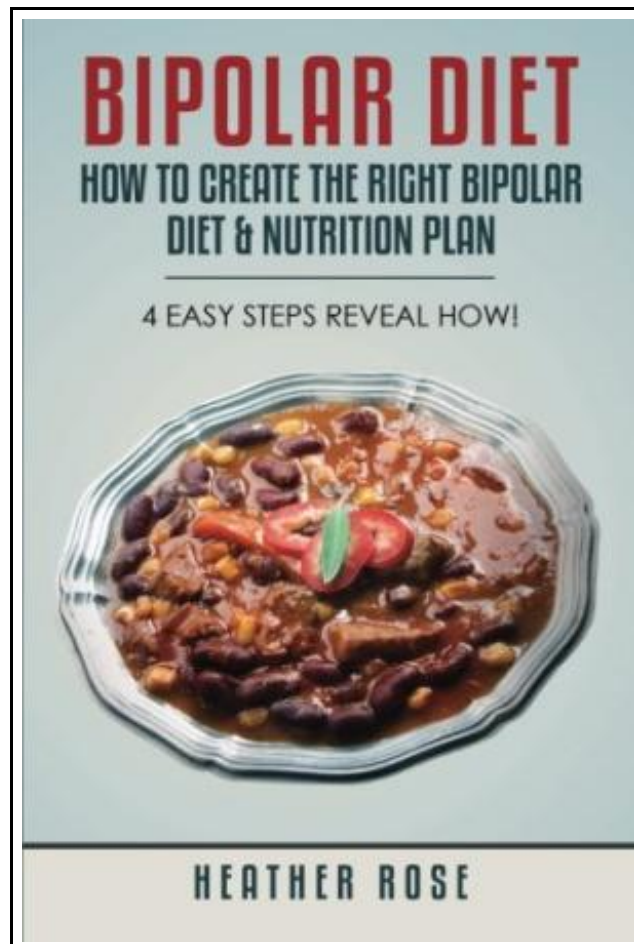


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Speedy Publishing LLC. Paperback. Book Condition: New. Paperback. 26 pages. Dimensions: 8.6in. x 5.8in. x 0.8in. Adults and children who have been diagnosed with a bipolar disorder can benefit from eating a bipolar diet. Bipolar disorders can be described as a psychological illness that manifests itself in intense low and high mood swings. While professionals in the medical field cannot recommend a specific cure for the illness, they can recommend changes in an individual's diet plan because they are closely related. Changes in the diet can assist with managing the condition and keeping it under control. Diet and Bipolar Disorder Even though bipolar disorders are not interconnected or associated or with various kinds of nutritional deficiencies, some of the most recent studies are indicating that certain nutrients are being linked with improving an individual's high and low mood swings. Based on this research, the nutrients that have been listed in the sections below can help with the symptoms but they will not take the place of the medicine that the physician has prescribed to a patient. Patients should also talk with their physician before making any major changes or adjustments in their regular diet plans and supplements. The patient can also share some of the information that they have found on topics like: Best Diet for Bipolar Disorder, Finding the Best Bipolar Diet book and Ketogenic Diet Bipolar plans. Diets and Improving the Mood Swings Omega 3 Fatty Acid Omega 3 fatty acids are recommended for a wide variety of illnesses and other conditions. This statement is also true for those who suffer with bipolar disorders. Therefore, some of the foods that should be added to the bipolar diet plan are different kinds of fish. For those who enjoy eating fish, they can choose herring, mackerel and salmon. Fish is considered...

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