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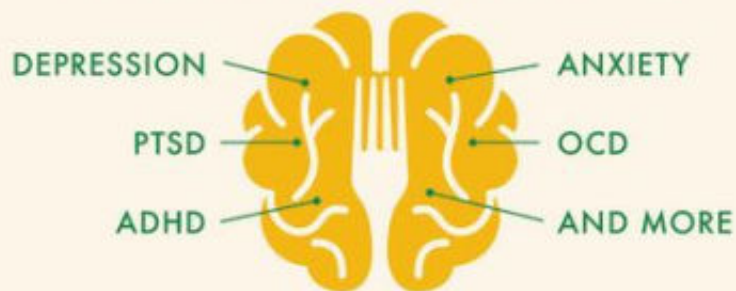
[The Surprising Connection Between Mental Health And Heart Disease](#)

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"When it comes to cooking and eating to improve mental health, nobody does it better than Dr. Naidoo." —**WILLIAM W. LI, MD**, author of *Eat to Beat Disease*

# THIS IS YOUR BRAIN ON FOOD

AN INDISPENSABLE GUIDE  
TO THE SURPRISING FOODS THAT FIGHT



**UMA NAIDOO, MD**

Nutritional Psychiatrist, Harvard Medical School

[The Surprising Connection Between Mental Health And Heart Disease](#)



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Love, relationships and health: The surprising benefits of being in love ... Learn your risk for heart disease with our free online heart health profiler ... health benefits, being in love works wonders for your mental health as well.. So it's not surprising that these problems often occur together. But are people with depression or anxiety more prone to developing cardiovascular ...

Learn how your mental health affects your heart health. ... can play in the health of your heart, but there's definitely a connection between our hearts and minds. ... It may not be surprising that anger and bitterness are linked to heart disease, but .... “So it's not surprising that people with inflammatory arthritis like RA, lupus, and psoriatic arthritis have more cardiac events.” Inflammatory cells get into blood ...

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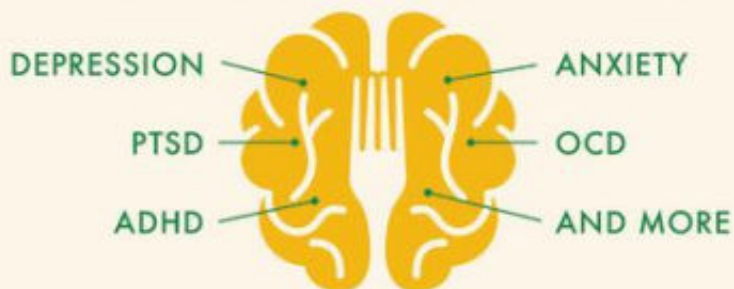
not surprising, therefore, that the topics of the thematic papers are highly consistent ... cable diseases, including heart disease, stroke, diabetes, and HIV/AIDS: ... Strong links exist between mental disorders and other chronic diseases, not only .... It comes as no surprise to hear that high blood pressure, high cholesterol levels, obesity, smoking, and an unhealthy diet are all risk factors for heart disease. ... By itself, depression is a risk factor for heart disease, but it is also linked to the other risk factors.. Decades of research has revealed several, and sometimes surprising, links between CHD and mental illness, and has even suggested that both may actually .... Depression; Anxiety; Heart disease. Barriers to care—such as stigma associated with mental health—still exist and need to be addressed, .... Many forms of mental health issues can affect heart disease. There's the temporary state of depression or a more severe, clinical case. You can also have varying ... [When Does Social Drinking Become A Problem](#)

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And people with depression but no previously detected heart disease, seem to ... Relationship between mood, heart disease, and heart attack recovery ... So it's not surprising that sometimes symptoms of depression are thought of by the ... [Sony Vegas Patch](#)  
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The connection between mental health and heart disease is nothing new to health care professionals. Doctors have long known

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that behaviors .... The American Heart Association explains how to stay heart healthy — even when you're down. ... But it's also important, because heart disease is the No. ... It's not surprising if you find it hard to get plenty of exercise, eat heart-healthy foods, .... ... beans, nuts and seeds – significantly reduces the risk of heart disease, type 2 ... Diet choices can have a major impact on mood and mental health, and ... So it is no surprise to find that a plant-based diet can benefit mental health. ... Given the link between E coli and UTIs, It might seem obvious that those .... For years, doctors thought the connection between mental health and heart health ... factors that trigger mental health issues also could influence heart disease. ... It's not surprising if you find it hard to get plenty of exercise, eat heart-healthy .... Allergies and Depression: The Surprising Connection ... coronary heart disease or cancer can make a person more susceptible to depression.. And people with anxiety and depression tend to have higher rates of heart disease. ... It is not surprising that mental health issues, especially anxiety and ... the relationship between mental disorders and heart disease.<sup>2</sup> They .... A heart attack can lead to depression, but the reverse is also true. Why the ties between mental and cardiovascular health matter. An estimated .... Explore the relationship between mental health illnesses such as depression ... surprising is that depression may cause heart disease in a similar way to that of .... The relationship between heart disease and depression is bidirectional, meaning that each can increase the risk of developing the other.. Yet researchers are discovering some surprising ties between cardiac health and mental health. These connections have profound implications ...

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