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of stress and reduce its negative impact on total wellness. The text also explains how to handle food safely, plan nourishing meals, and make healthy food choices when eating out. This bundle includes a copy of the Student Text and an Online Text (6-Year Classroom Subscription). Students can instantly access the Online Text with browser-based devices, including iPads, netbooks, PCs, and Mac computers. With G-W Online Textbooks, students easily navigate linked table of contents, search specific topics, quickly jump to specific pages, enlarge for full-screen reading mode, and print selected

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with a central theme of self-responsibility for one's behavior.

Exploring the connection between nutrition and mental wellness so therapists can provide more effective, integrated treatment. Diet is an essential component of a client's clinical profile. Few therapists, however, have any nutritional training, and many don't know where to begin. In *Nutrition Essentials for Mental Health*, Leslie Korn provides clinicians with a practical guide to the complex relationship between what we eat and the way we think, feel, and interact with the

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world. Where there is mental illness there is frequently a history of digestive and nutritional problems. Digestive problems in turn exacerbate mental distress, all of which can be improved by nutritional changes. It's not unusual for a deficit or excess of certain nutrients to disguise itself as a mood disorder. Indeed, nutritional deficiencies factor into most mental illness—from anxiety and depression to schizophrenia and PTSD—and dietary changes can work alongside or even replace medications to alleviate symptoms and support mental wellness. Nutrition Essentials for



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Mental Health offers the mental health clinician the principles and practices necessary to provide clients with nutritional counseling to improve mood and mental health. Integrating clinical evidence with the author's extensive clinical experience, it takes clinicians step-by-step through the essentials for integrating nutritional therapies into mental health treatment. Throughout, brief clinical vignettes illustrate commonly encountered obstacles and how to overcome them. Readers will learn:

- Why nutrition matters in mental health
- The role of various nutrients in nourishing both

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the brain and the gut, the “second brain” •  
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"Provides chapter based health & wellness concepts followed by fun educational activities for the child and the family. All instructional concepts and activities have been specifically designed to help children understand the relationships between food and food groups, their bodies, exercise and nutrition. All content and activities have been specially designed for either parental instruction, as well as child self-paced instructional funbook". "The included CD simulation, developed by the Duke University Center for Wellness, shows children and

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families the calorie relationship between food intake and the amount of exercise required to 'burn off' that food in a fun video gaming experience." (from back book cover)

Health, Wellness, and Physical Fitness is designed to teach students everything they need to know to make informed decisions for a lifetime of wellness. Aligned to Common Core State Standards, the activities in this workbook teach students about heredity, exercise, and nutrition, as well as tobacco, illegal drugs, mental health, and becoming a

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wise consumer. Self-assessments, real-world situations, games, puzzles, and quizzes reinforce these important lessons while also building strong, independent learners.

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