



# Your Brain Runs on Energy

Learn How to Fuel It with Metabolic Psychiatry

## What Is Metabolic Psychiatry?

**Metabolic Psychiatry** is an emerging field that explores how brain energy metabolism, mitochondrial function, and blood sugar regulation affect mood, cognition, and behavior.

**Mental health and neurological conditions** such as **depression, bipolar disorder, ADHD, psychosis, and Alzheimer's** have all been linked to underlying **metabolic dysfunction** – including insulin resistance, inflammation, and oxidative stress.

By addressing these root causes through **nutrition, lifestyle, and metabolic therapies**, individuals can experience improved brain function and emotional regulation. **Metabolic interventions**, including **ketogenic therapy**, have shown promise in **improving brain function** and reducing mental health and neurological symptoms for many.

## The THINK+SMART Framework

Developed by **Metabolic Mind**, the **THINK+SMART** framework is a self-guided tool that helps individuals apply metabolic interventions to their mental health journey. It combines **scientific evidence** with **lived experience** from individuals who have used metabolic strategies to support their mental health. This framework empowers people to take charge of their recovery – one metabolic step at a time.



Learn more by scanning the above QR code or by visiting [www.metabolicmind.org](http://www.metabolicmind.org).

## Join us at Metabolic Collective!

Join the movement! Metabolic Collective is a grassroots community offering:



- **Peer support and connection** through groups and webinars
- **Access to social media groups** for ongoing support and community connection
- **The Advocate Resource Hub** to help advocates share their stories and educate others
- **Opportunities to get involved** with an inspiring, mission-driven team

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