

**Louise Dye** (Leeds, UK)



UNIVERSITY OF LEEDS

### **Biographical Sketch**

Louise Dye is Professor of Nutrition and Behaviour in the Nutrition and Behaviour Group, in the Human Appetite Research Unit in the School of Psychology, University of Leeds. Louise is N8 Chair in Theme 3 (Improved Nutrition and Consumer Behaviour) and Academic Lead for the University of Leeds of the HEFCE catalyst funded N8 Agrifood Programme. Louise is a Chartered Health Psychologist and British Psychological Society member. She began her career in Human Psychopharmacology and has over 30 years' experience in the assessment of nutritional and pharmacological intervention on cognitive function and wellbeing. She is Associate Editor of Nutritional Neuroscience and the European Journal of Nutrition. Her research interests include functional foods for wellbeing, stress management, mental health and cognitive performance/decline. She has published a number of influential systematic reviews including on the effects of magnesium in stress and anxiety and studies on the effects of different food components to maintain mental performance under conditions of stress. She is a member of the Scientific Advisory Board of ILSI Europe and has served on 5 of their expert groups.

In her presentation, "**Magnesium in stress and anxiety: lessons from preclinical and clinical studies**", Louise will give an overview of the effect of magnesium on stress from human and pig studies, since pigs are a good model for human stress responses. She will also present some recent data from two studies – which gave magnesium to humans and pigs. Contact: L.Dye@leeds.ac.uk