

Editorial



Vicious Cycle between Brain and Muscle

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▶ See the article "Understanding the Relationship between Low Muscle Mass and Depressed Mood in Korean Girls" in volume 34 number 7, e51.



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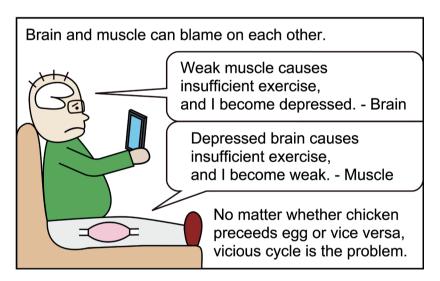
Disclosure

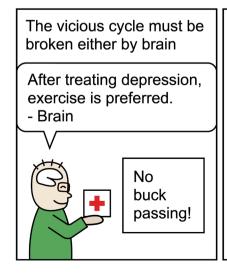
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BS Chung (anatomy.co.kr)

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or by muscle.



After exercising, depression is relieved.
- Muscle

No matter whether mental health comes before physical health or vice versa, breaking vicious cycle is the solution.

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