Introduction to Dr. Uma Naidu

Hi there. Welcome to my channel. My name is Dr. Uma Naidu, your mood food expert. I'm a nutritional psychiatrist, Harvard-trained, a professional chef, and a Nutritional Biologist.

Now, what does that mean exactly? Well, I have studied nutrition through the lens of biology because I am also a doctor and went to medical school. And I m a niche expert in nutritional lifestyle and metabolic psychiatry.

I am also a cancer thriver.

What Nutritional Psychiatry Covers

And on this channel, I'm going to teach you a lot about the gut and brain connection, how the foods you eat and don't eat affect your mental well-being, as well as easy recipes you can follow and do every day, and everything else food and health related.

So you can maximize the awesome power of your brain, feel better, perform better at work and life, and achieve well-being in every aspect of mental health through the foods that you eat.

My education in nutritional psychiatry wasn't complete until I witnessed its power first-hand when I was diagnosed with cancer quite unexpectedly.

Cancer Journey and Personal Validation

I used all my knowledge in psychiaty, food, and mental health to urge myself to wake up and start my days to recovery. You see, I saw first hand the power of eating healthy in a way that supported my treatment and minimized my side effects.

I'm the founder and director of the first hospital-based nutritional lifestyle and metabolic psychiatry service in the United States.

Professional Background and Hospital Leadership

And I am also the Director of Nutritional and Lifestyle Psychiatry at the MGH Academy. I serve on the faculty at Harvard Medical School. All of my experience, my background, schooling, clinical experience my time in the kitchens and my illness have inspired me to create this channel.

If you are experiencing any mental health symptoms, suffering and or diagnosed with anxiety, depression, ADHD, PTSD and more, this Channel was created with you in mind.

I'll be sharing with you weekly videos.

Who This Channel Is For

And during Monday, tune in for a diverse range of content from in-depth explorations of nutritional psychiatry, also known as the mood and food connection, easy to follow recipes, and actionable tips to support your mental health journey.

Weekly Videos, Books, and Newsletter

If this sounds like something you'll love, subscribe to my channel and don't forget to hit the notification bell so that you get notified each time we upload a new video.

If you want to dive deeper, consider buying my books, This is Your Brain on Food and Calm Your Mind with Food. But also, for free, Subscribe to My Newsletter.

Thank you for being here and I'll see you every Monday from now on.