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Can We Eat Our Way to Mental Health?

WEEKLY NEWS TOPIC
Food Chain Radio Show #797 • November 10, 2012 • Sat 9AM Pacific
Michael Olson Features
Nutritionist Pam Killeen Author of Addiction: The Hidden Epidemic
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Addiction, autism, dementia… Oh me!… Fatigue, sleep disorders, ADHD… Oh my!
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The National Institute of Health estimates that worldwide more than one in four now suffer from a diagnosable mental disorder, and that half of those with a mental disorder have two or more disorders.
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All is not bad about the mental disorders that now affect our thinking. In fact, the disorders now generate hundreds of billions of dollars worth of business every year for those who manufacture pills, and that's enough money to float a good-sized country, or two.
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However, for those who do not manufacture pills, all is not so sweet. Those who suffer from mental disorders must suffer from them, and those who do not suffer from them must pay to help those who suffer by buying their pills, which as mentioned, cost enough to float a good-sized country, or two.
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All those pills we buy may be alleviating some symptoms of mental disorders, but they do not seem to be eliminating the disorders, which leads us to ask …
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Why do so many people now have so many mental disorders?
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Does what we eat affect the development of our brain and mind?
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Can we eat our way to mental health?