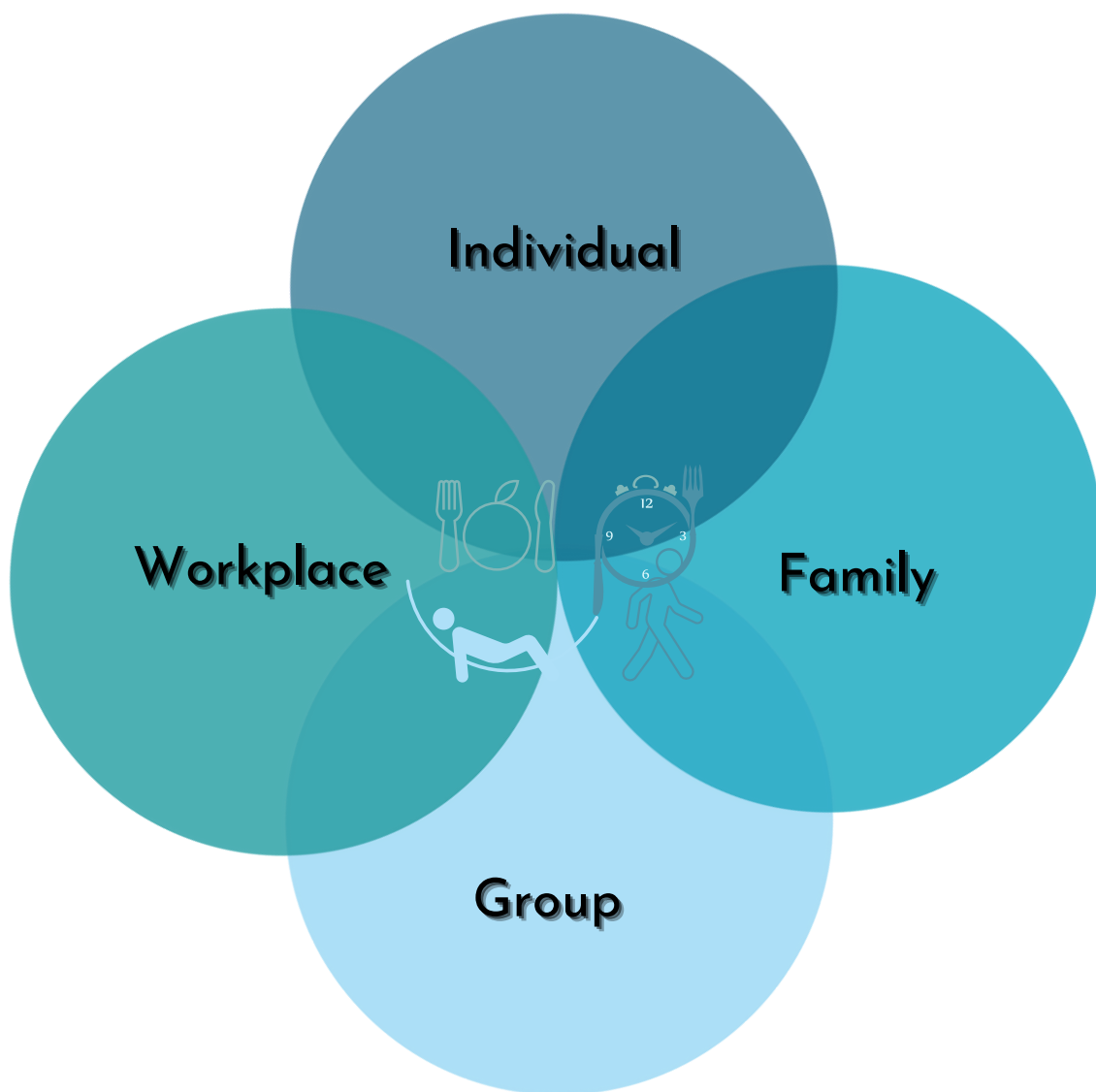




Balance My Life

NUTRITION & LIFESTYLE COACHING

WE HAVE A PROGRAM FOR EVERYONE!



Margaret O'Brien Nutrition & Lifestyle Coach



After working as a Certified Public Accountant for many years, I decided to explore alternatives to move away from the corporate world, so I converted a passion for health and nutrition into a meaningful career by retraining as a Nutrition and lifestyle coach.

Since qualifying in 2017, I have delivered health and wellness courses to the education, charity, community, and business sectors and also to individuals and families.

With a particular interest in nutrition and mental health, I have researched extensively in this area and also completed a certificate course in nutrition and mental health with the University of Canterbury in October 2021.

Peer-reviewed research in this area indicates a correlation between changing ones diet, by bringing about a positive change to our physical wellbeing, and the positive impact it has on our mental health. These research findings parallel with my own experiences with clients.

