



“Nutrition is the most critical missing link to mental health in society today.”

## Nutrition is Biology, not Ideology

Nutrition is not usually part of the repertoire of the mental health clinician, but it needs to be. Care of the brain and body is the necessary complement to the psychotherapeutic work of psychological and spiritual healing of trauma. Without it the goals of recovery are limited.

I first learned about using foods and plants for healing when I lived in the jungle, where no doctors were available. I relied on the village women to help me navigate the numerous subtropical diseases I encountered, along with the accidents, bites, and many maladies no one could name. I learned from trial and error—I served as my laboratory.

Nutrition is biology, not ideology. Clients may have feelings, opinions, and environmental or spiritual beliefs about their diet, but they benefit optimally if their diet aligns with their biological needs.

Absent the correct diet, they risk a poorly-fueled engine. Traditional, authentic foods feed the genome. They are the foundation of psychological and biological resilience.

## Nutrition Trauma

I also observed for 30 years what I refer to as nutrition trauma (Korn & Rýser, 2006). Nutrition trauma is the disruption in access to endemic, natural food resources due to overwhelming forces that make inaccessible foods bio-culturally and biochemically suited to healthy digestion and nutrient utilization.

Nutrition trauma occurs when introduced foods overwhelm the capacity of local Indigenous Peoples to digest and metabolize them and cause conditions that were unknown or rare before the colonial process.

Nutrition trauma applies to all people, whether by choice, addiction, or conditions that overwhelm their capacity to digest, thus resulting in chronic illness.

Why is this concept relevant to our exploration of nutrition and traumatic stress? My answer is that food is medicine, or it is poison. People who experience traumatic stress require food that is medicine; food that is poison exacerbates the effects of trauma on the mind and body.



**Dr. Leslie Korn**  
Integrative Medicine with Heart

[drkornoffice@protonmail.com](mailto:drkornoffice@protonmail.com)

(360) 262-6175



[DrLeslieKorn.com](http://DrLeslieKorn.com)

“Where there is mental illness and distress there is *always* a problem with digestion.

If you improve digestion, you improve mental health.”



**FEATURED IN**



## The Leslie Korn Institute for Integrative Medicine

The Leslie Korn Institute for Integrative Medicine delivers accredited CE and Certification programs in clinical education for professionals to achieve better client/patient outcomes.

Dr. Korn seeks to transform and humanize health care by providing dynamic educational opportunities in Integrative Medicine that leads to personal satisfaction, advanced expertise, and career advancement.

Courses range from self-care to Continuing Education credit and certification programs for professionals on Integrative Medicine and Nutrition for PTSD, Complex Trauma and TBI, Mental Health Disorders, and Diabetes Type 2, Cognitive Decline, and Alzheimer’s Disease.

**Over 30,000 health professionals have completed Dr. Korn’s certification programs.**

## Developer of The Brainbow Blueprint®

Trained in both physical and mental health, Dr. Korn has witnessed the powerful relationships between chronic stress, trauma, chronic illness, and pain.

Long-term experiences working in a remote, indigenous jungle community as well as in the “urban jungle” of Harvard Medical School enabled her to research and test these methods on herself and on patients from diverse communities and adopt the principles and practices to diverse environments.

Dr. Korn is the developer of the Brainbow Blueprint®, an individualized integrative approach based on decades of clinical experience and research. Over the last 40 years she has had a busy and diverse clinical practice.

[drkornoffice@protonmail.com](mailto:drkornoffice@protonmail.com)

**(360) 262-6175**



[DrLeslieKorn.com](http://DrLeslieKorn.com)

**AUTHOR OF 10 BOOKS**

