

Webinar Series

Nutrition is the Foundation of Our Brain and Mental Health

Join Us!



March 12
12:00-1:30 PM MST

Dr. Bonnie J. Kaplan

About the Webinar

Topics covered will include sources of micronutrients (minerals and vitamins), their contribution to brain function, and the evidence base proving their importance in mental health. Recommendations will be provided for how to incorporate this information into clinical practice. Other related topics will be touched upon, such as the evidence that nutrients can prevent dementia, and the role of a healthy gut microbiome. Finally, very recent evidence will be presented that shows increased prenatal supplementation reduces perinatal mood and anxiety as well as preterm births.

Featuring

Currently Professor Emerita in the Cumming School of Medicine at the University of Calgary, in Alberta, Canada. Originally from Ohio, Dr. Bonnie J. Kaplan did all of her training in the U.S. She has published widely on the biological basis of developmental disorders and mental health – particularly, the contribution of nutrition to brain development and brain function.

Her efforts to include nutrition knowledge in the care of people with mental health challenges have earned her a variety of awards, including the Dr. Rogers Prize (<https://www.drrogersprize.org>) in September 2019; selection in 2017 as one of 150 Canadian Difference Makers in Mental Health, in honour of Canada's 150th birthday; and most recently being named one of the Top 7 Over 70 in Calgary. Her book The Better Brain, written with her former student Prof Julia Rucklidge (University of Canterbury, Christchurch, New Zealand), was published by Harper Collins.