Margaret O'Brien ([click here](#) for more about Margaret)
Nutrition & Lifestyle Coach Dip NLC (IHS) m FNTF
Certificate Counselling & Psychotherapeutic Studies (IICP)
Certificate in Nutrition & Mental Health (University of Canterbury)
0868048380

www.balancemylife.ie

Linkedin

Facebook



www.balancemylife.ie



WHAT IS HEALTH & WELLNESS?

WHO (World health organisation)

Health is defined as being “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

Several key areas of your lifestyle are considered pillars of overall Wellness.





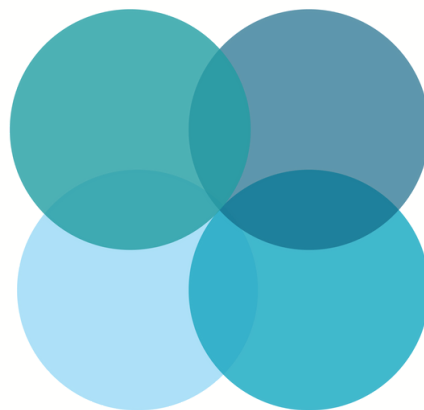
WHAT ARE PILLARS FOR GOOD HEALTH?

Good health is composed of multiple components or pillars for good physical and mental health.

These pillars comprise nutrition, movement, sleep, and relaxation.

The lifestyle choices we make around what, when, and how we eat, taking regular exercise, trying to get quality sleep, and being able to wind down at the end of the day are all lifestyle choices and health decisions that most individuals can make daily.

Ideally, these four pillars for good health work in tandem to keep the mind and body healthy.



Nutrition | Movement
Sleep | Relaxation

The good thing is that we can start at any point in making small positive changes around these four pillars for good health, which over time will improve our health and the quality of our lives.





WHAT IS GOOD NUTRITION?



We are all individuals and our nutritional needs vary, but what we have in common is that we all need a specific mix from all 6 essential nutrients, (Carbohydrates, Proteins, Essential Fats, Vitamins & Minerals, and Water) to get the nourishment required for optimal physical and mental health.

Our bodies cannot make all the nutrients it needs to function optimally. There are approximately 40 nutrients that we must take in from the foods we eat.

It's not enough to just eat 3 meals per day. The nutritional value of that food is important.

Irrespective of what your health goals are, understanding these guidelines will make achieving those goals more manageable.



NUTRITION & MENTAL HEALTH

As a society we are aware that we are feeding our bodies, but are we as aware that we need to feed our brains also?.

We need to consume energy and around 40 essential nutrients from the foods that we eat and our brains need many of these nutrients to function optimally, poor nutrition can cause anxiety and depression.



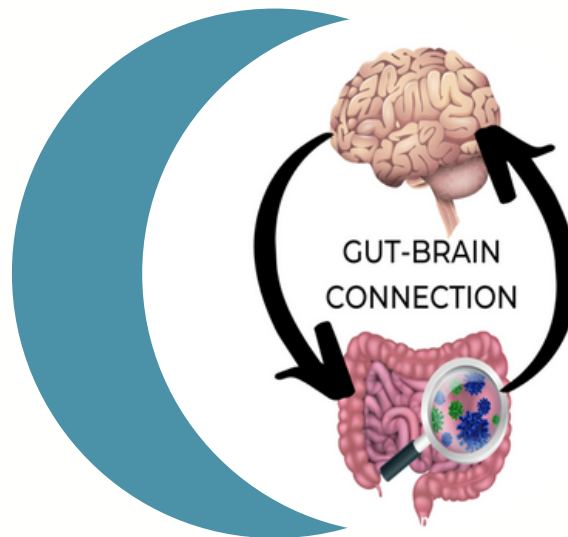


THE GUT-BRAIN CONNECTION

Our bodies are home to a mix of microorganisms (1 Trillion) comprising of many different species. Many reside in the gut.

90% of serotonin (the happy hormone) receptors are located in the gut.

Every meal we eat presents a new opportunity to heal or damage our gut.



To keep our brain healthy we need to keep our gut healthy, and to keep the gut healthy we need to feed it nutritious food.



GET MOVING

Exercise releases the body's feel-good chemicals called endorphins. This improves the brain's response to stress, and makes us feel good.

Exercise also helps us to:

- Get quality sleep
- Manage our weight
- Improves digestion
- Improve immune function
- And many more health benefits





SLEEP IS ESSENTIAL

Sleep is as essential as food and water for good health.

- The body repairs itself while we sleep.
- Recent findings suggest that sleep plays a housekeeping role that removes toxins in our brain that build up while we are awake.
- The immune system killer T-cells function better while we sleep.
- Hunger hormones (Leptin and Ghrelin) are disrupted if we don't let our bodies get quality sleep, this can lead to weight gain.
- Getting quality sleep has many more health benefits.





BUILD IN TIME TO RELAX

Unmanaged stress can cause disease in the body and mind so we must learn how to relax and shift from the Sympathetic Nervous System (fight or flight) to Parasympathetic Nervous System (rest and digest).

