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Food security is a measure of the availability of food and individuals' accessibility to it, where accessibility includes affordability. There is evidence of food security being a concern over 10,000 years ago, with central authorities in ancient China and ancient Egypt being known to release food from storage in times of famine. We know there is an important connection between nutrition and mental health. New and exciting research is surfacing almost every day. The relationship is clear; a deficiency in certain nutrients can cause mental disorders., Eat Live The Power Of Good Food Combinations.

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