

Rachel V. Gow, Ph.D is a Child Neuropsychologist and Neurodevelopmental specialist with expertise in Attention Deficit Hyperactivity Disorder (ADHD) and associative learning and behaviour differences. In addition, Dr. Gow is a Registered Nutritionist (under the category of *Science*) and CEO and Founder of a new Charitable Trust called Nutritious Minds. Dr. Gow provides diagnostic, assessment, behavioural, educational and nutritional support and services to families and children. For the past 6 months, she has been living and working in the field of nutrition and brain-health in Los Angeles, California.

Dr. Gow holds a Visiting Lecturer position at the University of Surrey and an honorary role at The Institute of Psychiatry, King's College London. Between 2012-2016, Dr. Gow was the Lead Associate Investigator of the Neuroimaging, Omega-3 and Reward in Adults with ADHD (NORAA) trial at the National Institutes of Health (NIH) in Bethesda, Maryland, U.S. This study was the first randomized, double-blind, placebo-controlled, clinical trial globally to test the effects of omega-3 fats in the brain activity of adults with ADHD using neuroimaging techniques. In 2012, Dr. Gow was awarded a Ph.D in Child Neuropsychology from the Institute of Psychiatry, King's College London. Her Ph.D was conducted in the Department of Child and Adolescent Psychiatry and involved a clinical research project investigating blood measures of omega-3 fatty acids and assessments of brain function using EEG and Event Related Potentials in children/adolescents with and without ADHD. Dr. Gow has a Master of Science in Psychological Research Methods (Distinction) from Birkbeck University of London. Dr. Gow's under-graduate Psychology degree was awarded *First Class* with Honors from the University of Kingston, London, accredited also by the British Psychological Society.

Collectively, Dr. Gow has 14 years of academic research and experience in psychological research in both child/adolescent and adult clinical populations. Her research integrates multiple modalities including functional and structural magnetic resonance imaging, neuropsychological assessment, genetic sequencing and nutrition/biochemistry.

Dr Gow has published 22 peer reviewed book chapters and scientific papers, her first book on Nutritional Neuroscience will be published in 2019. She has extensive knowledge in neurodiverse learning and behavioural differences and the effects of dopamine enhancing brain-selective nutrients. Dr. Gow has been an active member of the International Society for the Study of Fatty Acids and Lipids (ISSFAL) since 2008 and was awarded one of their New Investigator's Awards in 2012.

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