

**Guest address: Professor Julia Rucklidge**

**Enriching and replenishing the mind with nutrition: A missing link for a better start to life**

In keeping with the conference themes of enriching and replenishing, this talk will bring attention to a much neglected topic in psychology – supporting brain health with nutrition. Dr Rucklidge will discuss how to easily incorporate nutrition into clinical practice as well as highlight the crucial importance of nutrition during pregnancy to support both maternal and child mental health. Recent ground breaking nutrient interventions will be discussed with implications for clinical practice.

**Professor Julia Rucklidge**, a clinical psychologist, is the Director of *Te Puna Toiora*, the Mental Health and Nutrition Research Lab at the University of Canterbury. Originally from Canada, she's a renowned clinical psychologist focusing on nutritional interventions for mental illnesses. With over 250 publications and global talks and keynotes, she advocates for healthy eating to enhance mental health. Notable achievements include co-authoring "The Better Brain," a TEDx talk with over 5 million views, a free online course through EdX on Mental Health and Nutrition that has been taken by over 75,000 students, receiving awards like the Ballin Award from the NZ Psychological Society, and being named three times as one of New Zealand's top 100 influential women.