

Nutritional Psychiatry

Integrative shared medical visits for mental health

While medications and therapy are typical treatments for mental health disorders, not all people find relief from these methods. Research has shown that the same lifestyle factors that promote physical health and disease prevention are just as important for mental health and well-being.

This virtual, evidence-based program is designed to help you improve your mental well-being by making changes to your everyday habits and nutrition plan. You will also learn strategies to support your mental health and address the root causes of mental health disorders through personalized lifestyle changes.

Join this group, offered through the Penny George Institute for Health and Healing, to take a 360-degree look at how nutrition, sleep, mindfulness, movement, and gut health can affect your mental health. Our skilled facilitators will guide you in creating a personalized, integrative healing action plan for brain health that gets to the root of your symptoms, while also boosting overall well-being & energy levels, and reducing your risk of chronic conditions.

This course is suitable for individuals with depression, anxiety, ADHD, and other non-acute mental health concerns. This program is likely not suitable for individuals in acute mental health crisis, or with conditions such as eating disorders, schizoaffective, schizophrenia, bipolar mania, or active substance use.

TO SCHEDULE:

Discuss enrollment with your provider

Consider enrolling if you:

- Are between the age of 18-65
- Have a diagnosis of depression, or Anxiety, ADHD or other non-acute mental health concern.
- Are ready to explore lifestyle changes
- Desire a supportive group setting

PLEASE CONTACT YOUR MEMBER SERVICES

Insurance plans may cover the cost of shared medical visits.

Medicare plans are not covered for this series

DETAILS:

Wednesdays, 12:50 – 2:20 pm

***Virtual classes meet weekly via Microsoft Teams for 8 weeks:
April 2, 9, 16, 23, 30 and May 7, 14, 21.***

Meet your Facilitators:

Iminder Saran, MD

Dr. Saran is a board-certified adult Psychiatrist practicing at the Allina health Unity location since 2019 where she manages complex long term Psychiatry patients. Dr. Saran has also completed additional training in Nutritional psychiatry. She is very passionate about the role nutrition and wellness play in our health.



Janelle Fuchs, MS, RDN, LDN

Janelle is a Registered Dietitian and Integrative Nutritionist at the Allina Penny George Institute for Health and Healing since 2018 providing integrative nutrition care for groups and individuals. Janelle is passionate for supporting a healthy relationship with food for her patients, and advocating for nutrition's role in all tiers of health care.

