Saturday Summit - Neuronutrition: Mind, Meal & Molecule: Food's Role in Mental Health

A Live 5-CE Online Training Event for Mental Health Professionals

Date: Saturday, January 24, 2026 | Time: 10:00 AM – 3:30 PM CST | CE Hours: 5 Live CE Credits

Location: Live Zoom Webinar

Summit Overview:

Mental health begins in the brain - but brain health begins in the gut, mitochondria, and cells.

Join us for a powerful day of discovery at the **Saturday Summit on Neuronutrition**, where neuroscience meets nutritional science to illuminate cutting-edge connections between food, inflammation, brain function, and mental illness.

Featuring three renowned experts, this 5-CE event will unpack how diet impacts cognition, mood, trauma recovery, and neurodevelopmental disorders like ADHD. With practical insights, clinical frameworks, and digestible (pun intended) science, this summit will equip you to integrate the fundamentals of neuronutrition into your therapy room and client care strategies — even without becoming a dietitian.

Whether you're working with trauma survivors, neurodivergent individuals, or clients with anxiety, depression, or chronic stress, you'll walk away with a deeper understanding of the **brain-body connection** and how to leverage it to enhance healing.

Dr. Jerrod Brown, PhD

Expert in neurodevelopment, trauma, and behavioral health. Known for his highly integrative approach to mental health treatment and frequent national presentations.

Dr. John Arden, PhD, ABPP

Internationally renowned author and speaker on brain-based therapy. Author of *Rewire Your Brain*, *The Brain Bible*, and *Mind-Brain-Gene*. Former Director of Training for Kaiser Permanente's mental health system.

Dr. Jennifer Sweeton, PsyD, MS, MA

Neuroscientist, clinical psychologist, and expert in trauma-informed therapy. Widely respected for translating cutting-edge neuroscience into practical therapeutic tools.

Full Program Schedule

10:00 AM – 10:15 AM CST

Welcome & Opening Remarks

"The Standard American Diet & Mental Health" - Dr. Jerrod Brown

Kick off the summit with a concise overview of the Standard American Diet (SAD) and its psychological toll - setting the stage for the day's deeper dives into neuronutrition.

10:15 AM – 11:45 AM CST

Segment 1: "Managing ADHD and Attention Issues with Nutrition"

Presenter: Dr. Jerrod Brown

Explore how dietary factors influence the manifestation and management of ADHD across the lifespan. Learn about chrononutrition, prenatal/postnatal impacts, and lifestyle strategies to support attentional functioning through a neuronutrition lens.

CE Focus: ADHD diagnosis & treatment, lifestyle medicine, nutritional risk factors.

11:45 AM – 12:00 PM CST

Break 🍧

12:00 PM - 1:30 PM CST

Segment 2: "The Western Diet: Chronic Inflammation and Metabolic Dysfunction"

Presenter: Dr. John Arden

A deep dive into how glycation, inflammation, and mitochondrial breakdown - all influenced by the Western diet - are driving forces behind depression, anxiety, and cognitive decline.

CE Focus: Depression, anxiety, dementia, inflammation, diet-based intervention.

• 1:30 PM - 1:45 PM CST

Break 🥌

• 1:45 PM - 3:15 PM CST

Segment 3: "Fueling Brain Healing: How Nutrition Supports Trauma Recovery and Neuroplasticity"

Presenter: Dr. Jennifer Sweeton

Learn how specific nutrients and dietary strategies can support neuroplasticity, enhance the effectiveness of trauma therapies like EMDR and CPT, and reduce emotional reactivity in trauma survivors.

CE Focus: Trauma, EMDR, brain-based therapy, gut-brain axis, client education.

• 3:15 PM - 3:30 PM CST

Live Q&A & Panel Wrap-Up

Interact with your presenters, ask your questions, and solidify your key takeaways from the day.

* Credits:

This event offers **5 live CE hours** for mental health professionals. Certificate issued upon completion.