

Abstract

BACKGROUND: Substance dependence, but also the period of treatment of the addict, can lead to an effect on the nutritional status or the development of another disease that is not related to the primary addiction. Appropriate inclusion of nutritional therapy in the treatment of an addict can affect not only his or her health but also the prevention of relapse. **OBJECTIVE:** The aim of the bachelor's thesis is to develop a comprehensive overview of the impact of nutrition on the treatment of substance abuse and relapse prevention. **METHODOLOGY:** The bachelor's thesis is elaborated by the method of theoretical-critical analysis, which allows to compile hitherto known knowledge on this issue. To create an educational material for patients, the form of educational material was chosen, the so-called printed word method, the leaflet includes nutritional recommendations for the treatment of addictions and the principles of the Mediterranean diet. **FILE:** It was drawn from more than 115 scientific studies, articles and books that formed the research file. **RESULTS:** Current knowledge shows that nutrition in its entire spectrum of nutrients, vitamins and minerals affects not only physical but also mental health. The intestinal axis, which is mainly affected by omega-3 fatty acids, probiotics, simple carbohydrates. In the treatment of addiction, it is appropriate to choose individual nutritional therapy supplemented by practical group workshops, which can lead to changes in diet, but also the client's behavior in relation to substance dependence.

Key words: nutrition, addiction, therapy, relapse