

**Keynote Speech: Recent Advances in Nutritional Psychiatry: Novel Mechanisms, Interventions, and Guidelines**

**Speaker: Dr. Wolf Marx**

**Abstract**

The emerging field of Nutritional Psychiatry has now established mechanistic, observational, and interventional data showing that individuals with depression benefit from dietary and nutrient-based therapies. These data have substantial implications for addressing the massive global burden of mental illness. In this session, we will discuss the top-tier evidence and recent guidelines regarding the role of healthy diets and a range of nutraceuticals for our mental health. We will also discuss the emerging importance of the gut microbiota in our mental health and the potential role of related nutraceuticals such as polyphenols and probiotics