

My Brain has made Friends with my GUTS

Written by Dr Melissa Formica and Dr Roy Hardman

Illustrated by Emma Hay

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YOU ARE WHAT YOU EAT AND WHAT YOU EAT IMPACTS YOUR GUT HEALTH.

'My brain has made friends with my guts' is the follow on from the author's first book 'My brain is my best friend' and is designed to teach children that their brain is impacted by the food that they eat.

This book has a strong emphasis on eating healthy foods to make us feel good inside and gives us lots of energy to enjoy life.

"A very good book for children and even parents to gain the knowledge of diet and foods working together... Well thought out and enjoyable..." Craig, Indie Book reviewer

AUTHOR BIO

Dr Melissa Formica

Melissa completed an Honours degree in Psychology followed by a PhD with an Australian Postgraduate Award scholarship at Deakin University. She also holds a Master's degree in Professional Psychology and is training to become qualified as a Psychologist.

Melissa's main research interest is the prevention of cognitive decline in older age, particularly after surgery. She has several published articles relating to the effects of lifestyle factors including diet and exercise on cognitive function and has also co-published a chapter on the 'Mediterranean Diet and Cognition' as part of the 2nd edition Mediterranean text book from Kings College Cambridge in 2020. Melissa currently works as a Research Fellow in a large regional hospital and is heavily involved in university teaching. This book is the second in a series educating children in brain health. Please see her first book titled 'My Brain is my Best Friend'.

Dr Roy Hardman

Dr Roy Hardman has a PhD from the Faculty of Health, Arts & Design at Swinburne University of Technology within the Centre for Human Psychopharmacology Melbourne Australia.

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A CONVERSATION WITH THE AUTHOR

WHY DID YOU WRITE 'MY BRAIN HAS MADE FRIENDS WITH MY GUTS'? WHAT WERE YOUR INSPIRATIONS?

We identified a gap in the market regarding teaching young children about brain health. This is when brain development occurs and so teaching children about how to maintain a healthy brain is vital.

DID YOU HIDE ANY SECRETS IN YOUR BOOK THAT ONLY A FEW PEOPLE WILL FIND?

Not in this one - the messages are intentionally meant to be easy to find.

HOW LONG DO YOU SPEND RESEARCHING BEFORE BEGINNING A BOOK?

Melissa: Personally, with regard to this work, combining the time spent studying my degrees as well as 3 years working in the area of anaesthetics, this totals roughly 11 years of research needed to write on this topic!

WHAT DOES LITERARY SUCCESS LOOK LIKE TO YOU?

Melissa: Widespread accessibility of the work and word-of-mouth recommendations. The dream would be to see it used as a tool for teaching.

HOW MANY UNPUBLISHED AND HALF-FINISHED BOOKS DO YOU HAVE?

The authors currently have an adult's book in the process of being published and more planned children's books to come.

DO YOU TRY TO BE ORIGINAL OR TO DELIVER TO READERS WHAT THEY WANT?

Melissa: A bit of both. The important thing about writing is addressing a gap that hasn't been covered before. However, readers generally want something that is accessible and easy to follow, and in that sense, it's important to give the readers what they want.

WHAT LITERARY PILGRIMAGES HAVE YOU GONE ON?

The authors both have published peer-reviewed journal articles and book chapters in the academic field. However, the biggest literary achievement to date for both Melissa and Roy, has been the completion of their theses for their PhD's.

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