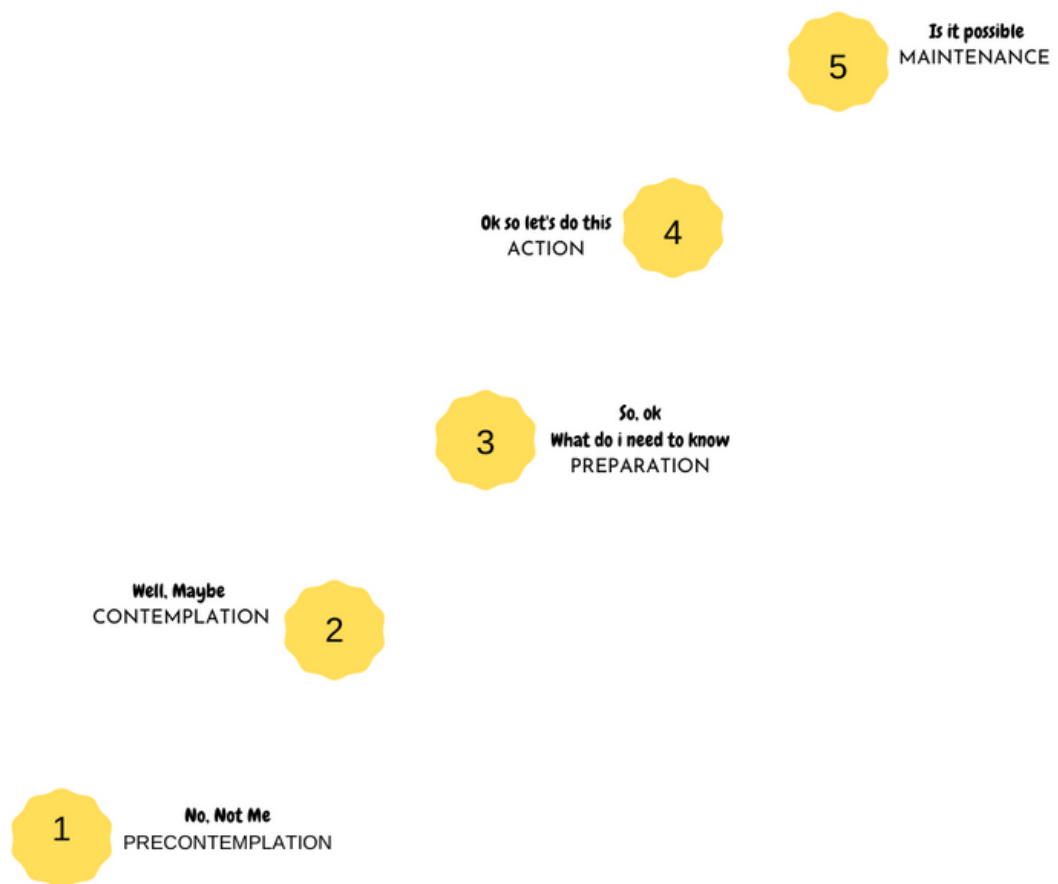
Relaxation can help with:

- Improving digestion
- Maintaining normal blood sugar levels
- Reducing activity of stress hormones
- Reducing muscle tension and chronic pain
- Improving concentration and mood
- Improving sleep quality
- Reduced fatigue
- And many more health benefits



WHAT IS READINESS FOR CHANGE?

The concept of "readiness for change" comes from the Stages of Change Model, which shows how individuals are at different stages of change. Assessing our readiness for change is a critical aspect of any health and wellness plan.



Balance My Life programs will present tools needed to make healthy food and lifestyle choices and will help you to identify where you are in the readiness for change process.

Change will happen when you are ready. Let Balance My Life be there when you are ready for change.

Wondering what to do next?

CONTACT MAGS FOR ADVICE ABOUT BOOKING A SUITABLE PROGRAMME

(1) The 4 pillars programs (Nutrition, Movement, Sleep & Relaxation)

- (a) The 4 pillars for physical health
- (b) The 4 pillars for mental health

(2) Individual 1-hour workshops

Some of the most popular topics:

- Nutrition - Eat Well - To Feel Well - The essential nutrients for optimal health (recommended 1st workshop)
- Forming healthy habits and understanding readiness for change (the important first step to all wellness programs)
- Understanding carbohydrates and sugars (how much is too much)
- Nutrition for weight management- The healthy way
- Food, Mood and the Gut-Brain Connection
- Supporting the immune system
- Exercise- which ones - when & how often
- Sleep - why we need it & steps to get quality sleep
- The stress response - managing stress
- Hormone health (new for 2022)
- Healthy eating on a tight budget (new for 2022)
- Family nutrition & Lifestyle makeover (supporting all members of the family)

All sessions can be customised for your group.

1:1 Coaching

In addition to offering group wellness programs, we offer individual coaching sessions because some individuals respond better to a one-on-one approach.

