simple answer or a fix to existing mental health problems, or a one-size-fits-all approach to treat anxiety or depression. Rather, this book is about helping you understand the significance of how your everyday choices and activities may be a major contributor to an underlying abnormality in your mood. This includes your choices about what you eat and drink, or perhaps more importantly what you do not eat and drink (enough of). It’s also about helping you understand the role that other lifestyle factors play in your mental health, whether with regard to developing diseases or better managing existing mental illness. Identifying how these lifestyle factors contribute to illness is just the first step to finding lasting solutions to improve your quality of life.

This book is about presenting potential solutions to digestive problems (for some, not for all), weight loss or maintenance, and perhaps even better for some people, to feel significant improvements in mood, depression, and anxiety. Furthermore, it’s about exploring and understanding lasting, life-changing individualized approaches toward improving your overall physical and mental health. Contrary to beliefs commonly held in the past that mental health is separate or distinct from the health of the rest of the body, we now know that we cannot separate physical and mental health.

Considered the final frontier of scientific discoveries by some experts, the brain is a complex organ that neuroscientists still have much to learn about— as they continue to acquire knowledge in the field of neuroscience in general. Likewise, the intestines are part of a complex organ system that experts in the broader field of gut health still have much to learn about. But one thing that has become clearer over the past couple of decades is the critical link between the health of the brain and the intestines in relation to diet and lifestyle.”