Can Food Sensitivity Trigger Depression and Anxiety?

In this mini-masterclass, Ben Angel shares how getting to the root cause of these symptoms is vital.

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Entrepreneurship requires us to make fast, concise and clear decisions. But what happens when brain fog, depression and anxiety sets in? We not only miss deadlines – we suffer in silence. Getting to the root cause of these symptoms is vital. Which is why, in this mini-masterclass, I delve into how food sensitivities may be setting you back in more ways than one. And, most importantly, what to do about it.

Related: 7 Signs Your Gut Health Is Impacting Your Mental Health

Want to discover your likelihood of depression, brain fog and nxiety? Take this 60-second quiz now to find out how your gut is affecting your mental health. And be sure to grab a copy of* Unstoppable Journal*, based on research from the award-winning book* Unstoppable*, which just released its 2nd Edition via Entrepreneur Press.

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