

Title: Boosting brain performance – reducing risk of cognitive decline and mental health challenges - Why dietary choices and nutritional supplements matter.

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With our understanding of neuroplasticity, we are now presented with the opportunity to investigate the potential to modify and improve brain activity and function. Through the assessment of genes, epignetics and metabolic markers, individualised treatment plans are being developed that are demonstrating reductions in cognitive decline, and improvements in neurological function. The development and progression of mental health challenges, Alzheimer's Disease and dementia appear to be influenced by dietary choices, nutritional status, epignetics and lifestyle behavoiurs. By focusing on modifying dietary intake and lifestyle to optimise health markers, rather than merely preventing disease, may arrest and even reverse cognitive challenges and decline. Modifications to diet and addressing nutritional deficiencies are demonstrating in studies and through clinical anecdotal observation, reductions in symptoms such as depression, anxiety and schizophrenia and improvments in function and behaviour in cases of cognitive decline. Nutritional supplementation may also improve the efficacy of medications. Research is unveiling a strong symbiotic relationship between humanity and our microbiome and the importance of the gut brain axis bidirectional communication. Providing a dietary model that supports not only the optimisation of human health, but also that of our microbiota, may contribute to greater neurological health. Key to success is the development of protocols that support and enable people to implement and comply to dietary and lifestyle changes that are key to supporting improved health outcomes. My presentation will outline how modifications of dietary choices and key nutrients may assist in reducing neurological decline and supporting brain health and how best to support clients to adapt and comply with the recommended strategy.

Biography

Susan Kath, founder of About Nutrition is a practisiong Functional Naturopathic Nutritionist, lecturer and presenter, working in the industry for 18 years. Susan was the Wellness editor of Dare online magazine contributing health and wellbeing articles and recipes and also to other media. Susan regularly attends and participates in health and nutrition conferences staying abreast with the latest research in her field, completing advanced clinical training in her particular field of interest, cognitive health, with Dr Dale Bredesen, The Institute for Functional Medicine Health Masters and other industry leaders. Susan was also the Nutrition consultant in studies involving nutritional supplements to improve withdrawal from drug dependency with the South West Sydney Area Health Services. Susan is currently working on her book "The Route - Recipes rituals and routines to finding your personalised path to building a better brain and body".

Qualifications

Bachelor of Science (Complimentary Medicine) - Charles Sturt University
Diploma of Nutrition - Nature Care College
Certificate Level IV in Training & Education
Diploma of Remedial Massage - Nature Care College
Certificate NET (Neuro-emotional technique)
Certificate Reiki 1 -Nature Care College
Certificate Swedish Massage - Nature Care College
Bachelor of Arts –Design (interior) – UTS
Cerificate of Environmental Design - ANU Canberra

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