

A 2019 Study On A Mediterranean Diet And Depression, In The Journal PLOS ONE

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I thought this NPR article was well-written, informed, balanced, and realistic. And they include the link to the original study, it looks like published in full, for which I am grateful:

Changing Your Diet Can Help Tamp Down Depression, Boost Mood

NPR

2019 October 9

<https://www.npr.org/sections/thesalt/2019/10/09/768665411/changing-your-diet-can-help-tamp-down-depression-boost-mood>

[The PLOS|One Study](#) (cited in the article). 2019 October 9.

From the above article on diet/depression findings:

“We were quite surprised by the findings,” researcher Heather Francis, a lecturer in clinical neuropsychology at Macquarie University in Sydney, Australia, told NPR via email. “I think the next step is to demonstrate the physiological mechanism underlying how diet can improve depression symptoms,” Francis said.

I agree! And to introduce the idea of physiology into any discussion of psychiatry and psychology is a key I feel.[1]

Wait until they find out that *thought* can influence physiology, energy states, and mental well-being – and that these are *interconnected!* And that *perception* gives rise to thought (and that mental states depend on perceptions, and the perceptual nature of one’s mind)! And that *one’s mind* determines from and is influenced by *perception!*

The basic factors: thought space, energy states, perception, speech and action, patterns of speech and action. - Mvo-P

Posture, breath, tanden, physiology, mind, samadhi, the koan: zazen. - “Zen Training: Methods And Philosophy” by Sekida

Sensation → perception → synthesis/reason: the three nen. - “Zen Training: Methods And Philosophy” by Sekida

Footnotes

1. It might even be seen that it's body-breath-mind-world-space. Or, body-philosophy-mind-world-space. Or, body-prayer-mind-world-space. Or, body-psychology-mind-world-space. Or, body-narrative-mind-world-space. Or, body-the-dialogic-mind-world-space. Or, body-to-write-things-down-and-sort-things-out-mind-world-space. Or, body-resource-mind-world-space.

Resources

“Zen Training: Methods And Philosophy” by Katsuki Sekida.