

NEW EVENT ANNOUNCEMENT



The Path to Resilience: Personalised Nutrition and Lifestyle Medicine for Psychiatric Disorders and Mental Health

NMI Summit 2025 The Path to Resilience: Personalised Nutrition and Lifestyle Medicine for Psychiatric Disorders and Mental Health features scientific and clinical advances relevant to improving brain and nervous system function, stress resilience, neurodevelopment, mood and behavioural disorders, and quality of life.

Personalised nutrition and lifestyle medicine are a transformative shift in mental healthcare focused on individualised approaches to optimizing health and function with specific dietary changes, nutrient-based supplements, and lifestyle medicine interventions, including behavioural changes and environmental modifications.

Key to evidence-informed personalisation is consideration of a person's dietary pattern, biomarkers, genetic predispositions, lifestyle habits, environmental factors, and underlying health conditions. New technology such as laboratory assessments and wearable devices can support personalisation. Advances in assessment allow for more targeted treatments and proactive management.

The NMI Summit 2025 explores recent scientific advances and their translation to clinical practice with the view that personalised nutrition and lifestyle medicine is essential to mental health and has a central place in the future of integrative, collaborative healthcare.

Themes include the impact of nutrition and lifestyle medicine-based interventions on brain and nervous system function, stress resilience, neurodevelopment, mood and behavioural disorders and quality of life with emphasis on how interventions and management can be personalised to an individual's biomarkers, metabolism, nutritional requirements, clinical history, lifestyle and environment.

Featured speakers include some of the world's most highly cited and regarded clinical researchers in the fields of nutritional psychiatry and lifestyle medicine, making this a unique opportunity to learn from experts in the field.

This conference is important for anyone interested in translation of the latest clinical research to evidence-informed practice.

[See the full event here](#)