



**The Good Clean Nutrition Podcast  
Episode 32 Show Notes**

**Episode 32: Improving Your Brain Health Through Nutrition with Dr. Drew Ramsey, MD**

In this episode of The Good Clean Nutrition Podcast, host Mary Purdy, MS, RDN, speaks with Dr. Drew Ramsey, MD, who is a psychiatrist, author, professor and organic farmer. Dr. Ramsey is a clear voice in the mental health conversation and one of psychiatry's leading proponents of using nutritional interventions. Tune in as they discuss how nutrition can support mental health.

**In this episode we'll cover:**

(11:05) Defining mental fitness

(17:36) Foods to support mental health

(27:41) Addressing mental health issues like depression through diet

(38:18) Understanding supplements for mental health

Dr. Drew Ramsey, a nutritional psychiatrist, author, professor and organic farmer. Dr. Ramsey is a clear voice in the mental health conversation and one of psychiatry's leading proponents of using nutritional interventions. He founded the Brain Food Clinic in New York City, offering treatment and consultation for depression, anxiety and emotional wellness concerns. The clinic incorporates evidence-based nutrition and integrative psychiatry treatments with psychotherapy, coaching, and responsible medication management. Using the latest in brain science, nutrition and mental health research, and an array of delicious food, the clinic helps people improve their mental health and mental fitness. His team offered the first Nutritional Psychiatry Clinician Training Program helping hundreds of mental health clinicians learn the evidence and clinical methods to effectively use nutrition. He has also authored four books on food and mental health and is an assistant clinical professor of psychiatry at Columbia University College of Physicians and Surgeons.

**Links:**

- Connect with Dr. Ramsey on [Instagram](#), [Facebook](#), [Twitter](#) and visit his [website](#).

**About Drew Ramsey, MD:**

Dr. Drew Ramsey, a nutritional psychiatrist, author, professor and organic farmer. Dr. Ramsey is a clear voice in the mental health conversation and one of psychiatry's leading proponents of using nutritional interventions. He founded the Brain Food Clinic in New York City, offering treatment and consultation for depression, anxiety and emotional wellness concerns. The clinic incorporates evidence-based nutrition and integrative psychiatry treatments with psychotherapy, coaching, and responsible medication management. Using the latest in brain science, nutrition and mental health research, and an array of delicious food, the clinic helps people improve their mental health and mental fitness. His team



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**About host Mary Purdy, MS, RDN:**

Mary Purdy, MS, RDN is an integrative eco-dietitian and nutrition educator with a Master's Degree from Bastyr University, where she is currently adjunct faculty. She has been in clinical practice for over 12 years using a personalized medicine and functional nutrition approach. In addition to being the host of The Good Clean Nutrition Podcast, she had her own podcast, The Nutrition Show, with 100+ episodes, and has authored two books, *Serving the Broccoli Gods* and *The Microbiome Diet Reset*. Mary also teaches for other universities and educational platforms, is a nutrition and sustainability adviser for [Big Bold Health](#), and is a sought-after speaker, consultant and community builder working with organizations to create a more sustainable, just and resilient food system.

Connect with Mary on [Instagram](#), [Facebook](#), [Twitter](#) and [LinkedIn](#), and visit her [website](#).

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