

GO YOU! NUTRITION COUNSELING

Empowering YOU to Form Healthier Habits



JENNIFER HANES MS, RDN, LD

Jennifer Hanes is a registered dietitian located in Texas

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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To stop communication, contact us at any of the above and let us know

RECENT PUBLICATIONS

Most of the research in nutrition and mental health focuses on depression, but strides are being made in more serious mental illness disorders as well.

A recent study looked at Advanced Glycation End Products (AGEs), often formed in highly processed foods or high heat, dry cooking methods, and found a link between high intake of AGEs and increased rates of cognitive decline, as well as depression and schizophrenia.

The proposed mechanisms are AGEs increasing oxidative stress and neuroinflammation, which are both known pathogenic mechanisms of mental health disorders.

D'Cunha NM, Sergi D, Lane MM, Naumovski N, Gamage E, Rajendran A, Kouvari M, Gauci S, Dissanayaka T, Marx W, Travica N. The Effects of Dietary Advanced Glycation End-Products on Neurocognitive and Mental Disorders. *Nutrients*. 2022 Jun 10;14(12):2421. doi: 10.3390/nu14122421. PMID: 35745150; PMCID: PMC9227209.

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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BEING IN A GREEN ENVIRONMENT CAN INCREASE WELLBEING, ENERGY LEVELS, SELF-ESTEEM, AND FEELINGS OF REVITALISATION.

NOLLAIG O'SULLIVAN, PERFORMANCE PSYCHOLOGIST



QUICK NOTE

Spring brings about more than just allergies and rain.

It also brings us an opportunity to get in some "green exercise" before the heat becomes oppressive.

All exercise helps manage anxiety and depression. But did you know that exercise in green spaces (such as a park or a hiking trail) amplifies those benefits?

Try taking your physical activity outside for the next month or so!

ON THE BLOG

Telling a new person about my business often gets blank stares, or "so you mean your a therapist?"

Those that aren't familiar with the impact of nutrition on mental health don't have a clear idea of what it is I do.

So this month, I decided to share a bit about what it means to be a dietitian nutritionist (RDN) that specializes in mental health.

To learn more, visit: <https://goyounutrition.com/nutritionist-specializing-in-mental-health/>

