

# GO YOU! NUTRITION COUNSELING

Empowering YOU to Form Healthier Habits



## JENNIFER HANES MS, RDN, LD

Jennifer Hanes is a registered dietitian located in Lewisville, TX.

She has a special interest in the bidirectional relationship between nutrition and mental health.

She has professional experience in mental health facilities including in-patient psychiatric hospitals, residential addiction rehabilitation facilities, and outpatient care.

Research on nutrition and mental health is a new frontier, and she is an avid learner of this exciting new topic.

## CONTACT INFORMATION

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## RECENT PUBLICATIONS

A study published last year gave us some more insight into how EPA and DHA (fish oil) might improve depressive symptoms.

Metabolites of these PUFAs appear to target hippocampal neurogenesis, further indicating the use of fish oil supplementation for some patients with persistent depression.

Borsini A, Nicolaou A, Camacho-Muñoz D, Kendall AC, Di Benedetto MG, Giacobbe J, Su KP, Pariante CM. Omega-3 polyunsaturated fatty acids protect against inflammation through production of LOX and CYP450 lipid mediators: relevance for major depression and for human hippocampal neurogenesis. *Mol Psychiatry*. 2021 Nov;26(11):6773-6788. doi: 10.1038/s41380-021-01160-8. Epub 2021 Jun 16. PMID: 34131267; PMCID: PMC8760043.

# JOIN MY REFERRAL NETWORK!

At Go You! Nutrition Counseling, we strongly believe in the power of communication between every member of a patient's health care team.

We also believe in the importance of referral between professionals of other specialties, when warranted.

For this reason, we are always trying to expand our network of health and wellness professionals, across a wide variety of patient needs.

If you feel like we would make a great team and enhance the care of our patients, please feel free to reach out to me and I'll add you to my list!



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**"THE LITTLE RHYME I TELL PEOPLE IS, 'SEAFOOD, GREENS, NUTS, AND BEANS.'"**

**DREW RAMSEY,  
NUTRITIONAL  
PSYCHIATRIST**

## QUICK NOTE

If a patient requests to avoid discussion of their weight, up to and including refusing to get on the scale, they should be respected.

Focus on behaviors.

And don't assume behaviors based on your patient's appearance.

## WHAT'S ON THE BLOG?

This past spring my student, Sharon, provided us with a brief glimpse of methods to help improve body image.

Let's be real. The next patient you see likely struggles with body image at least some of the time.

Sharon provided us with some mindset shifts and exercises that may help them.

<https://goyounutrition.com/body-image/>

