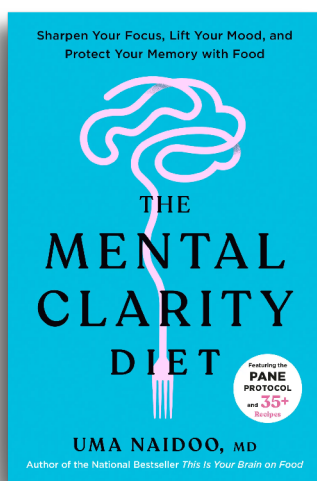


Coming March 9, 2027



A paradigm-shifting guide to sharpen your thinking, treat brain fog, lift your mood, fight fatigue, and protect memory through food, from bestselling author and nutritional psychiatrist Dr. Uma Naidoo—with over 35 recipes

Mental clarity is often framed as a mindset problem that you can fix with discipline or another cup of coffee. But the brain is an organ, governed by immune cells, metabolic demands, and hormonal fluctuations. When those systems are strained, your cognitive health suffers.

In *The Mental Clarity Diet*, Harvard-trained nutritional psychiatrist Dr. Uma Naidoo draws on years of clinical experience to make a hopeful case: Many symptoms we've come to accept as normal—brain fog, distraction, low mood, burnout, and memory lapses—are signs of immune and metabolic stress. Like a four-paned window, the brain relies on balanced immunity, steady metabolism, healthy neurotransmitters, and regulated hormones to stay

clear and resilient. The good news? You can support each of these systems through food.

In *The Mental Clarity Diet*, you'll discover:

- How your body's interconnected systems shape focus, mood, and memory
- Why metabolic resilience is key to managing stress and anxiety, fighting fatigue, and preserving memory
- How foods like mushrooms, berries, salmon, and asparagus can restore clarity
- Simple, sustainable dietary shifts you can implement today

Featuring the 4-week PANE Protocol to support your Power production, Anti-inflammatory activity, Neurotransmitter health, and Endocrine regulation, and more than 35 delicious, mind-clarifying recipes to nourish the brain, *The Mental Clarity Diet* offers a science-based roadmap to sharper thinking and lasting cognitive vitality.

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About the Author

Dr. Uma Naidoo is a Harvard-trained nutritional psychiatrist, professional chef, nutritional biologist, and bestselling author of *This Is Your Brain on Food* and *Calm Your Mind with Food*. She founded the first hospital-based Nutritional Psychiatry program in the United States at Massachusetts General Hospital (MGH)/Harvard, where she also serves as Director of Nutritional, Lifestyle, and Metabolic Psychiatry. She works closely with the World Economic Forum and the United Nations. She has been featured in the New York Times, Wall Street Journal, Time, Today Show, Live with Kelly & Mark, and ABC.

