FEED THE BRAIN, FIRST!

**Online Courses starting September 12th, 2018**

**The Academy for Addiction and Mental Health Nutrition** is offering both *Level I (Core)* and *Level II (Advanced)* online certification courses, entitled ***“Feed The Brain, First!”*** These courses in *biochemical* and *targeted* nutrient approaches to mental health and addiction recovery present the “*Missing Link*” in treatment philosophy and practice.

The information contained in these courses may ***transform*** your practice as you learn simple tools to effectively support brain health and balance in your clients. These tools offer an alternative to psychotropic medication in reducing *depression, anxiety, insomnia, violence and cravings* in your clients.

For your clients to effectively participate in therapy and apply the skills you are teaching them, their brains need to be *in balance* and *on-line*. It is our brain’s job to allow us to cope with stress gracefully, but to do that it needs to be ***fed*** optimally. You will learn which clients have “starving brains” and other biochemical imbalances, and how to address this in therapy.

***This is cutting edge information you were not taught in school, that can empower your clients to take charge of their own emotional and mental well-being!***

*Level I*: Sept. 12 & every other Wed at 9-11am, or 6:15-8:15pm mtn time. *Level II:* Sept. 18 & every other Tues at 9-11am or 6:15-8:15pm mtn time.

For more information, please call Christina Veselak at 303-888-9617 or go to the *Academy for Addiction and Mental Health Nutrition* website: www.[addictionnutritionacademy.com](http://addictionnutritionacademy.com)